



City of Cortland  
Cortland, New York

## 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,** 15 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,** 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, Susan D. Feiszli, Mayor of the City of Cortland, does hereby proclaim the fourth Monday of September 2010 as

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

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

**IN TESTIMONY WHEREOF, I have hereunto set my hand  
and caused to be affixed the Great Seal of Cortland, New**

York this 21<sup>st</sup> day of September, 2010.

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**Susan D. Feiszli**  
**Mayor of Cortland, New York**