

A PROCLAMATION OF THE MAYOR OF THE CITY OF
NORMAN, OKLAHOMA, PROCLAIMING MONDAY,
SEPTEMBER 23, 2013, AS FAMILY DAY – A DAY TO
EAT DINNER WITH YOUR CHILDREN, IN THE CITY OF
NORMAN.

- § 1. 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
- § 2. WHEREAS, 17 years of surveys conducted by the National Center on Addiction and Substance Abuse at Columbia University (CASA Columbia) 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
- § 3. WHEREAS, frequent family dining is associated with lower rates of teen smoking, drinking, illegal drug use and prescription drug abuse; and
- § 4. WHEREAS, the correlation between frequent family dinners and reduced risk for teen substance abuse are well documented; and
- § 5. 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
- § 6. WHEREAS, family dinners have long constituted a substantial pillar of family life in America.

NOW, THEREFORE, I, MAYOR OF THE CITY OF NORMAN, OKLAHOMA:

- § 7. Do hereby proclaim Monday, September 23, 2013, as Family Day – a Day to Eat Dinner with Your Children, in the City of Norman, Oklahoma, and call upon all citizens to participate in its observance.

PASSED AND APPROVED this 10th day of September, 2013.

Mayor

ATTEST:

City Clerk