

GOOD NEWS SUNDAY FAIRFIELD

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63rd edition – March 20, 2022



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This is our 63rd 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 Mrs. Anastasia Sevostiyanova, a microbiologist scientist working on rapid single-cell labeling method for bacterial identification, enumeration and its integration with microfluidic systems. This will help to fight bacteria related diseases like Salmonella.

Ever since she was 11-year-old Anastasia loved chemistry. She wanted to learn more about sciences. She came across her older sister's chemistry text book. When she was bored, she would open up the text book and just read. When she read, she learned many things like that the molecules from our bodies can be found outside. She also learned that our feelings are really just chemical reactions. Her mind was blown away with all this information. When she learned something new all she wanted to do was do more research and find-out more.

Growing-up Ms. Anastasia thought she would be a doctor because her grandmother was a doctor. When she visited the hospital where her grandmother worked, she changed her mind. Seeing all the blood and people dying and crying made her feel like she was not made to be a doctor. Then she wanted to be a mathematician like her mother but she was not good at math. Then she decided to study chemistry and to be a scientist.

Mrs. Anastasia almost gave up her dream because when she was in college, she had no money and her mother died. She had lots of classes so she couldn't work so much to make money. She worked hard to finish college and then for an opportunity to come to the USA to get a PhD. Mrs. Anastasia got a PhD in microbiology from the Ohio State University and a post-doctoral research at Yale Medical where she identified and characterized a novel RNA element key to activation of mgtC virulence factor in Salmonella enterica. It was not easy to come to the USA with no money, no family and no friends but she persisted and now she is changing the world as a scientist and working to make food safer for everyone.

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 Antonia Novello.

Antonia Novello

- She was born in Puerto Rico in August 23, 1944
- Her father passed away when she was young and her mother was a school principal so she taught Antonia that education, hard work and respect are very important
- She had a condition that made her intestine abnormally large. She could not afford to get the surgery to fix it until she was 18 then 2 years later she had to get another surgery. This experience left her determined to become a doctor so she could help children
- She got a scholarship to the University of Puerto Rico and received a Bachelor of Science in 1965. She graduated from The University of Puerto Rico School of Medicine in 1970. She ended up specializing in pediatric nephrology which is the study of kidneys in children
- After school she completed residency in pediatrics at the University Michigan (1974) and a fellowship for nephrology at Georgetown University (1976)
- After spending two years in the private sector she decided that in public health she could make a bigger change so she joined the U.S. Public Health Service Commissioned Corps and helped to draft a federal legislation in 1984 that established a national registry for organ matching
- In 1982 she got a masters degree in Public Health from Johns Hopkins University and in 1987 she joined the National Institute of Child Health and Human Development where she worked on pediatric AIDS
- President George H.W. Bush noticed her work on AIDS and in 1990 appointed her as the 14th U.S. Surgeon General
- She was the first woman and the first hispanic U.S. Surgeon General. As the Surgeon General she fought against underage drinking and smoking
- She also focused on the health of women and hispanic people
- She stepped down in 1993 then she served as the representative to the United Nations Children's Fund for three years

Antonia Novello has done so much more than what we included. She is someone that a lot of people don't know but she has changed millions of lives for the better. To learn more go to [Antonia Novello | National Women's History Museum \(womenshistory.org\)](https://www.womenshistory.org).

Quote of the week.

"If you feel that something is really important to you than always try it."

- Mrs. Anastasia Sevostiyanova

"I want to be able to look back someday and say, "I did make a difference." Whether is was to open the minds of people to think that a woman can do a good job, or whether it's the fact that so many kids out there think that they could be like me."

- Antonia Novello

Name: _____

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Spring

To celbrate the start of spring find the words.

M	L	D	M	K	M	D	Q	D	D	V	F	O	B	H	S	X	E	O	T
N	U	J	O	D	L	X	F	F	D	E	V	B	A	K	T	A	C	M	F
F	V	O	D	W	T	L	Z	P	T	D	K	P	S	N	L	S	Z	T	T
K	L	W	I	K	O	D	W	O	M	D	S	U	E	C	E	C	H	H	I
R	X	P	Z	W	Q	S	O	X	O	Z	U	Y	B	F	M	A	E	O	W
U	S	T	E	D	Y	R	S	G	T	X	Z	U	A	Q	W	M	N	H	T
E	C	R	N	B	Z	B	A	F	B	Q	S	Q	L	R	N	P	F	Y	I
V	S	J	Q	U	X	J	J	P	X	F	T	F	L	W	L	D	D	B	I
Y	I	I	X	U	N	X	F	A	R	B	E	S	Y	N	Y	J	U	M	W
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T	P	Y	M	B	W	A	P	H	Z	I	L	O	K	R	T	X	K	R	K
E	F	U	M	B	R	E	L	L	A	D	A	J	A	A	I	S	U	I	Y
O	L	X	P	C	G	R	A	S	S	U	D	I	N	R	Z	B	S	M	C
K	I	R	H	D	Z	C	P	U	O	J	N	H	Q	E	C	F	R	H	V
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Y	N	Y	G	P	W	F	U	I	E	L	E	O	W	E	T	B	R	N	V
B	F	Y	V	W	B	P	O	N	C	Y	Q	K	E	G	J	L	Q	S	U
L	L	Q	I	O	G	Q	J	E	T	K	D	N	W	U	G	T	F	Y	A

SPRING
MAY
GREEN
THAW
RAIN
BIRDS

MARCH
FLOWERS
GRASS
MELT
UMBRELLA

APRIL
BASEBALL
SUNSHINE
SHOWERS
EASTER

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 because there are only 6 seats left. To register go to [In-Person: Main PEEPS DIORAMAS | Fairfield Public Library \(librarymarket.com\)](https://librarymarket.com)

The main library has a chess club for children. This is a great way to learn and practice chess. This is a series of events and space is limited so sign up now. To register go to [In Person Chess Club | Fairfield Public Library \(librarymarket.com\)](https://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

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Have a great Sunday!