



# WMG Journal

Volume 6 | Issue 4 June 2022



Welcome!

Surprise! Here we are again, with another issue of the Journal...just a couple of weeks after the last. I know - our publishing schedule is shockingly all over the place, but I like to think that we are keeping you a bit off balance, stoking your interest with our 'will-they-or-won't they' practice. Okay, that is clearly a justification. Not a good one either! Publication unpredictability aside, here is what we are revisiting in this issue:

- Chef Geoff Tracy's journey to discovering and sharing his passion for great food
- Dr. Janine Austin Clayton and her quest to elevate women's health to the heart of bio-medical research
- Terri Tolliver on exploring the stories of the local community through her Emmy-winning work at Fox5 in D.C.
- Ralph Buglass' efforts highlighting how some of the earliest civil rights successes for Thurgood T Marshall began right here in the county seat of Rockville
- Ann B Friedman and the creation of the dynamic Planet Word interactive Museum
- Lauri Fitz-Pegado on harnessing the lessons she has learned as a ballerina into a career working in both cultural and commercial diplomacy

I certainly enjoyed revisiting these fascinating lectures, and hope you will, as well!



Adrienne Athanas  
Managing Editor

## Featured Inside

- February 2, 2022**     **Geoff Tracy, *Owner of Restaurants and Lover of Life***, invited by Karen Deasy
- February 9, 2022**     **Dr. Janine Austin Clayton, *Study. Both. Sexes!***, invited by Kirstie Saltsman
- February 16, 2022**     **Terri Tolliver, *Her Focus is Our Community*** invited by Sara Rosen
- February 23, 2022**     **Ralph Buglass, *Racial Justice in 1930s Rockville***, invited by Francesca Kim
- March 2, 2022**     **Ann B. Friedman, *An Amazing New World of Words***, invited by Terri Silver
- March 9, 2022**     **Lauri Fitz-Pegado. *Dancing in the Dash***, invited by Maria Leonard Olsen

## GEOFF TRACY

### Owner of Restaurants & Lover of Life

"Stay the F@!\* out of the restaurant business" is the advice Chef Geoff Tracy's mentor told him when he was still a very young man. Well, thank goodness, Chef Geoff decided to ignore that advice! For those who might be unaware of who he is, Chef Geoff is the founder of the Chef Geoff Restaurant Group, which includes Chef Geoff's Uptown, Chef Geoff's West End, and Lia's restaurants. As a boy, still in high school, Geoff had many summer jobs, in such diverse fields as an accounting office and a law office. However, his favorite summer job by far was working in a restaurant...as a bus boy! He found the job very entertaining – and Chef Geoff loved being paid in cash.



Upon graduating from high school, Tracy made his way to Georgetown University, which is notable for two reasons: first, he fell in love with the DC community and second, he fell in love with his now-wife, Nora O'Donnell. One of the many things that Tracy did as a student at Georgetown is worked part-time at a student-owned and managed co-op called Vital Vittles. From that experience, and while still a student, he opened a gourmet coffee shop called Uncommon Grounds. It proved to be very successful, giving Tracy a taste of what it is like to run a food business as well as manage a staff. The rest of his career would eventually take off from this starting point.



trip did not help, but meeting a family friend, Tom

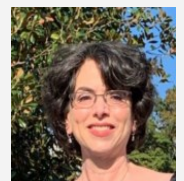
Upon graduation from Georgetown, Tracy planned a cross country bike trip, hoping to find inspiration for the direction his life should take. The bike

Meyer, President of the Clyde's Restaurant group did. Tom helped him recognize that restaurants were Tracy's passion, and he helped Tracy plot a career path, which included working at the legendary Old Ebbitt Grill in Washington, D.C., and attending the Culinary Institute of America (CIA) in Hyde Park, New York. Tracy excelled at the CIA and graduated first in his class. After working as a sous chef at the equally legendary 1789 for a couple years, Tracy decided it was time to start his own restaurant, because in the words of Tom Meyer, "This is a young person's industry. Go at it as soon as you can." And with those words ringing in his ear, Chef Geoff's was born in 2000, in the former space of the venerable DC restaurant Galileo. His restaurant gradually became a 'go to' spot for delicious food and in Tracy's own words "it is a chef-driven restaurant without pretense."

In 2006, Chef Geoff Tracy opened Lia's in Chevy Chase, and he quickly realized that running multiple restaurants was straining his managerial skills, so he formed a partnership with a close friend to help with the job. Clearly it paid off, because Chef Geoff's many restaurants, including a new one at Dulles Airport, currently bring in \$10,000,000 in sales annually. He is very much hoping to open a new restaurant in Crystal City, at the new Amazon Headquarters, in the upcoming year.

While Geoff is running his restaurant empire, he is also raising his 3 sons and two Maltipoos with his wife, who has a very challenging career herself as a news anchor. They have been fortunate to have the same nanny for 14 years, Alba, whom Tracy lauds for ""keeping the family going" as their demanding jobs taking much of their time, particularly in the evenings.

I think the thing that surprised me most about this riveting talk is that Chef Geoff has not cooked in his restaurant in 20 years, although he loves to cook at home, making many pasta dishes with whatever he finds in his refrigerator. Chef Geoff Tracy has managed to create a restaurant empire through sheer determination and a zesty outlook on life that was very refreshing to listen to.



Recap by Julie Frye

February 9th

DR. JANINE AUSTIN CLAYTON

## Study. Both. Sexes!

Dr. Janine Austin Clayton, Associate Director for Research on Women's Health and Director of the Office of Research on Women's Health at the NIH, brought a presentation laden with a bounty of information to share with



WMG. Dividing her lecture into two "courses" – the first a look at the past, present, and future of women's healthcare, and the second, NIH's "Recipe for Women's Health: Add Women to Science, Stir, Encourage to Rise" – she presented us with information both comprehensive and eye-opening. In addition to multiple awards for her work, she created and successfully instituted a policy of considering sex as a biological variable (SABV) across the research spectrum at the NIH, which has already, and will continue to have, far-reaching implications for women's healthcare.

She first became interested in the disparities between men and women's health while pursuing a career as an ophthalmologist, at the National Eye Institute. As she grappled with eye-related disparities – such as the fact that women were 1.3 x more likely to be blind than men – she also noted disparities in five other areas (beyond reproductive health), including cardiology and neurology (women comprise 2 out of 3 Alzheimer's patients). What "opened my eyes – pun intended – to sex differences" were the discrepancies between men and women across eight disease processes, with women constituting the majority in each of them. Thus did her focus shift from the eyes to the whole of women's health.

She shared some observations about women's health:

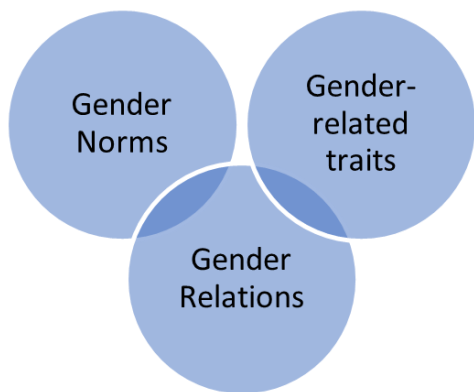
- The US is the most dangerous place in the developed world to deliver a baby.
- America's health disparities and high maternal mortality rates exceed those of our mothers' and grandmothers' generations.
- Before 1991, all medical research used male participants, with the "default human model"

a 70kg white male. The data gathered was applied to healthcare treatments to both men and women. For example, women and men have a different normal resting BP rate (110 vs 120).

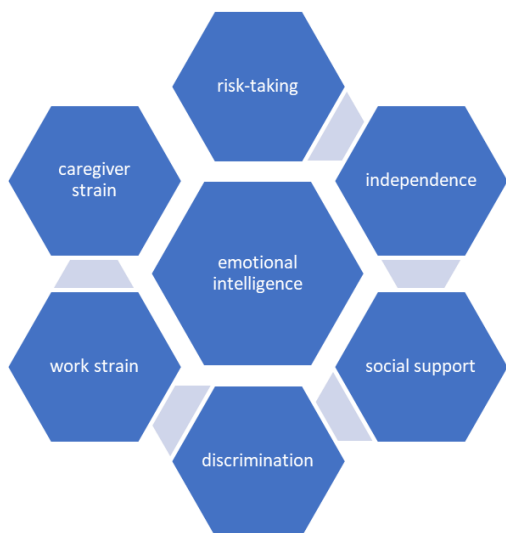
- Some drugs approved for use based on single-sex data have been found to have a very different impact on women, resulting in the drugs Seldane (antihistamine) and Propulsid (for GI issues) being taken off market.
- Even in studies involving mice, male mice were used predominantly (to avoid the complicating factors of female hormones!); however, male mice were ultimately found to provide less stable results than those of female mice – which underscored the need to address sex inequities even at this level of research.
- As of 2016, all medical studies conducted with support from the NIH must consider sex as a variable (SABV). Bottom line: Study. Both. Sexes! "One size does not fit all!"

Dr. Clayton took care to make the distinction between sex and gender: Sex is derived from the chromosomal complement, and Gender is a multi-dimensional psychosocial construct that integrates roles, behaviors, expressions, and identities of girls, women, boys, men, and gender-diverse people. These two are related but distinct, and each makes its impact felt in health outcomes. She provided another acronym, related to SABV: GASV, or Gender as a Sociocultural Variable. As both sex and gender play a role in health outcomes, she feels that it is crucial to establish more diverse problem-solving teams, which have been proven to generate more innovative solutions to problems.

There are a couple of more steps in Dr. Clayton's recipe for advancing the cause of women's health. The first is a communication issue; making sure that scientists reporting on medical research adopt SAGER – Sex and Gender Equity Research guidelines – that facilitate the reporting of "appropriately disaggregated" research data. Currently, only 1 out of 3 large studies are reporting under these guidelines. Additionally, a group at Stanford University has published a new tool for studying gender:



which can be broken down into more specific issues:



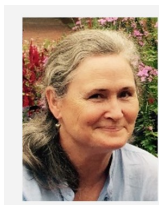
There is considerable overlap, but different groups – men, women, non-binary – experience different variables differently, and elucidating this can provide for better outcomes across the board.

Clayton then transitioned to the second part of her presentation, which addressed the lack of women in leadership positions in biomedical fields. She stressed several times that there is not a supply issue, but rather a pipeline one: loads of young women start out pursuing degrees in this area, but the further they progress along the pipeline, the fewer exposures they have to women both teaching and mentoring in the field, which in turn impacts both perception of and access to career opportunities. To help address this, the NIH has a Working Group on Women in Biomedical Careers, which funds research into the obstacles to careers in the field, as well as looking into policies that support a healthy work/life balance. There is a Women of Color Research Network (WoCRN), which has four regional chapters, including in DC and Maryland, with 500 members and growing. NIH also

supports the BIRCWH – Building Interdisciplinary Research Careers in Women’s Health – program; the Mayo Clinic provides a good explanation of the work they do: [BIRCWH Scholar Program - Women's Health Research Center - Mayo Clinic Research](#).

Dr. Janine Austin Clayton provided us with a comprehensive look at how the medical establishment is changing outdated research models to provide more nuanced – and ultimately more productive – data to help provide the most up-to-date guidance for achieving better outcomes for women’s health. I didn’t know what I didn’t know, but I feel a lot better now knowing she and her team have our backs!

Because I could not possibly do justice to the amount of thought-provoking information presented by Dr. Clayton, I would urge you to visit the ORWH to explore their work in more depth: [Welcome | Office of Research on Women's Health \(nih.gov\)](#).



Recap by  
Adrienne Athanas

To read more about WoCRN: [Women of Color Research Network \(WOCRN\) | Women in Science \(nih.gov\)](#)

February 16th

TERRI TOLLIVER

### Her Focus is Our Community

Terri Tolliver is the multiple-Emmy award winning Director of News Projects and Partnerships for Fox 5 DC. An Edward R. Murrow Award-winner as well, Ms. Tolliver was introduced by Sara Rosen, who met and became friends while in high school. Terri spoke with us from the Green Room at Fox 5 in Bethesda. She invited us to choose a surprise topic for later in her talk: “I have a machine gun in my pocket” or “Terri T, undercover lap dance stripper.” The members voted and the result was for the undercover lap dance story...though it was a close call! Naturally, we were all agog. First, however, we learned about her journey in the news profession.



From childhood, Terri knew she wanted a career in television journalism; there are home movies of her standing behind her news desk (an ironing board), microphone at the ready (a hairbrush), interviewing a witness (her dog). She had marvelous role models:



the late Renee Poussaint and Lark McCarthy, whom she calls “The Black Titans of local news.” While she was at American University, she interned for ABC 7 and was able to parlay this opportunity into her first news job: she answered phone calls from the public tip lines, assigned stories for breaking news, and followed the police and fire scanners to keep the station abreast of what was happening.

After burning out on this schedule and considering applying to be a DEA Agent, her editor suggested another alternative. Terri accompanied Tracey Neale to several countries in Africa to film a documentary on AIDS. They visited orphanages for abandoned babies and children, most of whom were HIV+, legally unadoptable, essentially warehoused, receiving little or no treatment, and dying within months. The documentary team felt a deep responsibility and opportunity to make US citizens aware of, and to care about, the impact of AIDS throughout Africa. They opened a school for Masai girls and started a charity, **Veronica’s Story** ([VeronicasStory.org](http://VeronicasStory.org)). Named for a child with HIV who had died in an orphanage, this NGO has been active since 2007, serving orphans and vulnerable children around the world. The documentary won awards and raised awareness. This was the foundation of Terri’s future in journalism.

Being a mom **“has offered me a unique perspective on what’s important in life. It’s a position that has afforded me a cache of patience, a sense of responsibility to the world that extends beyond my circle, and a sensitivity to those around me.”**

Terri has gained her experience through several jobs in news organizations; at Fox 5, she has been an investigative reporter, an on-air personality, and an executive producer. However, working the 3:00pm shift meant too little time with her young son; after moving to Bethesda when he was about to enter middle school, she took a new position: Director of News Projects and Community Partnerships (9:00am to 5:00pm) and she describes the change as “perfect”. She produces stories and series pieces, promotes a “Pay it Forward” segment that airs twice a month, and is very involved in Black History month. Describing herself as ‘a natural ham,’ she talks to everyone and is always listening for new ideas.

One of her favorite stories had its start at a deli. Noticing the logo on Terri’s jacket, a Mrs. Henderson

started a conversation about a Prince Georges County regulatory loophole which allowed a business on her residential street to masquerade as a car repair club by day and become a stripper club by night. A grandmother and neighbor, Mrs. Henderson’s concerns involved noise, traffic, trash, liquor bottles, and condoms strewn on the street, and all attributed to the night-time lap dance club in the middle of the block. The legal loophole meant the ‘Car Club’ could obtain a ‘banquet license’ by installing a vending machine and not selling alcohol. Terri investigated, assembled a plan, and went undercover as a stripper, wearing a pin camera attached to her bra. Accompanied by an undercover news photographer, she paid \$50 up front and was told she could keep the tips. To her surprise, she found that many of the performers were teachers and soccer moms trying to work a second job. The subsequent news report resulted in the closure of clubs all over the greater DC area and a change to the laws. Terri dedicated one of the Emmy awards the documentary received to Mrs. Henderson.

The WMG audience was treated to a studio tour of Fox 5, via Terri’s laptop. We got to “meet” news and entertainments reporters, saw the various sets, including the news and weather desks, and a kitchen set up. Terri explained the functions of jib cameras and robotic cameras. It was great.

Back in the Green Room, Terri answered questions about the relationship between the local affiliates and the parent Fox organization (Fox 5 retains autonomy for the most part), about how her son gets his news (from Terri at dinner), how she gets ideas for stories (lots of tips and call-ins with suggestions that point her to what is important in the community) and about the backlash around the strip club story – hate mail and protests.

Terri has taken risks, especially as a young journalist, and acknowledges that becoming a parent has sometimes changed her perspective on that. But her commitments to the community, to stopping human trafficking, to seeking social justice do not waver. She is always open to meeting young people interested in a career in journalism. She suggested that internships ([Fox5dc.com](http://Fox5dc.com)) are a great opportunity. She can be contacted at [terri.tolliver@fox.com](mailto:terri.tolliver@fox.com).



Recap by  
Beth Curren

February 23rd

## RALPH BUGLASS

### Racial Justice in 1930s Rockville

Local historian Ralph Buglass made the fight against segregation come alive in his talk to WMG about pioneering legal battles that began in Rockville, Maryland in 1936. The first of a few seminal cases concerned William B. Gibbs, Jr., who taught black children in a shoddy one-room schoolhouse within the segregated Montgomery County school district – making half of a white teacher's salary. Gibbs wrote to Thurgood T. Marshall, who was just a few years out of law school, asking for help to sue for equal pay for African American teachers.



Marshall took the case, and Gibbs put his livelihood on the line by suing his employer during the Great Depression. The only newspaper to cover the trial, Buglass told us, was *The African American*: "Equal Pay War Opens – June 1937."

**Gibbs made \$612 per year compared to \$1,175 for white teachers.**

While it was Marshall who argued the case – and won – he collaborated with a group of progressive lawyers at the Maryland NAACP to find test cases that would chip away at segregation. Gibbs vs. Board of Education became the first legal victory in the nation against segregation in K-12 schools. The schools agreed to provide equal pay *and* back pay. But to Marshall's great frustration this landmark case did not set a legal precedent because the actual settlement was made out of court.

Gibbs's victory was brief. Within a year, the school system fired him. Though he'd served as both teacher and principal for years, in 1938, the schools suddenly said he was unqualified as a principal and let him go.

**Overcrowding,  
Tar Paper Shacks,  
No Running Water**

More lawsuits targeting segregated schools followed quickly, from Anne Arundel County to

South Carolina. Advocates believed that gaining equal pay could lift an entire African American community. They also targeted poor school conditions, lack of bus service and electricity, and more.

Court cases can be dry material, but Buglass's lecture was certainly not! The next equal pay case after the Rockville case was brought in Anne Arundel County on behalf of Walter Mills, a Black school principal. Buglass shared quotes from the testimony:

"My poorest white teacher is better than my best colored teacher," said superintendent George Fox. Asked why black teachers must scrub the floors, when white teachers did not, the response was: "This has always been blacks' work." It's not clear how ordinary people in 1938 would view those comments in court. After all, segregated schools were the norm, but again, Thurgood Marshall won equal pay in the county and eventually all of Maryland.

William Gibbs returned to Pennsylvania after he was fired in Rockville, where he continued his studies. He then taught school in New Jersey for the rest of his career. Around Montgomery County, you can see his legacy on Gibbs Street in Rockville Town Center, where a bench holds a metal newspaper sculpture which reads, "Gibbs Suit Wins Racial Equity for Equal Pay."



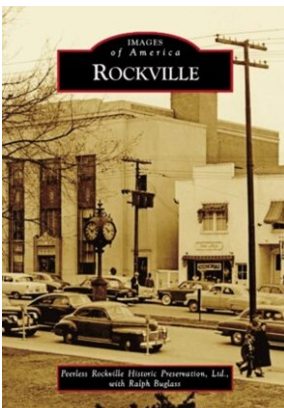
Recap by  
Cathryn Meurer

Thurgood Marshall, of course, went on to win *Brown vs. BOE* in 1954 and to serve as the first African American justice of the U.S. Supreme Court.

Ralph Buglass has compiled more history about Rockville, MD in the booklet, *Images of America: Rockville*.

**Are you enjoying this publication?**

We could use your help to write future recaps. Please contact Melinda Robbins at [melibins@gmail.com](mailto:melibins@gmail.com)



March 2nd

## ANN B. FRIEDMAN

### *An Amazing New World of Words*

WMG was treated to the incredibly accomplished and wonderful speaker, Ann B. Friedman, Founder and CEO of Planet Word, the new museum located in the historic Franklin School at 925 13th St., NW in Washington, D.C. – for which Friedman also served as developer! Planet Word, the only museum in the world focused on words and language, uses experiences to inspire a love of language, words, and reading. The exhibits are largely voice-activated: visitors “talk” to the exhibits and the exhibits talk back, so no two visitors have the exact same experience. Planet Word’s six core values are: fun, playful, unexpected, motivational, meaningful, and inclusive. That’s what Friedman wants every visit – and every exhibit – to be.

Those core values could be an apt description of Friedman herself. Until 2011, Friedman was teaching reading and writing in Montgomery County, MD. However, her long-standing relationships with the SEED Foundation, the National Symphony Orchestra, the Aspen Music Festival and School, the Aspen Institute, as one of the founding Board members of DC Downtown, and her recent election to the American Alliance of Museums, all speak to a life focused on the cultural and intellectual life of Washington, D.C. – and beyond. The organizations with which she is involved also have a strong element of public engagement, and so it is no wonder that her resume now includes the creation of this singular museum.

Upon arriving at the museum courtyard, Friedman said you will see a “speaking” willow tree, with speakers hung from each tree branch. As you walk under the tree, the speakers start murmuring, creating a babble of 364 global languages. It is magical! As you enter the building, you will notice scripts inlaid in the floor. Frieden commented that Planet Word is primarily devoted to the spoken word; “the scripts are a nod to the written word.”



Friedman then guided us through the museum, starting on the third floor. The first exhibit, “First Words,” focuses on early childhood language development. There you will see video frames of children as they pass through the milestones of language acquisition. It is the only passive exhibit in the museum. From there, you move to “Where Do Words Come From,” a word-wall exhibit that is 40 feet wide and 22 feet tall. The exhibit is intended to help tell the story of the English language. Sound and light technology make words on the wall come alive; when a visitor speaks a word on the wall, the word lights up and briefly tells its history.

“The Spoken World, Language Around the Globe,” located in the museum’s Great Hall, features a 12-foot-in-diameter interactive globe hung from the ceiling and lit by 4800 LED lights. Amazingly, the massive globe can fold in on itself and become a chandelier for other events in the space. Surrounding the globe are 15 iPads that speak 28 languages and 2 sign languages. If you talk to the iPads and mimic words in other languages, the globe will light up!

The second-floor galleries, Friedman tells us, are “devoted to creativity – to what you can do with words.” In “Unlock the Music,” the interactive exhibit focusing on words, rhythm, and rhyme, you can learn about songwriting and enjoy karaoke. In “Joking Around,” the humor gallery, you can play around with humor, words, and wit. In “The Library,” you can take a book from the shelf and put it in a special holder, then see and listen to a brief video about the book. You also can explore nine



Photo courtesy of Planet Word



book- related dioramas that light up when activated by your voice.

When you enter “Word Worlds,” you can use a magic brush to pull a word from a “word pallet” (instead of paint pallet) and paint the scenes around the room. When you do, the scenes will change according to the meaning of the word you are painting. If your word is autumnal, trees will change to autumn colors. In “Lend Me Your Ears,” featuring public speaking, you can read famous speeches from a teleprompter, record the speech in your own voice., and send yourself the recording. The favorite speech, Friedman told us, is ‘Mufasa’ speaking to his son in the movie, *The Lion King*.

Friedman commented that by this time in your visit, you – without realizing it – will have read a little, written a little, spoken and listened, and using “all the elements of the language arts” – “had a little fun.”

Two galleries on the ground floor are devoted to the power of words to sell products or ideas, or to hurt or to heal. “I’m Sold” focuses on the power of persuasion. Here you will learn about techniques in advertising, product naming, and news literacy; you will also experience a media spiral exposing you to a steady stream of words, messages, and ads. In “Words Matter,” you will see videos of people telling stories about how words have mattered to them. At the end these exhibits, you can make your own ad or recording and send to yourself.

By the end of your tour, you may want to relax and have a treat! At the Immigrant Food+ Café on the lower level, you can do just that and enjoy foods from various cultures.

What a whirlwind tour! Thank you, Ann B. Friedman – what a wonderful place to visit!



Recap by  
Bonnie Harkness

For more information about Planet Word, see

<https://planetwordmuseum.org/>.

Admission is free; a \$15 donation is suggested. Reserving a timeslot in advance is recommended.

## LAURI FITZ-PEGADO

### *Dancing in the Dash*

In an excellent presentation to WMG, Lauri Fitz-Pegado shared her intriguing journey as a diplomat, businesswoman, and dancer. Cultural and commercial diplomacy are the hallmarks of her career, which has included postings with Voice of America, the U.S. Information Agency, and the Foreign Service. She has also held challenging positions in the private sector following her service in the government. Throughout a long and successful career, Ms. Fitz-Pegado drew upon the lessons she absorbed in a lifetime as a dancer. She now uses those skills in teaching dance and mentoring young ballerinas. Her recent book *Dancing in the Dash* tells her fascinating story and offers inspiration.

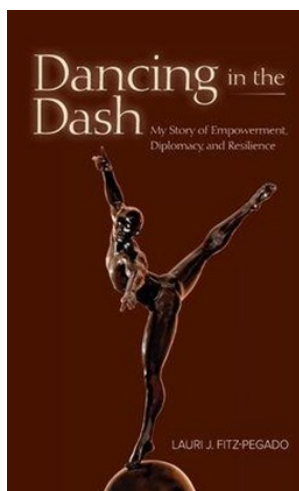


She describes her book as “a creative memoir” which covers both the arts and her professional pursuits. It is intended for a universal audience of all races, ages, and genders. In her view, we all need to draw out our memories and come to terms with them. The use of the word “dash” conveys the sense of the many dashes we all run in our lives – from birth to death is one long line. But there are shorter dashes as well, and Fitz-Pegado encourages us to “live in the dash.”

Fitz-Pegado began seriously studying ballet at the age of 9 and was teaching others by the time she was 14, at the famed Jones-Haywood School of Dance. This school was founded in 1941 by two

women of color who were determined to give Black children the access to dance enjoyed by their white counterparts. In retirement now from her professional pursuits, Fitz-Pegado has returned there as a teacher and mentor.

A mother and grandmother, family is key to Fitz-Pegado, and is emphasized throughout the book. Her parents were graduates of Howard





University and encouraged her in academics and sports. Her mother passed on a passion for international affairs which helped lead Fitz-Pegado to become fluent in Spanish and pursue experiences abroad. They taught her to work hard and to persevere.

Her father encouraged her to attend Vassar, rather than an HBCU, so that she could learn to make her way in a world that continues to be dominated by white power. Fitz-Pegado was inspired by the women who had led protests to recruit more people of color as professors and on boards and to start an African American Studies department. She began her own lifelong quest to be "a strategic disrupter."

In moving on to discuss her professional life, Fitz-Pegado designated two main strands: Cultural Diplomacy and Commercial Diplomacy. In the cultural vein, she worked with Voice of America and the U.S. Information Agency. When she began her work in the Foreign Service, she was posted to the Dominican Republic and Mexico. In her work, Fitz-Pegado had to overcome prejudice on the part of those who did not want to work with a woman supervisor, and especially a woman of color. She never swerved from her commitment to treat others with respect and to win them over. She retired from the Service, rather than go to South Africa during a time when our government's approach was one of "constructive engagement."

In the commercial arena, Fitz-Pegado was appointed by President Clinton to be the Assistant Secretary and Director General of the Commerce Department's U.S. and Foreign Commercial Service. Her great friend and mentor Ron Brown headed the department. In her role, Fitz-Pegado supervised hundreds of offices both here and overseas. She worked diligently to promote commercial opportunities for small and women-owned businesses.

Secretary Brown believed in diversity and opportunity, and used travel to offer chances to others. Tragically, his plane crashed near Dubrovnik in 1996, and he died along with 32 others. Fitz-Pegado, who was in Vietnam at the time, was designated as our government's representative at the crash site and accompanied the coffins back to the base at Dover, Delaware.

In 2018, after working in many government positions, Fitz-Pegado became a founding partner at the Livingston Group where she was the only woman and the only Democrat. She also served at Hill and Knowlton and Gray and Company. At Iridium, LLC, she worked in global satellite communications.

A striking characteristic of Fitz-Pegado's multi-faceted career is her ability to work with a wide assortment of individuals, while remaining true to her core beliefs. As she stated in closing, "I am because you are."

In this varied and successful career, Fitz-Pegado says that dance has sustained her by teaching perseverance, resilience, and performance skills. Her message is always keep going, never give up. She is finally "the master of the dance" in her own dash.



Recap by  
Ann Swett

Learn more about Lauri Fitz-Pegado at <https://inthedash.live/>. The book is available for purchase through Politics and Prose: [www.politics-prose.com/book/9781954805040](http://www.politics-prose.com/book/9781954805040). (You can use the code SPECIAL10 to get a 10% discount.)



## WEDNESDAY MORNING GROUP

Wednesdays, September to June

Cedar Lane Unitarian Universalist Church,  
9601 Cedar Lane, Bethesda, MD 20814

[www.WMGroup.org](http://www.WMGroup.org)

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