

GOOD NEWS SUNDAY FAIRFIELD

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64th edition – March 27, 2022



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This is our 64th edition, bringing you good news, inspiring stories, and useful information.

March is women's history month. We are celebrating everyday women who are changing the world. This week we are celebrating Reverend Sara Smith.

Reverend Sara is the President, CEO and Founder of Nourish Bridgeport. Nourish has many programs like the Super Food Pantry, where they give 10,000 pounds of fresh food, and non-perishable food. Their Baby Center where they take care for babies by giving them food, diapers and etc. Feel The Warmth program helps many families stay warm in the winter and give them hot food. English As A Second Language program (ESL) helps refugees learn English, citizenship and even financial literacy. Nourish has a Farmers Market selling local fresh produce. They have recently added an Indoor Hydroponic Farm that grows food by using no dirt and people can even see the plants grow while still being inside so schools can have field trips there too. The grand opening of the Hydroponic farm is June 1st.

Reverend Sara grew up in Kentucky on a farm. She went to law school and worked as a trial attorney. She felt that she had to do more good in the world so she founded Nourish 11 years ago. The Nourish logo represents health because of the green and the apple. It means warmth, love and kindness. It also means helping neighbors and holding people with love. Nourish also is written with the OUR capitalized to represent that Bridgeport and NOURish belongs to everyone. It also means that they will never give up on Bridgeport or Nourish.

Reverend Sara's goal is to have a better and bigger kitchen or even a commercial kitchen. She wants to teach people who are struggling how to handle so many things and how to succeed. Reverend Sara says that it doesn't matter how many people she impacts but how deep the impact is. Reverend Sara has impacted and inspired lots of people. Reverend Sara has learned many things along the way like you can't do it by yourself, no one can and being nice is free or everyone needs hope. She says she can impact more people if she has more time, staff/volunteers and money. To help Nourish Bridgeport go to [nOURishBridgeport](#)

Women's History Month

In research, we are covering less known women who have changed our history to celebrate what women have done for us. This week we are covering Greta Thunberg.

Greta Thunberg

- Her full name is Greta Tintin Eleonora Ernman Thunberg
- She was born on January 3, 2003 in Stockholm Sweden
- She was diagnosed with Asperger syndrome which is when someone focuses solely on one thing and is very socially awkward among other symptoms
- Greta had focused on climate change at age 8 and never stopped
- She became vegan and refused to travel by airplane because of their emissions
- Trying to make a greater impact she spurred lawmakers to address climate change
- For three weeks before the Swedish election she stood outside the parliament of Sweden holding a sign saying School Strike for Climate
- She eventually got lots of people to join her and she got international attention
- After the election she skipped school on every Friday to protest climate change she called it Fridays for Future. She inspired thousands of kids around the world to do their own Fridays for Future
- She has given speeches at the World Economic Forum in Switzerland and at the European Parliament. She spoke to legislatures from France, Italy, the UK and the US
- In September 2019 she traveled from Sweden to New York in an emissions free yacht
- She then gave a speech at the UN climate event
- Her speech caused climate strikes in more than 163 countries
- She has also raised a lot of awareness for Asperger
- *No One Is Too Small to Make a Difference* (2019) is a collection of her speeches
- *I Am Greta* (2020) is a documentary made about her that is streaming on Hulu
- She has given a TED talk called *The disarming case to act right now on climate change*

Greta Thunberg is a great source of inspiration for all of us. She has overcome many difficulties to change our world. To learn more about her and what she has done go to [Greta Thunberg | Biography, Climate Change, & Facts | Britannica](#).

Please support bill HB5498 to make lollipop the CT state candy. Jacqueline the founder of Jac-o-Pops and a friend recently appeared before the CT Government Administration and Elections Committee to defend HB 5498 as reported by News12 [4th graders lobby to make lollipops official state candy](#) To learn more about Jacqueline go to [Good+News+Sunday+Fairfield+#61](#)

Quote of the week.

“I was taught to strive not because there were any guarantees of success but because the act of striving is in itself the only way to keep faith with life.”

- Madeleine Albright

“Some people say that I should study to become a climate scientist so that I can ‘solve the climate crisis’. But the climate crisis has already been solved. We already have all the facts and solutions. All we have to do is to wake up and change.”

- Greta Thunberg

Sudoku Puzzle

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9, without repeating any.

		2						1
3	4	7	1		9	5		2
			6	2			8	
2	3		9		5	4		
7						2		3
		5	7		2		9	
	9				6			
6	7		4		1	3	2	9
5			3			6		

Announcements

The Main library is hosting an in person PEEPs diorama competition. It is for 5th – 12th grade students. This is when you make a diorama with PEEP characters. It is very fun and the favorites get prizes. Hurry up and register. To register go to [In-Person: Main PEEPS DIORAMAS | Fairfield Public Library \(librarymarket.com\)](#)



Way back in 1973, Bob Marley wrote and performed Get up, Stand up. Today the message is more applicable than ever, but for a different reason. Although our bodies are biologically engineered to move, we are continually mandated to sit.

We are taught about sitting as early as grades K, when **sitting still** is rewarded. Many of us **learned to sit** before we learned our ABC's. Most Americans **sit more than 9.5 hours a day**.

Want to learn how to easily fit fitness into your current life? **Summer is coming- be ready!** Find-out more at [FitTraining.net](#) or contact me at Linda@FitTraining.net

Would your business benefit from reaching lots of people in Fairfield?

If so, place an ad in our newsletter. For a small amount you can get lots of exposure to the Fairfield community and help us to continue bringing you good news. If you are interested, please email goodnewssundayfairfield@gmail.com.

ABOUT US

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Have a great Sunday!