



Milton Times

Volume 23 • No. 3

www.miltontimes.com

December 21, 2017

Unruh sparks movement on sexual assault

By Joel Barnes
Times Staff

Former Channel 5 anchor Heather Unruh is asking women to stand up and join her movement against sexual assault.

At the Women, Wine, and Wall Street series presented by Nora Yousif at the Eastis Estate on Dec. 7, Unruh shared a story about how a loved one was a victim of an alleged sexual assault by a two-time Oscar-winning actor.

Unruh, who has 27 years of broadcast journalism experience, has won four Emmys. She left Channel 5 over a year ago after working there for more than 15 years.

Unruh, who explained that she left in search of more impactful storytelling, spoke about the current state of the industry in which she had so much success.

Unruh said she had a quiet year since she left but this summer, after New England Living contacted her and asked if she could answer questions about what she thought about the business, her remarks garnered attention.

When Unruh answered a question about how the industry has changed over the years, it got a lot of publicity because she mentioned that she was dismayed about where local news was going.

"I really got upset during the last year or two that I was in the industry by being stuffed into dresses that were too tight with very phunging necklines," she

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Nora Yousif, right, at the Women, Wine, and Wall Street series with Heather Unruh.

ALSO THIS WEEK

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Health insurance for elected officials ending

By Joel Barnes
Times Staff

The topic of health insurance for elected officials was discussed at the Dec. 12 meeting of the Board of Selectmen.

With the addition of two more members to the board, the selectmen have had discussions about whether it's best to offer health insurance to elected officials.

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Parking elevator debate begins

The Planning Board has begun a review a proposed parking elevator at 10 Bassett St.

The plan for Milton Market Place was presented to the board Dec. 14 by Michael Modestino representing the trustees of Mignosa 1983 Trust; Michael Beck, vice president of sales for Park Plus, providers of the equipment; and Michael Mignosa of the Fruit Center.

The noise levels tested at 59 to 60 decibels or about as loud as a telephone ringing or a normal conversation, Modestino said.

According to Beck, each unit goes up or down in 10 seconds so are only in use for 10 seconds at a time. They are intended for employees who will be parked during work shifts so they will not be in use continually throughout the day.

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COMMENTARY

The best kind of magic trick

By Suvan Shukla

Back when I was a student at Glover Elementary School, I stumbled upon an article about a family in Somalia. The family had journeyed across a desert for 15 days to reach an aid camp, enduring the relentless heat and uncooperative terrain, only to be turned away because the camp was overfilled.

This family wasn't the only family to be rejected—a total of 30,000 children perished during the 2011 Somalia famine within a three-month period. When you think about it, that's more than the entire population of Milton.

The article stuck with me, and I mentioned it to my

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COMMENTARY**The best kind of magic trick****By Suvan Shukla**

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COMMENTARY**The best kind of magic trick***continued from page 1*

mother. In response, she offered me a parallel and personal story about when her grandparents lived in British India.

When the Indian subcontinent separated into three different countries in 1947, both of my grandparents lost their homes when they were small children. My grandfather migrated 300 miles away to a refugee camp with his family, while my grandmother migrated 600 miles away to a different refugee camp with hers.

Both of my grandparents had difficult experiences at these camps. My grandmother recalls waiting in line for hours to get a drink and only receiving about a quarter of a cup of milk. The lack of protein, calcium and calories stunted her growth.

In a similar vein, my grandfather temporarily lost his eyesight due to nutritional deficiencies. Thankfully, an aid worker gave him Vitamin A pills that restored most of his vision.

Decades later, my grandparents moved to the United States and had three kids, including

my mother. In a way, I exist because people treated my grandparents kindly long ago.

My mother's anecdote has resonated with me all my life. The story came back to me recently at a UNICEF convention in Washington, D.C., where I learned of a fortified peanut paste called RUTF, or Ready-to-Use Therapeutic Food. Apparently, a single packet of this paste contains more nutrients than in three cups of milk, one orange and one and a half carrots combined. When I heard of its powers, I immediately wished that my grandparents had had access to it all those years ago when they could have benefited from its existence.

My goal now is to raise awareness about these packets so that others around the world don't have to suffer the same problems that my grandparents did. For example, there is an area in Nigeria where one in five at-risk malnourished children may die. The packet changes this statistic to one in 100.

One mother in Sierra Leone called this treatment "magic." When her oneyear old daughter, Naomi, was sick and on the verge of dying, a UNICEF worker gave her the packet. The mother later stated, "I was so surprised about the improvement in her

look after she started eating those packets. I used to wonder what magic was in the treatment that made her recover so soon."

I wanted to be part of this transformation so I donated part of my savings to this effort. Furthermore, I created a Crowdrise page where all donations go directly to UNICEF USA, which buys 80 percent of the world supply of this "magic peanut paste" to give to the most vulnerable children: www.unicefusa.org/give-hope-gift-nutrition.

If you can't find the webpage, email me at Suvan.shukla300@gmail.com and I will send you the link.

I have a simple request: if you have benefitted from the kindness of strangers, I ask that you consider being a kind stranger in the lives of vulnerable children. If 25 Milton Times readers donate \$40 each, we can raise \$1,000 and save the lives of 25 children using this nutritional treatment.

Transforming peril into hope - it would be hard to top this for the best kind of magic trick.