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LA WOMEN'S FILM FEST LAUNCHES UNBURDEN Mother of Three Brings her Tragic Accident to the Screen

Seven years ago, Tamara Rabil gave up her business to devote all her energy to parenting. After all three kids could buckle themselves in the car seat, finally Rabil could breathe and had the opportunity to reflect deeply on the imperfect parenting journey. Now her first short film *Unburden* debuts at the Los Angeles Women's International Film Festival. The film deals with the tragedy and redemption of a mother's mistake.

Joy (**Angela Pierce**, *Law and Order*, *Medium*, *You Don't Know Jack*) is haunted by the memory of a terrible accident she caused when her daughter Callie (**Quinn McColgan**, *Mildred Pierce*, *Unforgettable* and the upcoming *Non-Stop*) was an infant. Putting her to bed one night, Joy invents a story about a robin family whose chick falls from the nest. Callie's persistent questions force Joy to relive the shock waves this incident caused her and her husband Frank (**Paul Hickert**, *Tower Heist*, *One Life to Live*).

The story is based on an accident that occurred in Rabil's life, with one of her children. Producing the film served both as a catharsis for her own self-questioning and sense of guilt and as a catalyst to encourage other parents to tell their stories and share their experience of the imperfect journey of parenting.

Unburden screens on March 22, at 2:15 pm, at Laemmle's Music Hall. The filmmakers will be present. Tickets are available here:

<http://www.brownpapertickets.com/event/334874>

The Los Angeles Women's International Film Festival is an ideal venue for the West Coast premiere of Rabil's first film. Produced by the Alliance of Women Filmmakers, the festival has a commitment to educate and inform audiences of social, political and health issues impacting women globally.

Rabil credits her career change to the Jacob Burns Center in Upstate New York. A successful entrepreneur in the fashion world, Rabil realized when her second child was born that the fashion world wasn't flexible enough to accommodate the needs of a growing family. After three years of devotion to motherhood, she was ready for creative stimulation. A brochure from the Media Arts Lab arrived in the mail and Rabil promptly signed up for her first class.

Rabil found her voice as a storyteller in "Getting the Story: Introduction to Documentary Storytelling," a class taught by Academy-Award-nominated Bobby Houston. Rabil says, "On the first night of class, Bobby asked us to bullet-point three things we were most afraid of in life. I wrote – I'm most afraid of being an unfit mother." Her admission led to

deep soul searching, and recounting an accident that happened with her six-week-old daughter. That accident and its aftermath became the basis for a story, which in turn became the basis for the *Unburden* screenplay co-written by Billy Shebar, writer of award-winning films including *Dark Matter* and *50 Ways to a Better Memory*.

Rabil hopes that by sharing her story, she can alleviate the suffering of other parents in similar situations. “I realized as I journeyed through the process of telling my story,” she says, “that many families suffer from similar experiences. Parenting is imperfect. These tragic experiences unite us with strength and confidence to know we are not alone.”

Thanks to her studies at the center, Rabil was able to work with a talented, experienced crew, most notably Andrew L. Young, Susan Todd, and Todd Sandler. Young served as director. An acclaimed cinematographer, his work has won numerous awards, including five awards at the Sundance Film Festival. Young’s partner Susan Todd produced the film. *Unburden* was edited by Todd Sandler. He edited the dramatic-thriller, *Leave*, starring Rick Gomez, Frank John Hughes, Ron Livingston and Bryan Cranston; and worked alongside Jonathan Demme on his latest documentary, *I’m Carolyn Parker*, which premiered at the 2011 Venice Film Festival.

Rabil has been working on the development of a website to serve as a hub and resource for parenting films, narrative and documentary, long and short form. She plans to solicit stories and films from around the world, serving both as executive producer and distributor.

Rabil graduated from Virginia Commonwealth University (VCU) with a BFA degree in Fashion Merchandising. She spent most of her 20s working in New York City fashion for top designers like Ralph Lauren, Donna Karan, and Guess Jeans. In her late 20s she obtained an MA from Columbia University Teachers College in Adult Education and taught fashion at VCU. Rabil then opened her own label, TEGNA, a line of women’s golf apparel that was sold in private golf courses and big box retailers all over the United States and England. Rabil, her husband and their three children make their home in Armonk, NY.

For more information about *Unburden* and the filmmaking team, and to view the trailer, visit the website: <http://unburdenfilm.com>.

To schedule interviews contact Angela Alston, angela@mocamedia.tv, 718-407-0670.

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