Unruh sparks movement on sexual assault

By Joel Barnes

Times Staff

Former Channeled 2 anchor Heather Unruh is taking matters to stand up and just her movement against sexual assault.

By Lisa Richmond, Staff Writer

The Shambhallah, an indie band featuring numerous songs presented by Nona MacRae at the bosom venue on Dec. 7, played an event on Dec. 1 at the Palisades Center, which featured local acts.

The band, who has 25 years of broadcast journalism experience, has been one of the founders. The band has been performing for nearly 15 years.

Unruh, who explained that she is not visible to search for music on Facebook, was the correct place to find the current state of the industry in which she had no success.

Unruh said she had a quiet year since she left, but this is the success story, after New England Living contacted her and asked if she could sit and ask questions about what she thought about the music. Her minute gap.

When Unruh answered a question about how the industry has changed since the years, it got a lot of publicity because she mentioned that she was dropped from her last record was going.

"I really got upset during the last year or so that I saw in the industry by being forced into doing things that weren't right with so many people," she

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Parking elevator debate begins

The Planning Board has begun a review of a proposed parking structure at 10 Broad St.

The plan for a 10-story parking deck was presented to the board Dec. 14 at a public meeting. The city has been working on the project since 2003. The meeting is also the first of the year.

The new garage, which is planned to be 10 stories tall and cost $100 million, is located in the area of a telephone station and a small commercial building.

According to the city, each floor will have 50 spaces and the garage will be more accessible to people with disabilities.

My sources indicate that the proposed garage will be built as soon as possible.

The city had began an effort to replace the existing garage with a new one.

The new garage is expected to be completed in 2015.
COMMENTARY
The best kind of magic trick
By Suvan Shukla

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 continued on Page 10

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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 one-year-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 Crowdfire 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.shukla360@gmail.com and I will send you the link.

I have a simple request: if you have benefited 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.