

CELEBRATING ACTS OF KINDNESS



For Brad Zapenas, a Nashua baseball standout, it was a dream come true. As a player for Boston College, he was in the lineup for a spring training game against the Red Sox. Before the game, Zapenas and his teammates posed for photos with the rich and famous, sought signatures on baseballs, and basked in the glow that too many big leaguers take for granted.

The next day, he visited his hometown paper's website to check on the small story and photo that reported his experience. On another page, he read about a Nashua boy named Ryan Cavanaugh who, in his 10 years, has endured more hurt than anyone 10 times his age should endure.

Ryan suffers from a genetic disorder of the connective tissue that has caused him to spend way too much time in hospitals, most recently to undergo his second open-heart surgery at Children's Hospital in Boston.

When Zapenas and his team returned to campus, Ryan was still on his mind. He e-mailed the boy's mother to arrange a visit. He brought Ryan a baseball signed by David Ortiz and J.D. Drew, a BC baseball cap, and a special moment to brighten his day. On the baseball, Zapenas wrote, "Ryan, follow your dreams and never lose hope. Your friend, Brad."

It was a moment made possible by the generosity of a young man, and the reporting of The Telegraph.

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the good deeds that uplift community spirit.*

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