

**CHECK  
IT OUT**

## Time for peace and family

### Monday is Family Day

Tell the kids and your spouse to clear their calendars on Monday.

Sept. 22 is national Family Day — A Day to Eat Dinner with Your Children, as created by CASA (The National Center on Addiction and Substance Abuse at Columbia University).

Created in 2001, the day is a reminder that family dinners make a difference. Family meals are considered a perfect time to talk to your kids to listen to what's on their minds.

Studies find that the more often kids eat dinner with their families, the less likely they are to smoke, drink or use drugs. In fact, CASA says teens who infrequently eat meals with their family are:

- twice as likely to have smoked marijuana in the past 30 days.
- almost twice as likely to have drunk alcohol in the past 30 days.
- almost twice as likely to have used tobacco in the past 30 days.
- more than one-and-a-half times as likely to have gotten drunk in



past 30 days.

We know cooking after a long day of school, work, carpooling, etc., can be a drag. But never fear, the Food Nanny's (a.k.a. Liz Edmunds) new book,

### **"The Food Nanny Rescues Dinner"**

(KSB, \$24.95 paperback), has 200-plus quick, easy, tasty and healthy meal suggestions.

Looking for a way to start those family conversations? "Family Talk" card games give you 100 ordinary-type questions that can bring extraordinary insight into family and friends.

There are three decks to choose from: "Family Talk," "Family Talk 2" and "Grandparent Talk" (Around the Table Games, \$10 each). The games are available online at [www.aroundthetablegames.com](http://www.aroundthetablegames.com).