



Celebrating Food, Art & Culture

Americans With Disabilities

Belson Bakery
Breads for Any Season

World Champion Skier
Laurie Stephens

Eastin Hotel's Chef Chew
Teaches Cooks With Disabilities



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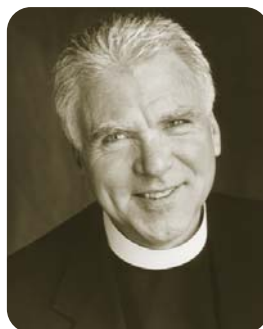


The Enchanted Theater

She cringes as her evil stepmother shouts her name, wiping her brow with a tattered rag. Propping her broom against the wall, she rests from the constant sweeping, mopping, and dusting. Instead, she daydreams of Prince Charming, the Royal Ball, and a glittering gown complete with dazzling, cracked glass slippers ... *cracked?*

Don't confuse her with her more well-known cousin; this is the story of *Cripparella*, in which the heroine is scorned by the haughty Prince "uncharming," eventually finding true love with one of his royal footmen. *Cripparella* is a live radio musical and just one example of the clever and captivating entertainment provided by the staff and students at The National Theater Workshop of the Handicapped (NTWH). However, their work would only be a fantasy if it weren't for a real-life fairy godfather, Brother Rick Curry. Growing up with his own disability, Brother Rick's parents instilled in him the confidence that he could *and would* do anything he wanted to with his life. At the age of 18, he joined the Jesuit order and through it learned to appreciate the importance of education. He attended Georgetown University, receiving a bachelor's degree in theater, earned his master's from Villanova University, and began a career in teaching.

While he enjoyed the classroom, Brother Rick realized his knowledge and attitude about life could positively affect the lives of others with disabilities. In 1977, he founded NTWH in hopes of accomplishing his new dream. The Manhattan-based, nonprofit organization would train people with disabilities in theater production through academic and practical programs, enabling them to learn, live, and be challenged.



Brother Rick Curry



NTWH students are trained for theater production.

Year after year, Brother Rick watches as his dream becomes a reality. After completing NTWH workshops, thousands of students have found employment in theater and the business community. Brother Rick has been honored by the president of the United States with the Distinguished Service Award of the President's Committee on Employment of People with Disabilities and the President's Award of the National Council on Culture and Arts. But his most coveted award is seeing the pride and excitement in his students' faces every time they take center stage.

Today, NTWH is strong and still growing. It now includes a residential facility in Belfast, Maine and the NTWH Belson Bakery, one of Brother Rick's most recent brain-children. (You can read more about the bakery on *Unity's* food page.) Students take courses in performing arts, fine arts, the NTWH cabaret, the children's program, music, and teaching. The cabaret is especially exciting, since it allows advanced students to perform for audiences around the country and internationally. The music, dialogue, and choreography are all original and are designed to inform the public about disability issues.

"First Lady of Jazz" Gets Fiery on New CD

GRAMMY-winning singer Diane Schuur teamed up with the Caribbean Jazz Project and Oscar Castro-Neves earlier this year to produce *Schuur Fire*, a collection of 12 memorable songs from the world of pop and jazz — all given a fresh spin with passionate and infectious Latin rhythms. World-renowned Brazilian guitarist Oscar Castro-Neves is the producer, arranger, and sometime accompanist (he performs on five tracks). The Caribbean Jazz Project is a GRAMMY award-winning Latin jazz ensemble led by vibraphonist and marimba player Dave Samuels.

Schuur Fire features an eclectic and unexpected array of songs, from Duran Duran's



Ordinary World and Stevie Wonder's *As*, to Sinatra's *More Than You Know* and Ray Charles' *I Can't Stop Loving You*. "The idea was to do a Latin-oriented album with repertoire originally not recorded as Latin music," says Oscar. "It's a twist, so people can revisit tunes they know, but this time they'll hear them more fired up." You can find *Schuur Fire* on the shelf at your local music store.

The Iron Men of the Music Industry

Formed some six-and-a-half decades ago, the Blind Boys of Alabama (pictured on the cover) are in their 70s and still at the top of the charts. While the sound of traditional soul gospel is still unmistakably at the group's core, the latest album, *Atom Bomb*, includes the group's most adventurous forays into pop music yet, featuring loops, rap, roaring blues riffs, and boogie.

Reality Check

- Can a wheelchair-marathon racer compete with the world's best fullyabled marathoners? Can a person with a prosthetic leg compete with the world's fastest sprinters in the 100-meter dash? Can people with severe disabilities compete in weight lifting? Can one-legged downhill skiers compete against racers with two? The world of sports provides an arena where common perceptions about disabilities can be tested against reality. Often the results prove that common perceptions are actually misconceptions. Read "Reality Check" on *Unity's* back page to see how accurate your perceptions are.

An Unforgettable Moment

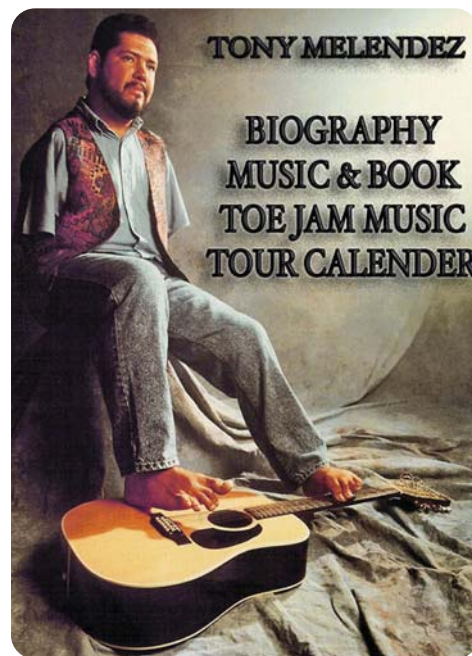
It was September 15, 1987 and Tony Melendez was playing his guitar for Pope John Paul II. The pontiff was so moved by Tony's music that he leaped off a four-foot stage, embraced Tony, and said to him, "You are truly a courageous young man. My wish is that you continue to give hope to all the people."

Tony is a courageous man. He was born in Nicaragua and entered the world without arms. Those moments with the pope changed Tony's life forever. His unrestrained abilities as a guitarist were brought to national attention and validated the confidence he always had despite living with a disability. It was his confidence that led him to dispose of his artificial arms when he was ten, because "I didn't feel comfortable ... I could use my feet so much more."

Since playing for the pope, Tony has traveled across the United States and 27 foreign countries. He has made countless television appearances and been featured in newspapers and magazines throughout the world. His best-selling autobiography, *A Gift of Hope*, was published in 1989 by Harper & Row.

Tony recorded his first album in 1989 and now owns an impressive discography. His latest album, *Hands In Heaven* (produced by his private label Toe Jam Music), is a musical look into the heart and soul. It includes a touching dedication to his wife Lynn and kids, a tribute to those friends and relatives who have passed on, and personal insights into the life and faith that have allowed him to reach the pinnacles of life.

Currently, Tony resides in Branson, Missouri, and you can see him and his family perform with an all-star cast in *The Tony Melendez Show: A Gift of Hope* at the IMAX Entertainment Complex. Branson has given Tony a chance to stay home, to be a loving father and husband, and at the same time continue his music. "Lynn and I love each other deeply and music brought



us together. So, one day we'll share all of these memories with our children. Music has opened the door to my dreams and I will keep singing, continue to share my life, and keep making music for all who will listen."

Physically Integrated Dance

It's not often that an organization can claim to be "leading the way" with a straight face, yet AXIS Dance Company is undeniably at the forefront of a developing art known as "physically integrated dance." While countries in Asia, South America, and Europe have well-established dance programs



that showcase the talents of people with disabilities, a result of strong public support of the arts, America has been slow to explore the possibilities of this inclusive dance form. Physically integrated dance choreographs dancers, with and without disabilities, in harmony to achieve uniquely aesthetic movements and contact. Dancers learn to "fully inhabit their bodies," says Artistic Director Judith Smith, and the benefits of dance are physically and emotionally dramatic for everyone.

Founded in 1987, the AXIS repertory includes works by choreographers Stephen Petronio, Bill T. Jones, Joe Goode, Joanna Haigood, Sonya Delwaide, Victoria Marks, and Ann Carlson. The company has received numerous Isadora Duncan dance awards, given to Bay Area artists in recognition of outstanding achievements, and has performed all across the United States, including a performance at the Salt Lake Olympic Games.

AXIS has more than 30 repertory works, including two evening-length works and two works for young audiences. The company was featured in WNET's nationally broadcast production of *People In Motion* and a documentary video, *Dancing From the Inside Out*, which won over a dozen awards including Dance on Camera in New York and the National Educational Film and Video Festival.

Judith Smith and Alisa Rasera in AXIS Dance Company's Suite sans Suite, choreographed by Sonya Delwaide. Photo by Margot Hartford.

How Did They Do That?

- Extreme sporting belongs to just the few who have superior athletic abilities and are not paralyzed by fear, but being fully abled is not a requirement. Consider these feats of courage. The Appalachian Trail is 2,168 miles of rugged beauty stretching from Georgia to Maine and runs through the heart of the Appalachian Mountains: Bill Irwin, who is blind, hiked the entire trail with only his seeing-eye dog Orient as a companion. The summit of Mount Everest is Earth's highest elevation and getting there is treacherous: Tom Whittaker made the climb despite missing his right foot.

Life-Inspired

Expressions of Nature and Humanity

by Artists with Disabilities

Promoting Cultural Awareness

Diversity, as it is represented through art, provides a person... Our art collection attempts to mirror the diversity of employ... and the artwork it showcases can supplement your diversity... They are the perfect way to demonstrate a commitment to div...



Orange Collage, Vi Vona



Karansa Maiden, Chikumbirike



Dune Trails, Rodriguez



Sumac, Smith

Patsy Rodriguez

Mosaic and tile are Patsy Rodriguez's passion. Her technique is constantly adapting to the deteriorating effects of multiple sclerosis, yet she manages to create each of her pieces entirely by hand. It's a slow process, but Patsy delights in the anticipation. Her works have been featured by organizations such as The Tile Heritage

Foundation and The Smithsonian, and can also be seen in schools, community centers, hospitals, and gardens around Patsy's home in South Florida.

Israel Chikumbirike

Zimbabwean sculptor Israel Chikumbirike began sculpting at a very young age, and the hobby developed into a lifelong career. Encouraged strongly

by his family and his sponsor, Zimbabwean priest Thomas Russell, Israel's creativity thrived even though severely vision impaired and almost blind in one eye. Chikumbirike's work is now exhibited all over the world. While very successful, Israel is reluctant to part with his pieces (like most fine artists), saying that selling his work feels like parting with his "children."

and Diversity Through the Arts

al and visual expression of our valuable cultural differences. ees, students, clients, shareholders, and communities. *Unity* program and be used as a stand-alone diversity publication. ersity and discover the vibrancy of new cultures and lifestyles.

For more information on our cultural fine art collection, visit

www.picture-that.com.



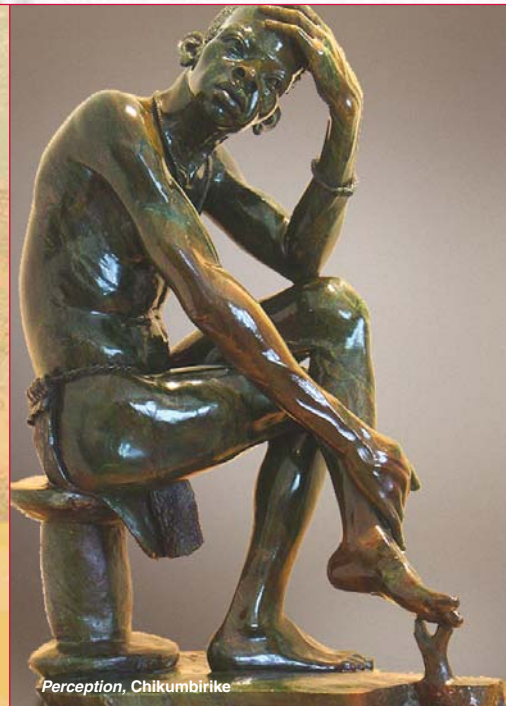
Hummingbird & Heliconia, Rodriguez



Wild Grass, Smith



Pink Pears, Vi Vona



Perception, Chikumbirike

Linda Vi Vona

Linda Vi Vona has spent the past 20 years exploring the process of free association and past occurrences, as well as archaic and high-tech materials. She says, "Sometimes it works and I feel excited. Sometimes it fails and I go on." Due to a high-level spinal cord injury in 1993, Linda has had to work on a smaller scale. The latest body

of her work uses digital photography, painting, drawing, collage, and Jemez clay for creating three-dimensional elements.

Ken Smith

The ongoing theme of Ken Smith's work is the recognition of natural forces, shapes, gestures, and time. He attempts to identify the most basic truths

that are common denominators of life's dynamics among humans and the rest of the natural world. Ken's work is influenced by the Japanese aesthetic wabi-sabi, tao, and zen philosophies, and his natural surroundings in the foothills of Washington state. He began his creative career as a writer and photographer but now focuses on limited edition, fine artwork that is exhibited worldwide.



Gary Allen is a retired, certified executive chef who lives and teaches in California.

As the director of the newly created catering department at Sea World, we made everything from burgers for thousands to gourmet meals for eight. I left there to work for Jack Nicklaus and later the Marriott Hotel in Palm Desert. It was at this point that life threw me a curve ball. I was in a traffic accident that left me severely injured. During one of my surgeries I received the wrong anesthesia and my heart stopped, causing a brain injury. I now have a severe, short-term memory deficit. As a chef who couldn't remember the dishes in the oven, my career was over. But my story was just beginning.

Pumpkin-seed-crusting Trout, from *Epicurious*, Serves 4

The American Heart Association (AHA) recognizes that omega-3 fatty acids benefit the hearts of healthy people, as well as people who have a high risk of or who currently have cardiovascular disease. Fatty fish like mackerel, lake trout, albacore tuna and salmon are high in omega-3 fatty acids.

Finely chop cilantro. In a sealable plastic bag, lightly crush pumpkin seeds with a rolling pin. In a shallow dish, lightly beat eggs. Have flour and pumpkin seeds ready in 2 other separate shallow dishes. With tweezers, remove fine bones from fillets and season trout with salt and pepper. Dredge flesh side of 1 fillet in flour, shaking off excess, and dip flesh side in eggs, letting excess drip off. Coat fillet with pumpkin seeds and transfer, seed side up, to a plate. Coat remaining fillets in same manner.

In a 12-inch nonstick skillet, heat oil over moderate heat until hot but not smoking and cook fillets, seed sides down, until golden, about 3 minutes. Turn fillets carefully with a spatula and cook over low heat until just cooked through, about 3 minutes more. Transfer fillets with a spatula to a heated platter and keep warm while making sauce.

In a small heavy saucepan, boil lime juice and wine until reduced by half, about 2 minutes. Cut butter into pieces and add, 1 piece at a time, whisking until incorporated and sauce is smooth (it should not get hot enough to separate). Remove pan from heat. Add cilantro and season with salt. Spoon sauce over trout fillets.



1 cup loosely packed fresh cilantro sprigs
3/4 cup hulled green pumpkin seeds
2 large eggs
1/2 cup all-purpose flour
4 each 4-ounce trout fillets with skin
2 tablespoons olive oil
2 tablespoons fresh lime juice
1/2 cup dry white wine
3/4 stick cold unsalted butter (6 tablespoons)

You never know what life is going to throw your way, but miraculously, no matter what happens, life will always work out for the best if you're determined to believe.

A Chef's Tale

My culinary career started simply enough: Like many kids right out of college, I went to work in a restaurant. I quickly realized that the restaurant environment is ideal for learning about people through the foods they eat (or don't eat!), and I fell in love with the the business. My first opportunity to run the entire kitchen came from a small restaurant on Balboa Island, Newport Beach, California. Creating my own menus, recipes, and presentations was an enormous amount of work, yet extremely satisfying. As I moved around to different restaurants, I was delighted to learn that I could practice my profession wherever I chose. One of my cooks introduced me to skiing, and I was so enthralled by the sport that I worked exclusively at ski resorts for the next six years!

But my love for the kitchen always came first, and my cooking skills became second to none. The maturing process sent me back to San Diego to become the first executive chef hired at Sea World.

Amazingly, the culinary apprenticeship program in San Diego needed a new instructor, and despite not being able to remember what I had for breakfast, I was hired for the job. I learned to script each lecture in detail and soon was being lauded as a great teacher. Life was feeling good. Then I decided to translate ice carving techniques to sculpting melons, fruits, and vegetables. I've designed hundreds of templates to carve melon baskets resembling swans, sea horses in kelp, dolphins leaping out of waves, and the templates will soon be available on the Internet for chefs and home cooks.

But the best part of my story? Marrying Rose, the love of my life, who I met while in recovery. She and I have two wonderful twin babies: our daughter, Tehani Rose, and our son, Gabriel Gary. Reflecting on it all, God always provides us with opportunities, if only we will discover and make the most of them. Who would have thought that the happiest days of my life would be the result of a brain injury?

Think About It ...

- Taste buds are the primary way we experience our food, right? Did you know that olfactory senses in the nose are also responsible for how our food tastes? Try eating ice cream and pinching your nose closed at the same time, and you'll realize you have no idea what flavor you are tasting. Our ears are also important, allowing us to hear fajitas sizzling, glasses clinking in a toast, and our favorite dinner music, all of which add to a fun and pleasurable dining experience. Chefs spend years learning the art of food presentation. Why? Because our visual perception of food is critical, from the colors of fresh vegetables, the arrangements of meats and side items, to the design of plates, utensils, and linens. Eating is truly a total sensory experience!

They don't teach this in cooking school.

The executive chef at the Eastin Hotel in Kuala Lumpur cooks, teaches, raises money, and helps the disabled, all in one afternoon.

(This event took place during the difficult days of recovery that followed the 2004 Indian Ocean tsunami. The story and images come from students and staff at University College Sedaya International [USCI], one of Malaysia's premiere institutes of higher learning.)

Tsunami or no tsunami, the disabled people in our country have a life to live, and cooking is one of the skills they need to be independent.

Earlier this year, five people with disabilities had the opportunity to wok with Chef Chew Teik Chye and his team at The Eastin Hotel Kuala Lumpur. One participant learned the art of teppanyaki cooking, while another prepared braised shark's fin soup with crab meat and bamboo pith, and another cooked up a dish of baked tiger prawns. Using sign language, Sariah Ibrahim, who represented the Malaysia Federation of the Deaf, said it was her first time preparing Prosperous Salmon Yee Sang, a dish served at Eastin to celebrate the Chinese new year.

It was Chef Chew, master chef at the Eastin Hotel, and his team who



decided to do something for the disabled in his community. The event was held in conjunction with a check presentation by the Eastin Hotel to UCSI for its "For a Better Tomorrow" trust fund. UCSI has been historically proactive in creating a better environment for the underprivileged in Malaysia, including those who are deaf, blind, orphaned, and paralyzed.



Students become certified, professional bakers at the NTHW Belson Bakery.

Ingredients for Brother's Bread:

- 1 tablespoon active dry yeast
- 2 1/4 cups warm water
- 1 tablespoon sugar
- 1 1/2 tablespoons salt
- 6-7 cups unbleached all-purpose flour
- cornmeal
- vinegar

Brother's Bread

A recipe from the NTHW Belson Bakery

When the idea of teaching baking skills to people with disabilities first came to Brother Rick Curry, this recipe was the first to be placed in the bakery's loose-leaf binder. Brother's Bread, sometimes called peasant bread, is the most popular of the bakery's products and has been made more than any other bread.

Cooking directions:

Combine the yeast and water in a large bowl, stirring until the yeast is dissolved. Stir in sugar and salt. Mix well and set aside for 5 minutes. After the rest, beat for 10 minutes, gradually adding flour until the dough begins to pull away from the sides of the bowl. Turn out on a lightly floured surface.

Knead for 8-10 minutes, until dough is smooth and elastic, adding flour as necessary to prevent stickiness.

Lightly oil a large bowl. Place dough in bowl and turn to coat on all sides. Cover with plastic wrap and let rise in a warm, draft-free place until doubled in bulk — about 1 1/2 hours.

Grease a baking sheet and sprinkle with cornmeal or line with kitchen parchment.

Punch down the dough. Divide in half and shape into 2 round loaves. Place on the baking sheet. Carve an X in the tops of each loaf and spray with vinegar. Place in a cold oven and bake at 400 degrees for 45 minutes. Cool on a wire rack.

The NTHW Belson Bakery

- The NTHW Belson Bakery, another of Brother Rick Curry's creations, teaches disabled students the art of baking and the business of retail store management. Working closely with the Culinary Institute of America and the Retailer's Bakery Association, the program provides students with the skills needed to become professional, certified bakers. All of the bakery's profits are used to fund the NTHW and its programs for people with disabilities. The bakery offers several types of breads year round, with special breads available during Thanksgiving, Christmas, Valentine's Day, St. Patrick's Day, Easter, and Advent.



U.S. Disabled Ski Team, 2004-2005. Bottom row, left to right: Joe Tompkins, Tyler Walker, Laurie Stephens, Carl Burnett, Nick Catanzarite, Chris Devlin-Young, Lacey Heward. Top row, left to right: George Sansonetis, Monte Meier, Hannah Pennington, Elitsa Storey, Allison Jones, Sandy Dukat, Ralph Green. Photos by Ken Watson.

2006 U.S. Disabled Ski Team set to dominate the slopes

Last year, the U.S. Disabled Ski Team savored one of its most successful seasons. After a winter in which both its alpine and nordic skiers won World Cup titles, the alpine squad successfully defended its Nations' Cup. Cross-country skier Steve Cook not only won two more titles at the World Championships but also took the World Cup crown. The 2006 season promises to be just as exciting, as 19 athletes, including World Cup champions Laurie Stephens and Chris Devlin-Young, and four other current or past World Championships or Paralympics winners have been named to the team.



World Cup winner Laurie Stephens

A particularly bright star, if not superstar, is Laurie Stephens, the sit-down skier who won all six World Cup giant slalom races her rookie year (2004). At the World Championships that same season, she was the silver medalist in the giant slalom, and she collected two U.S. championships in the downhill and super G events. She made a total of 13 World Cup podiums as a rookie. Was it beginner's luck? Not hardly. She continued her amazing run throughout the 2004-2005 season, earning 10 wins and five other top-three's in 16 races for the World Cup.

A Massachusetts native, Laurie was born with spina bifida. She started skiing at age 12 when a disabled group went to Loon Mountain in New Hampshire. She turned to ski racing at age 15, and also competed in wheelchair racing and swimming. In 2000, she held two U.S. records for disabled swimming.

Reality Check

Marathons

Can a wheelchair racer compete with fullyabled marathoners? A marathon covers 26 torturous miles, plus an extra 385 yards just to make sure everyone has had enough. As of this writing, Paul Tergat holds the world record for two-legged runners with a time of two hours, four minutes, and 55 seconds. In 2004, South African Ernst Van Dyk completed the fastest wheelchair marathon ever, winning his fourth consecutive Boston Marathon in one hour, 18 minutes, 27 seconds.

Sprinting

Can a person with a prosthetic leg compete with the world's fastest runners in the 100-meter dash? Only a handful of humans are faster than Marlon Shirley, who has run the 100-meter dash in 10.97 seconds using a prosthetic foot made by Ossur, an international manufacturer of prosthetic and orthotic devices. As of this writing, Jamaica's Asafa Powell owns the fastest 100-meter time of 9.77 seconds.

Weight lifting

Can people with severe disabilities compete in weight lifting? The Paralympic powerlifting competition is open to athletes with spinal cord injuries, cerebral palsy, les autres conditions, and lower-limb amputations. Athletes in the heavyweight category can lift more than 500 pounds.

Skiing

Can downhill skiers with one leg compete against racers with two? Top downhill racers without disabilities have been clocked at 80 to 85 miles per hour; downhill skiers with one leg have been clocked at over 74 miles per hour.



Don't miss the grand opening of the Muhammad Ali Center November 19 in Louisville, Kentucky!

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