



# THE RADER READER

FLORIDA STATE SENATOR KEVIN RADER,  
DISTRICT 29



### Dear Friends:

I would like to wish you and your loved ones a happy and healthy New Year. In recent days, I have been attending committee meetings in Tallahassee and working on getting legislation filed. I am excited to announce that I have been assigned to the following committees; Governmental Oversight and Accountability as their Vice Chair, Agriculture, Appropriations Subcommittee on Health and Human Services, Children Families, and Elder Affairs, and the Joint Legislative Auditing Committee. My colleagues and I have Florida's best interest in mind. This year we will continue to work together to have a successful Legislative Session.

If you have any concerns or need assistance, please do not hesitate to contact my office.

*Kevin Rader*

## Dr. Martin Luther King Jr. Day

Within this newsletter, I would like to recognize a special holiday. This holiday has been celebrated annually on the third Monday of January since 1983. This day admires the life, achievements, and legacy of an extraordinary human being. Dr. Martin Luther King Jr. was considered by many, the heart of the Civil Rights Movement. He led by example and taught the world the values of courage, compassion, and character. Dr. King's efforts, successfully protested racial discrimination in federal and state law.

History notes him as one of the greatest public speakers of all time and as one of the youngest people to ever receive a Nobel Peace Prize. This day is also known as Civil Rights Day and King Service Day. Each year community service projects and ceremonies take place across the country in his honor. This year Broward College will be working with students and 47 community organizations to participate in the National Day of Service. On this page I have listed some public events happening in Palm Beach and Broward counties commemorating Dr. King's life.



### Committee Meeting with Florida Youth



### Events

**Dr. Martin Luther King, Jr. Celebration**  
Palm Beach State College  
Lake Worth Campus Duncan Theater  
January 17, at 11:00 A.M.

**Dr. Martin Luther King, Jr. Parade**  
W Blue Heron Blvd, Riviera Beach  
January 19, 10:00 A.M. - 1:00 P.M.

**Martin Luther King Jr. Day Celebration**  
MLK Memorial 200 NE Ruby Street, Boca Ra  
January 21, from 9:30 A.M. - 11:00 A.M

**Martin Luther King Day Ceremony**  
11:00 A.M - 4:00 P.M  
Sanborn Square, 72 North Federal Highway, Boc  
January 21, 11:00 A.M - 4:00 P.M

**King Holiday Parade & Unity March**  
Lincoln Park, 600 N.W 19th Avenue, Fort Laude  
January 21, at 8:00 A.M

**King Holiday Celebration & Multicultural Fes**  
Esplande Park 400 SW 2nd Street, Fort Laude  
January 21, 10:00 A.M - 2:00 P.M



## Thyroid Awareness Month

This month brings attention to the importance of thyroid health. Currently, 30 million people in our country are living with thyroid disease. Shockingly it is more common to be diagnosed with a thyroid illness than heart disease or diabetes. Despite its size, this small body part influences how our major organs function such as the heart, liver, brain, and kidneys.

Keeping our thyroid at a **standard rate** is important because if it either acts at a slow or rapid pace, it can lead to serious problems. If untreated, a person is more likely to develop high blood pressure, heart disease, infertility, osteoporosis, and cancer. You can be tested for thyroid disease by asking your doctor for a blood test. You can also perform a self-neck check at home and I have listed steps on how to do perform an exam below. To complete this check you will need a glass of water and a handheld mirror. Please be aware that the Adam's apple is higher up on the neck, so if you see a bulge higher up than the Thyroid area, please don't be alarmed. To learn more about the Thyroid visit [www.thyroidawareness.com](http://www.thyroidawareness.com).



- When holding the mirror, focus on the lower front area of your neck above your collarbone.
- Tip your head back while focusing on the mirror.
- Then begin to drink the water.
- While swallowing, look at your neck and try to find any bulges in this area.
- Repeat the cycle and see if there's any consistency. If you find any bulges contact a medical professional so it can be thoroughly examined.

## International Holocaust Remembrance Day

On January 27, 1945, Auschwitz-Birkenau the largest Nazi concentration camp was liberated. Decades later on November 1, 2005, the United Nations designated January 27, as International Holocaust Remembrance Day so that each year we can commemorate the end of the Holocaust, honor those who lost their lives during this dark period in history, educate future generations, and to ensure that a tragedy such as this never recurs.

The Jewish Federation of Palm Beach County will be hosting the Gross Family Speaker Series. This educational series teaches people about the impact of antisemitism and features experts on the Jewish experience. All events are free, open to the public. If you are interested in attending an event or learning more about the Jewish Federation of Palm Beach County visit their website at [www.jewishpb.org](http://www.jewishpb.org).

### Events

The Destruction of the Jewish  
Fashion Industry.  
Sunday, January 06, 2019 at 11:  
Tuesday, January 08, 2019 at 1:

Why Did the Holocaust Happen?  
January 20, 2019 at 11:00 A



## Glaucoma Awareness Month

Glaucoma is a leading cause of vision loss and blindness in the United States. Although aging plays a factor, this illness affects approximately 3 million Americans of all ages. Unfortunately, this sight-stealing sickness acts rapidly, often without showing any symptoms. The best way to protect vision from this disease is to get a yearly comprehensive eye exam.

At this time there is no cure for Glaucoma, but early detection is vital to stopping its progress. An individual can take medication or have surgery to prevent further vision loss. To learn more about this topic please visit [www.glaucoma.org](http://www.glaucoma.org).

### District 29 Cities

City of Boca Raton  
Town of Highland Beach  
City of Parkland  
City of Coconut Creek  
City of Belle Glade  
City of South Bay  
Village of Wellington

Including portions of:  
Coral Springs  
Lake Worth  
Boynton Beach  
Delray Beach



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### Tallahassee

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