

Bob Buckhorn, Mayor

**WHEREAS**, "Family Day – A Day to Eat Dinner With Your Children" is a national effort established in 2001 by the National Center on Addition and Substance Abuse (CASA) to promote parental engagement as a simple, effective way to reduce substance abuse by children and teens, and raise healthier children; and

WHEREAS, families provide children the encouragement, support, and love they need to become confident, compassionate, and successful members of society and, by spending time together, parents can better engage with their children and encourage them to make the right choices; and

**WHEREAS**, research done by the CASA at Columbia University has consistently shown that the more often children and teenagers eat dinner with their parents, the less likely they are to smoke, drink, or use illegal drugs; and

**WHEREAS**, strong families make strong and drug-free communities, and by taking time to develop positive and open relationships with their children, parents help fight the war on drugs and encourage positive choices; and

**WHEREAS**, the City of Tampa wishes to join with other cities and states across the nation, and CASA, in promoting regular family activities to encourage parent-child communications.

**NOW, THEREFORE**, I, Bob Buckhorn, by virtue of the authority vested in me as Mayor of the City of Tampa, Florida, do hereby proclaim September 26, 2011 as

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

in the City of Tampa, Florida, and urge all citizens to take part in this initiative in an effort to strengthen the relationship between parents and children, thereby improving the quality of life for all residents of our community.

Dated in Tampa, Florida, this 25th day of August, 2011.



Bob Buchhou