

**BEFORE THE BOARD OF COMMISSIONERS
OF LANCASTER COUNTY, NEBRASKA**

**PROCLAIMING MONDAY, SEPTEMBER 28, 2009)
AS FAMILY DAY - A DAY TO EAT DINNER)
WITH YOUR CHILDREN)**

RESOLUTION NO. R-09-0074

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

WHEREAS, 14 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;

WHEREAS, the correlation between frequent family dinners and reduced risk for teen substance abuse is well documented;

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

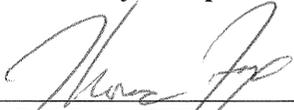
WHEREAS, family dinners have long constituted a substantial pillar of family life in America.

NOW, THEREFORE, BE IT RESOLVED by the Lancaster County Board of Commissioners that Monday, September 28, 2009 be recognized as "Family Day - A Day to Eat Dinner With Your Children" and the Board urges all County residents to recognize and participate in its observance.

DATED this 22nd day of September 2009

**BY THE BOARD OF COUNTY COMMISSIONERS
OF LANCASTER COUNTY NEBRASKA**

**APPROVED AS TO FORM
this 22nd day of September 2009**



GARY E. LACEY
County Attorney

