



FEBRUARY 2019

# THE RADER READER

FLORIDA STATE SENATOR KEVIN RADER,  
DISTRICT 29



## Dear Friends:

Last year on February 14, a tragedy shook our community. I ask that we honor those friends, siblings, and loved ones lost. Let us stand together as we continue to work towards a safer world.

The 2019 legislative session is approaching quickly and I have filed many bills to benefit our community. Some of my initiatives include environmental sustainability, raising teacher pay, and election reforms. I will be filing more bills before the legislative session begins in March. It is an honor to represent you in Tallahassee.

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



## Marjory Stoneman Douglas Commemorations

Marjory Stoneman Douglas High School, along with all Broward County Schools will take a moment of silence at 11 a.m. to remember the seventeen innocent lives lost on February 14, 2018. The City of Parkland, the Broward County School Board, and the City of Coral Springs will observe February 14 as a Day of Service and Love by hosting event to honor the victims. Please find some details on the commemoration events below.

### Parkland Interfaith Ceremony:

Please bring expressions of condolences to the ceremony.

February 14, 2019, Begins at 5:45 p.m.

Pine Trails Park: 10559 Trails End, Parkland, FL 33076

### Broward County School Board

#### Day of Service & Love:

Thursday, February 14., 12:30 p.m.- 4:30 p.m.

Pine Trails Park: 10559 Trails End, Parkland, FL 331

### Coral Springs MSD Healing with Art Program

February 14, 2019, from 10:00 a.m - 5:00 p.m.

Coral Springs Museum of Art:

2855A Coral Springs Dr, Coral Springs, FL 33065

For more information, please visit [www.cityofparkland.org](http://www.cityofparkland.org) or call (954) 753-5040

## Presidents Day

February 18, 2019, marks Presidents Day also recognized as George Washington's 286th birthday. It has been a traditional celebration in the United States since the 1800s. This time of year celebrates the great individuals who led our country through the brightest and darkest times in our history. Abraham Lincoln gave the Gettysburg Address, Theodore Roosevelt established national parks throughout our lands, Franklin Delano Roosevelt dug us out of the great depression, and Lyndon B. Johnson signed the Civil Rights Act of 1964. These are just some of the many contributions and sacrifices our Presidents have made for our nation. I wish you all a Happy Presidents Day!





## Black History Month

In 1915 Harvard Historian Carter Woodson and Minister Jesse E. Moorland founded the Association for the Study of African Life and History. The association created an annual celebration of achievements by African Americans and their role in US history. Initially, this yearly observance took place the second week of February until it expanded to a month-long commemoration in 1976. Black history month celebrates the accomplishments, discoveries, and bravery of African Americans. It is a way to recognize incredible individuals in history. Orators like Fredrick Douglas to Aviators like Bessie Coleman are honored and recognized.

The **Palm Beach County Library System** will be offering 20 events that tribute the heritage, contributions, and leadership of the African American Community. They will be discussing books, featuring cinema, and hosting activities across the county. Below I have included some of the events.

### Movie & Snacks

Belle Glade Branch  
Friday, February 8, 1:00 p.m.

### What's All That Jazz About? With Shenole Latimer

West Boca Branch  
Friday, February 8, 2:30 p.m.

### Inventor-noon!

Hagen Ranch Road Branch  
Friday, February 15, 12:00 p.m.

### Orisirisi African Folklore Presents: Moonlight Stories

Wellington Branch Library  
Friday, February 15, 3:00 p.m.

### A History of African-American Literature

Glades Road Branch  
Tuesday, February 19, 2:00 p.m.

### Black History Month Story Nights

Belle Glade Branch Library  
Tuesday, February 19, 6:00 p.m.

### The Legacy of Margaret Garner: Lessons of Survival

Wellington Branch Library  
Monday, February 25, 6:00 p.m.

### Book Discussion: "The Underground Railroad"

West Boca Branch Library  
Tuesday, February 26, 2:00 p.m.




### Afrique: West African Dance Instruction

Wellington Branch Library  
Wednesday February 27, 4:00 p.m.

For more information, please visit [www.pbclibrary.org](http://www.pbclibrary.org) or call (561) 233-2600.

## National Heart Month

February brings us National Heart Month. In the United States, one of every four deaths is caused by heart disease and this condition is the number one killer of both men and women. National Heart Month takes action each year to promote health and to prevent cardiac disease. The **American Heart Association** encourages everyone to wear the color **red** this month as a way to spread awareness. Everyday decisions, like the foods you eat and the amount of daily physical activity, can affect your heart health. Small changes can help your heart tremendously. Below, I have listed some tips on how to reduce the risk of heart disease.

-  Laugh more! Research from the American Heart Association suggest that laughter can increase your blood flow by 20 percent.
-  Implement physical activity into your daily routine. A 20-30 minute walk each day can help lower your blood pressure.
-  Take steps to reduce salts and spices. Include more vegetables, fruits, and other healthy fibers into your diet.

### 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



### District

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### Tallahassee

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