

### **Committee Bio: Laura Kowalski**

Laura Kowalski, a cornerstone of our MLK Day Committee and a Milford local, embodies a lifetime commitment to social justice rooted in the tumultuous era of the Civil Rights Movement.

Growing up during the '60s, she bore witness to the racial injustices that plagued the nation—the killings in the South, racial disturbances in her city, and the heart-wrenching assassination of Dr. King. Laura's awareness deepened during high school and college, shaping her into the passionate advocate she is today. Retiring nine years ago, she seamlessly transitioned into an active committee member, her involvement dating back to the marches she participated in before her retirement.

The Marches down Main St. hold a special place in Laura's heart, leaving an emotional imprint that resonates with the passion she brings to the committee. Her eyes light up when she talks about the joy of watching children decorate bags and fill them at our Meal Assembly. Laura's strength lies in the grassroots efforts—her adeptness in legwork, from visiting businesses and hanging posters to delivering food to Community Sharing. Her hands-on contributions are a testament to her unwavering dedication to the cause.

Laura believes in the power of commemorating Martin Luther King Day, not merely as a routine observance but as a means to breathe life into Dr. King's legacy. The impact of the committee's work becomes tangible during events like the meal drive, where families and individuals come together, turning what could be just another day into a beacon of communal support. Despite the challenges of changing hearts and minds, Laura's optimism shines through, fueled by the committee's enduring commitment to community betterment. The multifaceted approach to keeping Dr. King's memory alive, from the March on Main St. to diverse cultural events and ongoing community outreach, illustrates Laura's belief in making a lasting impact.

As the committee gears up to celebrate 20 years, Laura is actively involved in shaping events that reflect the shared values inspired by Dr. King, embodying the principles of love, acceptance, and assistance to the most vulnerable. In Laura's eyes, the future of Milford is one of diversity and acceptance, and she envisions the committee playing a pivotal role in promoting these ideals through their example of good deeds and positive messaging. In her words, being part of the committee has not only heightened her awareness of community needs but has also brought her joy in working alongside like-minded individuals striving for the same goals. Laura Kowalski stands as a beacon of hope, actively shaping a future where Dr. King's dream is not just remembered but lived out in the vibrant tapestry of Milford.