

Haiti Donations - Instant Tax Relief

People who give to charities providing earthquake relief in Haiti can claim these donations on the 2009 tax return, according to the Internal Revenue Service. Taxpayers who itemize deductions (those who claim the standard deduction are not eligible) on their 2009 return qualify for this special tax relief provision, enacted January 22, 2010. Only cash contributions made to these charities after January 11, 2010, and before March 1, 2010, are eligible. Taxpayers should be sure their contributions go to qualified charities.

Should you wish to make a donation consider The Salvation Army of Greater Cleveland. Checks can be mailed to 2507 East 22nd Street, Cleveland, Ohio 44115. Designate checks and money orders to "Haiti Earthquake." Visit www.salvationarmyusa.org for more information.

CSU Presents Autism Conference

Cleveland State University's College of Education and Human Services, in collaboration with the Center for Excellence in 21st Century Health Care Professions and the Council for Exceptional Children Student Chapter 836, is presenting "Autism: Linking research to Effective Intervention Practices" February 6, 2010. The conference will focus on the identification and utilization of effective intervention practices that increase the quality of life for children and adults with autism.

Heart Health Workshop at Tri-C

February 27, Tri-C will present a free workshop on keeping your heart healthy through diet, exercise and stress management from 10:00 a.m. to 1:00 p.m. in the first floor of the Health Career Services Building at the Tri-C Metropolitan Campus. The workshop will include cooking demonstrations, blood pressure, cholesterol and glucose screenings, exercise demonstrations as well as stress management techniques and ways to make simple lifestyle changes.

Registration is required. Phone (216) 987-3555 to register or for additional information. Parking is available in designated visitor lots for \$1 for a two-hour time block.

Students Jumpstart Law Careers

Fifty-five Cleveland-area students from Maple Heights High School, the Cleveland Academy of Scholarship, Technology, and Leadership Enterprise High School, and Cuyahoga Community College's Upward Bound Program take their first steps toward college or law school when they met with faculty, students, administrators and practicing attorneys at Cleveland-Marshall College of Law on January 29 at the Cleveland State University Law School.

The students participated in the national Jump Start High School Program sponsored by the Law School Admission Council's DiscoverLaw.org Initiative, a program developed to inspire greater numbers of students from racially and ethnically diverse backgrounds to earn college degrees and proceed to law school and careers in law.

Tri-C Diversity Speaker Series

Cuyahoga Community College will present the 2009-2010 Celebrating Diversity Series as locally and nationally known speakers visit Tri-C to raise awareness about various diversity topics and cultural issues.

The spring series will kick off with Michael Christian, a leading authority on birth order, who has appeared on numerous radio and television programs. He will present *Mate Smart: Relationships and Birth Order* at noon February 3, in the Tri-C Metropolitan Campus.

Molly Secours, a writer, filmmaker and talk-show host, will visit each of Tri-C's campuses to discuss social justice and public policy regarding inequities in health care, education and criminal justice. She will be at the Tri-C Metropolitan Campus at noon February 23.

Barbara Danforth, president and CEO of YWCA of Greater Cleveland will speak on leadership and success at the Metropolitan campus at 1:00 p.m. March 17.

All events are free and open to the public. Parking is available in designated visitor lots. For information visit www.tri-c.edu/events or phone (216) 987-4772