



January 12, 2016

## Honoring Dr. King's Dream

"Human progress is neither automatic nor inevitable... Every step toward the goal of justice requires sacrifice, suffering, and struggle; the tireless exertions and passionate concern of dedicated individuals." "Injustice anywhere is a threat to justice everywhere." "I refuse to accept the view that mankind is so tragically bound to the starless midnight of racism and war that the bright daybreak of peace and brotherhood can never become a reality... I believe that unarmed truth and unconditional love will have the final word." "Life's most persistent and urgent question is, 'What are you doing for others?'"

In these challenging times for our country and our city, we gain much when we remember and try to live out these quotes by Dr. Martin Luther King, Jr. On Monday, January 18, 2016, the national holiday honoring Dr. King, we have the opportunity to celebrate and put these ideas into action.

Dr. King also said, "Of all the forms of inequality, injustice in health care is the most shocking and inhumane." To honor the life and legacy of Dr. Martin Luther King, Jr, I will be joined by the West Cook YMCA and Lynn Allen, Administrator of the Multicultural Resource Center of District 97 in Oak Park to host our 9<sup>th</sup> Annual HEALTH CHALLENGE for K-8 students and their parents living in Chicago and the near suburbs. This year we will hold the event at the West Cook YMCA, 255 S. Marion St, Oak Park, to expand the types of activities that can be held. The HEALTH CHALLENGE includes fun physical activities for students in grades K through 8, and there will also be a service project and nutrition education for students and adults. A push to register even more people to vote will be part of the activities of the day at the HEALTH CHALLENGE and at other events.

I am grateful that many organizations have come together over the years to make the HEALTH CHALLENGE a success, dedicated to the lifelong goals of Dr. King's commitment to service. Special thanks goes to the Tau Xi Zeta Chapter of the Zeta Phi Beta Sorority, who has volunteered faithfully for many years. At our HEALTH CHALLENGE, students and parents increase their awareness of the importance of physical activity and good nutrition by participating in many fun activities. The West Cook Y supports healthy living, youth development and social responsibility, so I am grateful to partner with the Y to create a day filled with meaning rather than just a day away from school. Join us in a day to have fun, learn to be physically fit and eat right, and honor Dr. King on his holiday and every day!

Sincerely,

La Shawn K. Ford  
State Representative-Eighth District