



Celebrating Food, Art & Culture

Excellence in Education

Celebrating African American Heritage



This Publication Brought To You By:
Thompson Hospitality
Compass Group





Brown v. Board of Education... Half a Century Later

May 17, 2004, marks the 50th anniversary of Brown v. Board of Education, the Supreme Court's landmark decision to end racial segregation in public schools. To commemorate this major milestone in our country's history, President Bush and Congress have recently appointed a national commission. One of the 21 individuals named to serve on the commission is Cheryl Brown Henderson, president of the Brown Foundation and daughter of Oliver Brown (Oliver Brown was one of the primary plaintiffs for whom the case was named). As a result of this 50 year-old landmark decision, millions of Americans now have access to standardized, high quality education delivered in culturally diverse learning environments.



Did You Know ...

- Mae Jemison entered Stanford University at age 16, graduated with degrees in chemical engineering and Afro-American studies, has a Ph.D. from Cornell, and has volunteered in Cambodia and West Africa. In 1992 she became the first African American woman to enter space aboard the Endeavour.
- Morgan State University's James E. Lewis Museum of Art is home to one of the finest collections of African American and African Art in the country. Other first class HBCU collections include: The Hampton University Museum, which is the oldest African American Museum in the United States; and The Spelman College Museum of Fine Art, located in the Camille Olivia Hanks Cosby Academic Center, whose construction was funded by a major gift from Bill Cosby in 1988. For additional information about noteworthy museums on HBCU campuses visit www.thompsonhospitality.com.

Getting Down to Earth to Build Great Role Models

"It's too hard, you can't compete." Disproving this fallacy is the first lesson students learn from Daryl Baynes, founder and director of the Minority Aviation Education Association, Inc. (MAEA). Raised and educated during a time when minorities and women were discouraged from pursuing math and science, Baynes is now building the world's largest science and math outreach company in the world, one school and one student at a time.



Watching young people's faces light up as they suddenly grasp difficult concepts is the fuel that feeds Baynes' passion. He has a gift for explaining complex subjects in fun and refreshing ways and making a connection with students and adults at all levels.

With an emphasis on history and role modeling, MAEA has set itself apart from other science programs. Says Baynes, "I am determined to be a visible role model for all students and to be there to encourage young scientists that they can achieve – no matter what."

Thompson Serves Up Scholarships to Historically Black Colleges and Universities

Historically Black Colleges and Universities (HBCUs) offer quality education to students of all ethnic groups, even though they were originally created for African-Americans. Thompson Hospitality proudly provides food services to numerous HBCUs including Morgan State University, Delaware State University, Mississippi Valley State University, Texas College, Savannah State University, and the University of Arkansas at Pine Bluff.

Warren Thompson, CEO of Thompson Hospitality and whose parents served as educators, and the entire Thompson family firmly believe that "excellence in education" is the foundation for success.

For this reason Thompson Hospitality celebrated its 10 year anniversary by establishing a college scholarship program, renewing its tradition of awarding scholarships to students attending HBCUs. The program pledges \$1 million dollars over 5 years, and the recipients are students attending schools where Thompson Hospitality provides food services.

The scholarship program demonstrates the Thompson family's commitment to education by investing in the future of promising students, as well as funding the infrastructure and foundations of HBCUs.

An Icon of Cultural Ignition

Why do some places have the gift of defining culture? The Apollo Theater has launched the careers of hundreds of famed artists, including Ella Fitzgerald, James Brown, and Lauryn Hill, but its importance to American culture and the Harlem community runs far deeper.

The Apollo Theater is a testament to the vitality and strength of African American performing arts and a symbol of the new Harlem Renaissance. Known for its heyday of the 30's, 40's and 50's, the Theater nearly collapsed during the 70's as the economy suffered through a recession. Today, the Apollo is leading the revitalization of Harlem and continues to be an icon of diverse cultural ignition.

This is in large part due to the outstanding work of the Apollo Theater Foundation. In addition to renovating the Theater, the Foundation is reaching out to the community by introducing children to the arts, raising funds for the Red Cross, and providing free concerts for the community. And of course, if you show up at the Apollo on Amateur Night, you too could become a legend.



St. Louis Woman, Caroline Rocher and Donald Williams, Photo Joseph Rodman

Arthur Mitchell's Dream

Being the first African American male to be a permanent member of a major ballet company wasn't enough for Arthur Mitchell, nor was becoming internationally recognized as its Principal Dancer. Inspired by the death of Martin Luther King, Jr., his dream was to reach out to children, especially those in the Harlem community, and introduce them to dance and the arts. He co-founded the Dance Theatre of Harlem, which today is internationally acclaimed as a major cultural institution encompassing a world-class ballet company, an accredited dance school, and an international educational outreach program.

A Grandmaster Profile

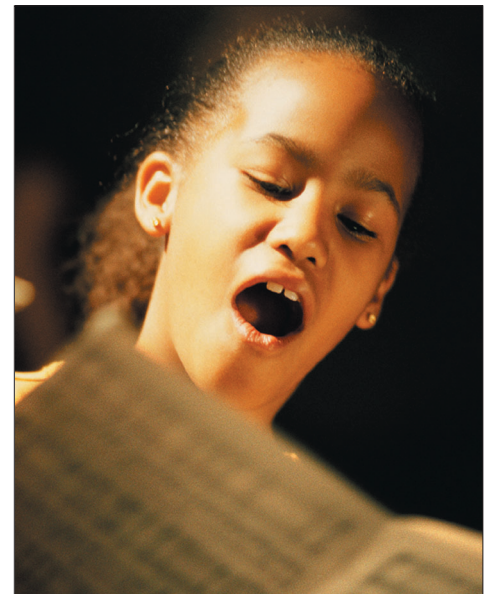
He's often called the "Tiger Woods" of chess, but Maurice Ashley doesn't need the comparison. He was a pioneer for African American chess players long before Tiger hit the PGA. Although he didn't make his high school chess team, Ashley didn't give up. He continued to follow his passion and in 1999, became the first African American to earn the coveted Grandmaster title (there are less than 600 in the world). Today, he spends much of his spare time working with inner city youths, teaching them how chess can mirror life's challenges.



Sweet Sounds of Success

Excellence in Education is a natural theme to celebrate the 50th anniversary of Brown v. Board of Education, and the Choir Academy of Harlem is a natural example of excellence. With a daily curriculum of art, academics, and mentoring, the Academy is able to place 100% of its graduates in college.

Famed for the Boys Choir and Girls Choir of Harlem, the Academy is equally gifted in teaching students English, math, science, history, social studies, and foreign language. Only after a rigorous day of academics do they enjoy music, theory, and dance. Students have an impressive 94% average daily attendance rate, which is 12% higher than that of the local school district.



The Choirs' repertoire is comprised of classical, spirituals, gospel, jazz, contemporary, and popular music, all performed to choreography. Their performances are adored worldwide. Each year the Choirs tour the globe, traveling from Turkey to China, giving students a spectacular exposure to world cultures.

The Choir Academy of Harlem, one of New York City's top ten high schools, has received the National Conference of Christians and Jews Humanitarian Award and was nominated for the Horatio Alger Award.

Did You Know ...

- "Laughing all the way to the bank" is no joke to Walter Latham, promoter for stars Chris Tucker, Bernie Mac, and Martin Lawrence. Latham Entertainment grossed \$10 million in 2002. He launched The Kings Of Comedy tour in 1997 and later turned it into a film with a meager \$3 million budget. The film was a huge success and went on to gross nearly \$40 million.
- Known as the Queen of Soul, this diva shocked the world when she filled in for an ailing Pavarotti at the 1998 Grammy awards. With only eight minutes of preparation and singing in a key three steps lower than her own, Aretha Franklin blew everyone away with her operatic rendition of *Nessun dorma*. Franklin has won more Grammys than any other woman and was the first female admitted to the Rock and Roll Hall of Fame.

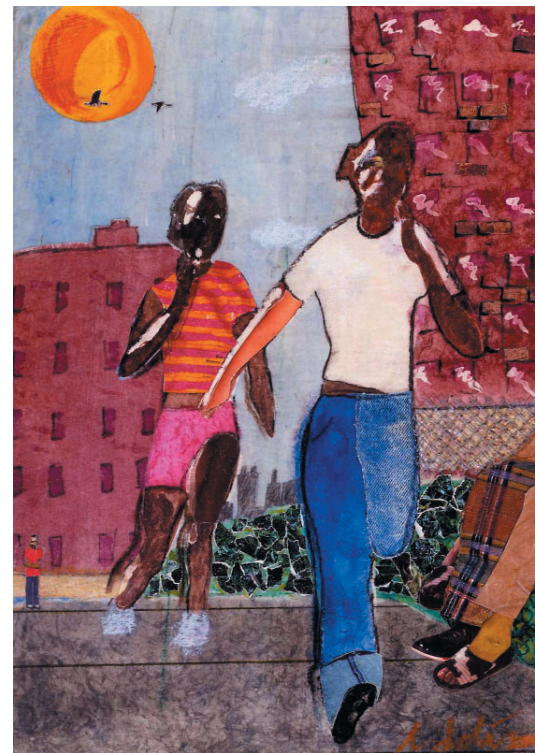
Celebrating Freedom: **From Heritage to Horizon**



A collection of fine artworks that visually depicts how African Americans **Celebrate Freedom** through excellence in education, strong family ties and cultural diversity.



Slappin' Bones
Mixed Media on Illustration Board, 17" x 24"



First One To...
Mixed Media Batik on Japanese Paper, 12" x 17"



I Got Sunshine
Mixed Media Batik on Japanese Paper, 12" x 17"



Kenneth Addison, a native New Yorker, spent most of his adulthood in the California Bay area and attended California College of Arts and Crafts and City College of San Francisco. He specializes in collage using mixed media, oil pastels and the batik process on Japanese paper. Ken's work depicts a social tapestry of images reflective of his commitment to change, relationships, and community. Kenneth Addison reflects: "My scenes are derived from a simpler, less chaotic time for the African American community. These scenes whirl and pulse with the rhythm of that time, yet in content, they are timeless." For more information on cultural fine art, go to www.picture-that.com.



Celebrating Freedom: From Heritage to Horizon



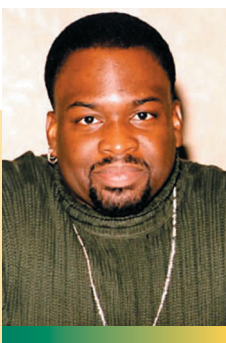
Diversities
Mixed Media Collage, 22" x 28"



Interlocked Family
Pastel and Oil on Paper, 19" x 25.5"



Interdependence
Acrylic on Watercolor Paper, 36" x 36"



Larry "Poncho" Brown is a Baltimore native and received his Bachelor of Fine Arts from the Maryland Institute College of Art. He primarily works in acrylic, although he uses a variety of mediums and styles to express his interests in Afrocentric themes, Ancient Egyptology and dance. Admirers often site rhythm, movement and unity, as favorite elements in his work. Poncho combines past and present art stylizations to create a sense of realism, mysticism and beauty, giving his art universal appeal. His contemporary paintings reflect his personal values of family, community and spirituality. For more information on cultural fine art, go to www.picture-that.com.

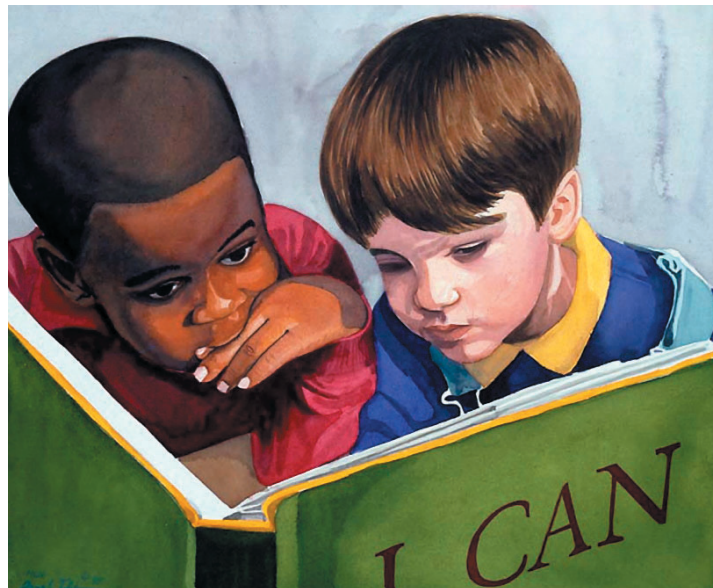




Mentors
Acrylic on Watercolor Paper, 28.5" x 29"



Early Learning
Acrylic on Watercolor Paper, 22" x 30"



I Can and I Will
Watercolor on Paper, 18" x 24"



Dane Tilghman, a native of Exton, PA, graduated with a Bachelor of Fine Arts in 1979 from Kutztown University, Kutztown, PA. Dane specializes in mediums including pencil, acrylics and watercolors while using a stylish combination of realism, surrealism and primitive elongation. He has established himself as one of the premier painters of African American Golf Art and Negro League Baseball images. Dane's philosophy of bringing your best to life and not holding back, is reflected in his past and current works as he presses on to new horizons, staying committed to serving the public while mastering his craft.

For more information on cultural fine art, go to www.picture-that.com.



The Low Down on Low-Country

New Southern Cuisine with Chef Jeff

Chef Jeff Esaw specializes in Low-country cuisine based upon 200 year-old recipes handed down to him by his great-grandmother, Roxybell Sally, and his Aunt Daisy Bell, both Gullah natives of South Carolina. He graduated from The Art Institute of New York City and currently owns and runs Daisy Bell's, a roadside bistro in Wilton, CT, and Jeff's Cuisine, a restaurant in South Norwalk, CT. *Unity* caught up with Chef Jeff and asked him which recipes best define his style of cooking. "While I can't narrow it down to just a few recipes, as I am always building upon my menu and trying different flavors, I am passing on my own versions of two Low-country specialties, Southern Shrimp Perlou and Brunswick Stew. Brunswick Stew is a Gullah staple and my reduced fat version tastes great with corn bread."



Chef Jeff's Shrimp Perlou (Serves 4)

- 1 lb. medium size shrimp
- 2 1/2 cups water
- 2 Tbs. favorite crab boil seasoning
- 1 small yellow onion
- 3 cloves garlic
- 16 oz. stewed tomatoes, with juice
- 2 skinless chicken breasts, diced
- 1 cup long-grain white rice
- 1 Tbs. olive oil
- Salt and ground pepper to taste

Peel and clean shrimp, reserving the shells. Cover and refrigerate. Place shells in a saucepan. Add water and crab boil seasoning. Bring to a boil; then reduce heat to medium-low and simmer, uncovered for 15 minutes. Remove from heat and strain the stock through a fine-mesh sieve into a large measuring cup. Set the stock aside (approximately two cups).

Chop the onion and mince the garlic. In a heavy skillet over medium-high heat, add the olive-oil, chicken, onion, garlic, and rice. Stir frequently until all of the ingredients are coated with olive oil and the rice kernels begin to turn opaque, approximately 3 to 4 minutes. Add tomatoes, stock, salt and pepper to taste and reduce heat to low. Cover and cook 20 to 30 minutes (until the liquid is nearly absorbed). Stir in shrimp, recover and cook until pink and the liquid is fully absorbed, between 5 to 8 minutes. Transfer into a serving dish and enjoy!

Chef Jeff's Brunswick Stew (Serves 4)

- 3 quarts water
- 16 oz. frozen lima beans
- 1 large onion, diced
- 1 tsp. salt
- 3 oz. butter
- 1/2 tsp. pepper
- 1 lb. chicken legs and thighs, (leave bone in)
- 1 lb. smoked all-beef hot sausage, diced
- 16 oz. stewed tomatoes, with juice
- 2 large white potatoes, cubed
- 1/2 cup favorite hot sauce
- 8 oz. corn, frozen or fresh
- 1 small red bell pepper, diced



Put chicken, onion, sausage and water in a large pan. Cover and simmer gently for 2 hours. Add the remaining ingredients, except the butter. Cover and simmer again for 1 more hour, stirring frequently to avoid scorching. Stir in butter and serve hot.

What is Low-country?

"Low-country" refers to the islands and low-lying plains along the coastal Carolinas and Georgia. The culture and cuisine of this area was shaped by African slaves, planters, free people of color, yeoman farmers and their families. Low-country cooking is akin to the stew-pot cooking of West Africa, with its sesame seeds, okra and eggplant. Traditional dishes include rice with added regional seafood ingredients such as shrimp, crab, and oysters. Other Low-country specialties are Jollof Rice (a savory bean and rice recipe), pork chops topped with peaches, Hoppin' John (tasty brown field peas cooked with rice), okra and stewed tomatoes, and Frogmore Stew (a delicious mix of shrimp, corn and sausage).



Who are the Gullah?

The Gullah are an extraordinary group of African American slave descendants from small farming and fishing communities within the Low-country. Because of their geographic isolation, the Gullah have been able to retain more of their African heritage than most other African American settlements. Gullah also refers to a manner of speaking, which is a combination of Elizabethan English and several West African languages. It is a rhythmic language spoken rapidly, making it difficult to understand even for those who grew up around it. This language still lingers today in the unique "geechee" accents of plantation descendants.

Some African words in Gullah are now considered part of American English, including goober ("peanut"), gumbo ("okra"), and voodoo ("witchcraft").

Did You Know

- Sweetgrass basketry is a Gullah tradition that served many functional purposes in plantation society. Today, sweetgrass basketmakers are prized for their craftsmanship in this traditional West African artform. Sweetgrass baskets are found in many Low-country gift shops and highway stands.
- Some elder Low-country descendants living in small communities of South Carolina, Oklahoma, Texas and Mexico still speak Gullah today.

Black Diamonds Give Peak Performances

As more African Americans partake in the sport of skiing, the number of organizations catering to their needs has also increased. African American ski enthusiasts are heading to the Colorado slopes this February where two premier ski events offer uplifting activities for the whole family.

The National Brotherhood of Skiers (NBS) is hosting their annual Summit at Copper Mountain, Colorado, to help raise funds for their Olympic Scholarship Fund. With over 20,000 male and female members and 84 clubs across the United States, the NBS has a 30-year history of identifying, developing and supporting athletes of color for placement on the U.S. Olympic sports teams.

The second event, the Sixth Annual Black Enterprise/AXA Advisors Ski Challenge, will bring together over 700 African American professionals for networking and leisure activities on the world-class slopes of Vail, Colorado.



Diving into History

The National Association of Black Scuba Divers (NABS) isn't your typical diving club, nor is co-founder Dr. José Jones merely a dive enthusiast. Dr. Jones earned his Ph.D. in marine biology and is a decorated war veteran, a black belt martial artist, a champion spearfisherman, and a Fulbright scholar. He has certified thousands of divers without charging them a single cent, and his association of dive clubs teaches not just recreational diving skills, but career building skills like underwater welding, search and rescue, and underwater salvage.

In early 2003, Dr. Jones added another milestone to his lifetime of achievement and humanitarianism. With eleven other divers, he placed a bronze plaque encased in one ton of concrete at the site of the sunken slave ship, the Henrietta Marie. This ship is one of only three known slave vessels discovered in America and the only one in the world where arti-



Left to Right: Dr. José Jones, David Harrison, Oswald Sykes, and Hank Jennings

facts have been recovered. The historic dive was life changing for Dr. Jones, and of such importance that it is now a History Channel documentary.

Send Us Your Stories

Diversity is a core value of Thompson Hospitality and Compass Group. In order to serve you better, visit us at www.thompsonhospitality.com to give us your comments and suggestions for future stories.

Visit www.thompsonhospitality.com for information on our many diversity initiatives.

Living Well with Sickle Cell

Sickle cell disease is a blood disorder that develops when bone marrow begins to produce red blood cells shaped like a sickle (normal red blood cells are circular). This malformation can cause the cells to get trapped in blood vessels, blocking blood flow to vital organs, muscles, and bones. In the U.S., sickle cell is most frequently found in African Americans (1 out of 650). The most common symptoms are severe pain in the hands, feet, abdomen, or chest and the intense pain can last from hours to days. Sickle cell disease is inherited and cannot be prevented, however there are ways to reduce the ill effects:

- Take daily antibiotics
- Maintain routine immunizations
- Reduce stress and get an adequate amount of rest
- Avoid dehydration, alcohol, cigarette smoke and high altitudes
- Keep warm
- Develop a pain management regimen
- Have your eyes examined on a regular basis
- Educate yourself and others about the disease
- Eat a well balanced diet

Diabetes - Managing Blood Sugar

16 million people in the U.S. have diabetes and according to the National Institutes of Health Archives, about half of them don't even know it. Diabetes is a metabolic disorder characterized by the body's inability to produce or use insulin. Insulin is mandatory for the body to maintain a normal blood sugar level. Without insulin the body cannot metabolize the carbohydrates and fats we eat.

There are three main types of diabetes: Type 1 Diabetes where the body produces little or no insulin; Type 2 Diabetes where the body can't use the insulin it produces; and Gestational Diabetes which is a temporary condition that occurs only during pregnancy. Middle-aged African Americans have a high incidence of Type 2 diabetes. This is especially true for African American women, and this increased risk is often tied to poor diet and excess body weight. The following health tips can reduce your chances of developing diabetes:

- Have an annual physical exam
- Identify and maintain your optimal body weight
- Eat a healthy diet with lots of fruit and vegetables
- Stop smoking and decrease alcohol consumption
- Engage in regular exercise

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