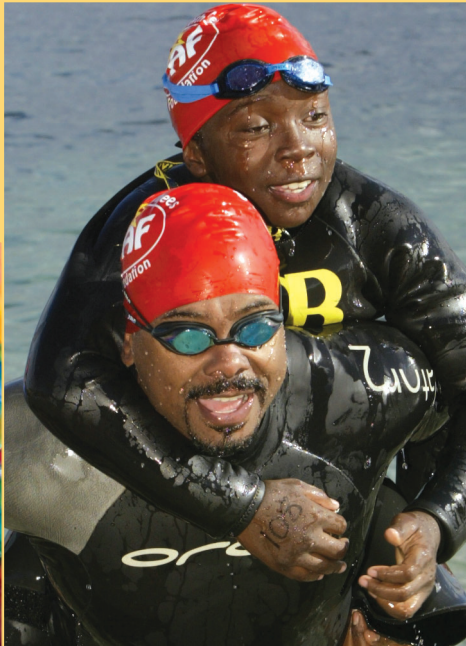




Celebrating Food, Art & Culture

# No Boundaries

Celebrating the Lives of  
Americans with Disabilities



This Publication Brought To You By:  
Thompson Hospitality  
Compass Group





## Disability Affects Us All

According to the 2000 Census, about one in five Americans has some kind of a disability, making the disabled the largest non-ethnic minority in America. People are considered to have a disability if they have difficulty performing certain functions such as seeing, hearing, talking, walking, climbing stairs, lifting, or carrying. But more important than historical statistics, it is the trends of American demographics that shed the most light on disability.



Disability itself is blind to race, sex, age, or social status. Even among children ages 6 to 14, about one in eight has some kind of disability. The exception is our senior citizens, who by virtue of their longer lives are nearly 50 percent disabled in some way. And it is estimated that seniors will make up 20 percent of the population by the year 2030 – a substantial increase from the current 12 percent. Clearly disability is a topic whose time has come. The question isn't whether you will experience disability in your life: the question is, when?



Realizing that disability will affect us all sooner or later, a major effort is coming from American business to accommodate the life needs and ensure the

long-term satisfaction of their customers, no matter what their physical and mental abilities might be.

This edition of *Unity* hopes to take you beyond the challenges and into the celebration of life we all share as Americans, disabled or not.

## Outta Sight Travel

Ocean breezes and an aroma of the sea; a sky of pinks, oranges and golds from the setting sun; the anticipation of a gourmet dinner with your significant other – this is your dream vacation! For some 40 million Americans with a seeing, hearing, or mobility impairment, such an experience might always be a dream, except that a new breed of travel agencies is making their dreams a reality.

Jackie Hull has always loved to travel, so much in fact that she spent her last 11 years creating dream vacations as a travel agent, but she's not an ordinary agent. In September of 1999, Jackie met Gary Metzler and the two began seeing each other. They fell in love, and decided to start an agency together, calling it Outta Sight Travel, appropriately named because Gary is blind, and the new firm specializes in vacations for the visually impaired.



Jackie, Gary, and their guide dog Dr. John

"Our personal travels and research help us assist blind clients in choosing destinations that go beyond sightseeing. We call it a multi-sensory travel experience," says Jackie. Outta Sight Travel offers assistance with paperwork, makes sure information is in an accessible format – including Braille, and provides inside information to clients traveling with service animals. Gary and Jackie are also industry consultants; a recent project had them proofing the Braille signage and Braille menus onboard the Holland America ship, the MS *Zuiderdam*.

Outta Sight Travel is part of a new breed of travel agencies popping up across the United States. Taking advantage of the Americans with Disabilities Act of 1990 and the Air Carriers Access Act, as well as advances in assistive technologies, these firms are reaching out to an untapped market that's ready to experience the world.

Information for disabled travelers, as well as travel agencies looking for ways to accommodate their needs, can be found at the Society for Accessible Travel & Hospitality web site. You can link to this site and the Outta Site Travel site by visiting [www.thompsonhospitality.com](http://www.thompsonhospitality.com).

## From Segway Inventor Dean Kamen: the iBOT 3000

It's not a wheelchair. It's a mobility system, and it is revolutionizing how the disabled think of their freedom. Although the iBOT 3000 costs a bit more than your average wheelchair, its importance lies in the promise of a future with more freedom for those confined to a wheelchair. A few of the iBOT's features: a stair function that climbs stairs, with or without assistance; a balance function that allows eye-level contact and the ability to reach shelves; and a four-wheel function that climbs curbs and easily traverses grass, gravel, sand, mud, puddles and other forms of uneven terrain. The iBOT comes from the labs of Dean Kamen at DEKA Research & Development Corporation, the same firm that invented the Segway.

*The iBOT's ability to travel through sand makes a day at the beach more of what it is supposed to be: FUN!*



## Did You Know ...

- R. David Smith was born missing his arm below the elbow, but that didn't stop him from making his mark on Hollywood, as a stuntman! His success led him to create Stunts-Ability, an organization that trains people with disabilities for stunts, acting, and effects. In recent years it has placed over 40 of its trainees in projects such as "Predator 2," "Terminator 2," "Artificial Intelligence," "Baywatch," and "Star Trek - First Contact."
- Although more than 100 million individuals worldwide need wheelchairs, less than one percent either owns or has access to them. Several organizations are working tirelessly to improve the odds. The Wheelchair Foundation matches every \$75 donated and sends a wheelchair to any person in the world who needs one, but cannot afford one. Wheels of the World distributed 20,000 wheelchairs to over 60 countries in 2003.

## The Strength Coach

Knowing that challenges belong to everyone, Greg Smith is taking his message mainstream. “You may be disabled, a victim of crime, have addictions, or lost a loved one – no matter how difficult your life becomes, every challenge presents an opportunity for new victories in life.” Greg knows this lesson well. He was diagnosed with muscular dystrophy at age 3, lost his ability to walk at age 13, and has spent the last 30 years in a wheelchair.

Yet Greg’s loss of full mobility didn’t affect his passion for life, or his passion for football. Utilizing his love for the game and his natural, booming voice, he landed a job as a play-by-play sports announcer while in high school. The work eventually led him to a new passion in life, radio broadcasting. He attended Arizona State and became the sports director at the campus station, calling the names of future stars such as MLB’s Barry Bonds, the NBA’s Byron Scott, WNBA star Kym Hampton and numerous NFL veterans. He has also interviewed sports legends Michael Jordan, Kareem Abdul-Jabbar, Isiah Thomas, and was in the locker room with the Chicago Bears after their 1985 Super Bowl victory.

Despite the thrills of a successful young career, Greg wanted to do more with his abilities, something that would combine his love for radio with his life experiences. He created “On a Roll” as a local Phoenix program in 1992 and built the show into a nationally syndicated program airing on more than 70 stations. The show provided a much-needed forum for Americans with disabilities, allowing them to share their thoughts and feelings with an understanding community of listeners. In 2003, Greg introduced “The Strength Coach Radio Show” to America. His audience includes people from all walks of life, and he helps them build inner strength by “working out” with the weights of life’s challenges. The show features Greg’s unique insights combined with the world’s best motivational speakers, celebrity guests who have inspiring stories to tell, and everyday individuals who are seeking inner strength.

Next year, look for Greg’s autobiography to hit the bookshelves, and for the PBS documentary covering Greg’s life on the new series “Independent Lens.” Greg is the proud father of three children, ages 12, 10, and 7, and he lives in Ocean Springs, Mississippi. “The Strength Coach” is aired nationally on Sunday nights. Visit the Thompson web site to find a station near you.



*Host of nationally syndicated “The Strength Coach,” radio personality Greg Smith shares tips on “working out” with the weights of life’s challenges!*

## An International Celebration

How do you define “disability”? A growing number of people are now defining it as a natural part of human diversity, and they recently took that message to the streets. In an event that celebrated and strengthened the pride, power, and unity of people with disabilities, the inaugural International Disability Pride Parade took place in Chicago on July 18. About 650 people from all over the world took part in the parade, a significant number considering the difficulties most people with disabilities have with traveling abroad. Some participants walked, others rode in cars, wheelchairs, or scooters. A few hand-pedaled recumbent bikes. The first-of-its-kind celebration was a forerunner to a week of activities focused on disability history, culture, and pride.



“It’s time that we reclaim the definition of disability and take control over the naming of our own experience,” said Parade Planning Committee Co-Chair Sarah Triano. “I define disability as a natural and beautiful part of human diversity.” Sarah believes that the barrier to overcome isn’t her own physical challenges but the pervasive mistake of others defining her by her disability.

Pride and disability are two words rarely used together, especially by people who are fully abled and have little or no contact with people having disabilities. There is a natural tendency to view disability with a focus on the hardship and tragedy, but the Disability Pride Parade hopes to remind us that people who are blind, deaf, or living in wheelchairs have the same desires, hopes, dreams, as well as the same challenges, setbacks, and difficulties as everyone else. It’s time to look past the disability and see people celebrating life.

## Master Craftsman

From the days of working with his dad in the garage with his toy tool set, to wood shop in school, woodwork has always been fascinating and interesting to Paul Aziz. Following his passion, he developed a reputation as a master craftsman with a penchant for unusual items with fine detail. Some of his creations include music boxes, bowls, vases, pens, perfume pens, and key chains.

Paul, a former police officer injured in a diving accident 20 years ago, now maneuvers around his shop in a wheelchair. He is thankful for his artistic gift and spends a great deal of time sharing tips and encouragement with fellow woodworkers.



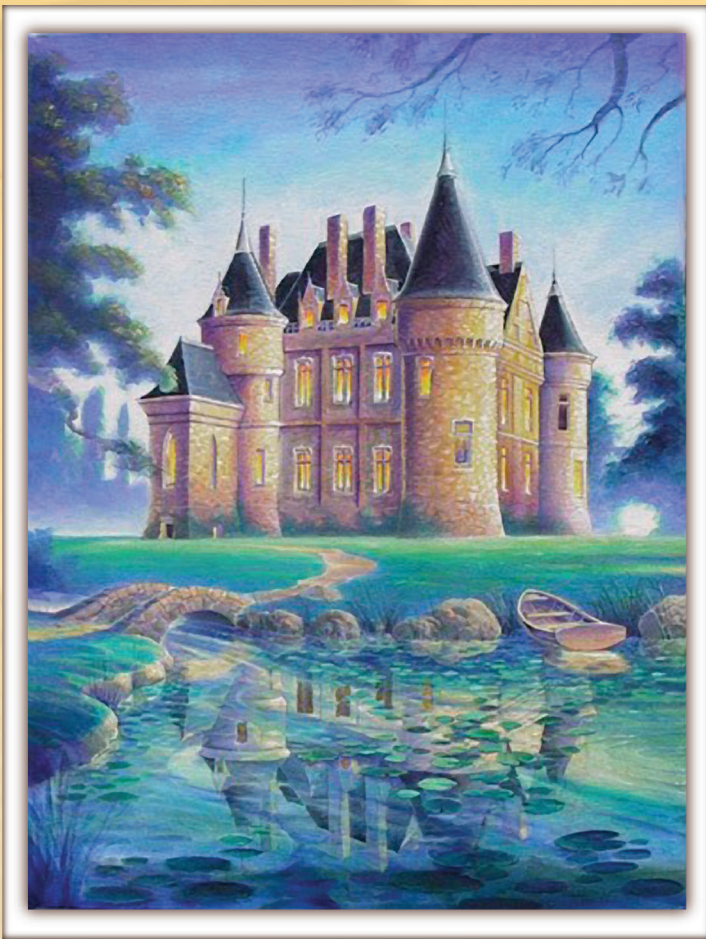
## Did You Know ...

- She has garnered praise from such legendary musicians as Dizzy Gillespie, Count Basie and B.B. King. She has been nominated for five and received two Grammy Awards for “Best Jazz Vocals,” and headlined at some of the world’s most prestigious music venues, including Carnegie Hall. Her latest work includes collaborations with Maynard Ferguson and Barry Manilow. She is Diane Schuur, and she has been blind since birth.
- *Breath & Shadow* is the only online literary journal written and edited entirely by people with disabilities. The site features poetry, fiction, essays, interviews, drama, and other writing that examines the human experience of living with a disability. Writers include children and adults with diverse disabilities including physical, mental, and emotional. Visit the Thompson web site to link to this important literary resource.



# New Ho

A Collection of Fine Art by Artists



**Chateau Nocturne**

Randy Souders, acrylic on canvas, 18" x 24"



**Abstract Flower**

Ants Leemets, Ability Beyond Disability, ink on paper, 8" x 10"



**Winter's End**

Hertz Nazaire, mixed media on board, 32" x 48"



**Cold Mountain**

Donald Lundstrom, Ability Beyond Disability, oil on canvas, 11" x 14"



# ORIZONS

Artists with Ability Beyond Disability



**New Orleans Cottage**

Randy Souders, acrylic on canvas, 20" x 24"



**Farmer's Market**

Randy Souders, acrylic on wood panel, 16" x 20"



**Many Colors, Many Dreams, One Small Boat**

Hertz Nazaire, oil pastel on board, 32" x 48"



**Little Bird**

Hertz Nazaire, oil pastel on board, 32" x 48"



**Norwalk Harbor**

Jay DeVeau, Ability Beyond Disability, oil on canvas, 11" x 14"



# New Horizons: Our Featured Artists

## A Collection of Fine Art by Artists with Ability Beyond Disability



### Hertz Nazaire

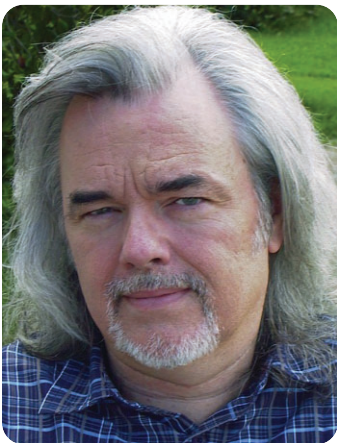
With influence from the shores of his native Haiti to his admiration for the masters who came before him, Hertz Nazaire creates art from the joy and pain of living. Born in Port-au-Prince, Haiti, he migrated to the United States at the age of 10 and settled in Brooklyn, New York. Hertz discovered his love and talent for painting while in high school and further pursued his educational studies in fine art and design at the Art Institute of Fort Lauderdale, Florida and the University of Bridgeport, Connecticut.

Life for Hertz has been extremely challenging, as he has struggled, since birth, with sickle cell anemia. "Though I feel at times that I'm drowning in pain, I struggle on to break the surface somehow, to find that I can stick to my vision for a life full of happy promises despite the agony of my pain." His illness would

eventually cause him to temporarily stop painting and lose most of the vision in his right eye. Despite this, Hertz continued to paint. As a sickle cell disease advocate, Hertz is known throughout the world for his "Sickle Cell Series" comprising three paintings expressing living and coping with chronic pain.

As an artist, Hertz is still evolving and learning his craft. Working in oil pastels, mixed media, and acrylics, he particularly enjoys blending the many bright colors of oil pastels with his fingertips. He loves the feel of being closer to and becoming part of what he creates. His work has been exhibited in museums, galleries, and hospitals across the United States and in London. The talent, courage, perseverance, and spirituality of Hertz Nazaire are pillars of strength we can all learn to lean on.

**On the cover:** "Earth, Wind and Fire" by Hertz Nazaire, acrylic on canvas, 30" x 40"



### Randy Souders

Randy Souders paints the world the way "you want it to be." It's a world of elegant homes, quaint shops, quiet streets, and neighborhoods so real you just know you've been there before!

Born in Chickasha, Oklahoma, Randy presently resides in Fort Worth, Texas. He holds a bachelor of fine arts from the University of Texas and has been a full-time artist since 1978. While in high school, Randy broke his neck during a diving accident and is now a quadriplegic. After months of therapy and training, he learned to paint without the use of his hands. All of his paintings are created entirely through wrist and arm motion. Working primarily in acrylics, his painstaking level of craftsmanship limits his annual production to roughly eight to ten paintings per year.

As the owner of Souders Fine Art, Inc., Randy has created hundreds of paintings, many published in "limited edition." His works are in countless collections across America and around the globe. Much of his work involves specially commissioned pieces for individual collectors, foundations and companies such as the Walt Disney Company, Kraft General Foods, State Farm Insurance and MGM/Turner Entertainment. He serves on the national board of directors of VSA Arts and has been profiled in *Chronicles of Courage*, *USA Today* and *Parade* magazine.

Forever in pursuit of perfection, Randy Souders' paintings offer a view into a nostalgic, romantic, whimsical and magical world.

### Ability Beyond Disability

As a nonprofit organization offering service and support to the disabled, showcasing and marketing the art of its consumers is one of the many ways in which Ability Beyond Disability helps to foster self-esteem and connect the individual to the community. Through its recreational program, the organization offers art classes and workshops that take place within the community. As a result, a series of note cards has been created from the artwork of their consumers. The work of the artists, who are featured here, are a part of that series.



**Jay DeVeau**, who came to Ability Beyond Disability in July of 1997, is editor of the organization's *Consumer Newsletter*. He is an active participant in the community with interests in art, painting and theater. When asked to describe himself, Jay remarks, "I have found ability beyond my disability."

**Ants Leemets** was born in Estonia, raised in Sweden and is fluent in four languages. He has been at Ability Beyond Disability since October of 1996. Formerly a very active outdoorsman, he now pours all his energy into each game of chess that he plays. Ants is the local chess master. Asked to describe himself, "enjoys life" is his reply.

**Donald Lundstrom** came to Ability Beyond Disability in 1991. He is a talented artist, a member of Mensa, and former editor of Ability Beyond Disability's *V.E.A.P. Digest*. "Mind is intact, muscles don't do what I desire" is how Donald describes himself.

## Promoting Cultural Awareness and Diversity Through the Arts

Diversity, as it is represented through fine art, provides a unique, personal, and visual expression of our valuable cultural differences. Our art collection attempts to mirror the diverse cultures of employees, students, clients, shareholders, and local communities. *Unity* and the artwork it showcases can be used to supplement your existing diversity communication program or be used as a stand-alone diversity publication. It is the perfect way to demonstrate a commitment to diversity and discover the vibrancy of new cultures and lifestyles.

For more information on our cultural art collection, please visit



[www.picture-that.com](http://www.picture-that.com)



## Louisiana Chicken and Shrimp Gumbo

This is more than just an easy recipe, it's low in carbs and a good choice for people with type II diabetes. Many people think that merely avoiding sugars keeps their type II diabetes in control, but what they may not know is that all carbohydrates turn into sugar in the bloodstream.



*This recipe makes 10 six-ounce servings and comes from The Professional Chef's Techniques of Healthy Cooking. There are nine grams of carbohydrates per serving.*

2 1/2 oz. bread flour  
3 oz. andouille sausage, diced  
6 oz. chicken meat, chopped  
2 1/2 oz. bell peppers, diced  
2 1/2 oz. celery, diced  
1 3/4 oz. scallions, sliced  
1/4 oz. jalapeño peppers, diced  
1 garlic clove, minced  
3 pints chicken stock  
2 1/2 oz. white rice  
1 tsp. chopped oregano  
1 bay leaf  
1 tsp. chopped thyme  
1 tsp. chopped basil  
1 tsp. ground black pepper  
1/2 tsp. onion powder  
1/2 tsp. salt  
3 1/2 oz. chopped tomato  
2 1/2 oz. okra, sliced  
6 oz. shrimp, peeled, deveined  
1 1/4 tsp. filé powder

Toast the flour in a 450-degree oven until it turns dark brown (about 45 minutes), stirring frequently to prevent burning. Sauté the sausage in a large stock pot, then add chicken and sauté until brown. Add the peppers, scallions, jalapenos, celery and garlic and sauté until aromatic. Add the stock and bring to a boil. Add the rice and all herbs and seasonings, then simmer until the rice is almost done (10 minutes).

Add tomato and okra. Sift the browned flour into a large bowl and slowly add a little of the soup mixture, whisk until smooth, then slowly add to soup pot. Simmer for 10 minutes. Add shrimp and simmer about 3 minutes. Remove the gumbo from the heat and stir in the filé powder.

## Reduced-Fat Cheesecake

### Crust:

1 1/4 cups graham cracker crumbs\*  
3 tbsp. butter, melted

### Filling:

8 oz. cream cheese  
1 lb. fat-free cream cheese  
1 cup SLENDA Granular  
2 tbsp. all-purpose flour  
2 tsp. vanilla  
2 tsp. grated lemon peel  
3 eggs  
1/4 cup reduced-fat milk  
\* Can be replaced with crushed vanilla wafers or crushed chocolate wafers.

This recipe has only nine grams of carbs per serving! Preheat oven to 400 degrees. Mix crust ingredients together and press into a 10" springform pan. Place pan on a baking sheet and bake for 10 minutes. Remove from oven and cool to room temperature.

Reset oven to 325 degrees. Beat cream cheese, SLENDA Granular, and flour together until well mixed and smooth. Add vanilla and lemon peel, then beat until smooth. Add eggs one at a time, beating well after each addition. Add milk. Mix until well blended. Pour filling over crust. Bake 50-60 minutes or until slightly firm to the touch. Cool 20-25 minutes before covering and placing in the refrigerator. Refrigerate 4-6 hours before serving.

## A Chef's Vision

Bill Quain was born in Philadelphia in 1952, and like most of his neighborhood friends, he worked weekends and summers in the restaurant business. He landed his first job as a cook in Ocean City, New Jersey, despite the fact that he was, and still is, legally blind. Bill studied Hotel and Restaurant



Administration at Cornell University, and while there took the challenge of opening his own business at the Jersey Shore. In 1971, at the young age of 19, Bill leased a hotel from a group of investors and operated it successfully. The following year, he owned and operated a beachside restaurant.

Eager to further his education, he attended the Hotel Administration program at Florida International University, where he obtained his master's degree. Later, he finished his studies at the University of New Orleans, where he received his doctorate.

While teaching food preparation at the University of New Orleans, Bill developed many of the adaptive techniques he uses today. Understanding the difficulty of working in a commercial kitchen and having a disability, he has refined many problem-solving tricks to use in the home kitchen as well. Bill's abilities eventually landed him in front of the television camera, hosting PBS's series *Cooking Without Looking*, where he not only prepared great recipes but showed audience members how to cook despite their disabilities.

Bill's vision is now focusing on a new trend – low-carb cooking – but with a twist. In part because his youngest daughter has type I diabetes, he is developing a series of low-carb and carb-free recipes for diabetics.

## Chef Quain Asks, "Did you know ..."

- There is an expression in professional cooking called "mis en place," which means "everything in place." This is a great technique for disabled people. When preparing food, get everything ready ahead of time. Create the mis-en-place station, which includes weighed and measured ingredients. Most people, but especially disabled people, can easily spoil a dish if they have to go searching for an ingredient after the preparation has begun.
- Organizing your kitchen is important. Know where everything is supposed to go, then put it there! This is especially true for visually handicapped people. However, even fully sighted professional chefs live by this rule. When I was working professionally, we did not have time to go looking for a tool, an ingredient or a recipe. We set our kitchen up so that we could literally stand in one place and reach for everything we needed.



## An Ironman Challenges Us All

As a 6' 5", 300-pound football player, actor, and future Yale grad Jim MacLaren had quite a bit going his way. But when a bus struck him, his life changed drastically. His injuries were so severe that he was pronounced dead on arrival at the hospital. But Jim was far from dead; he recovered after several surgeries, however, he lost his left leg just below the knee. Jim inspired athletes worldwide by not only bouncing back from the accident, but becoming the fastest amputee in the world. He set amputee records in world-class sporting events such as the Hawaiian Ironman and the Boston Marathon. Yet his journey was far from over.



*Advances in prosthetics allow amputees to enjoy their freedom like never before.*

In 1993, during a closed-course triathlon, Jim was hit again, this time by a car, leaving him with injuries much more severe. Jim was now a quadriplegic. For those without a physical disability, it's not easy to envision what life would be like after such an accident, yet Jim's story effectively puts disability in perspective: Everyone is a step away from a life-changing disability, even those already disabled. Would Jim have the energy to overcome once again? Could anything good come from such a strange series of events?

Triathlons are for people with heart, and true to their nature, Jim's friends quickly rallied in support. In 1994, they organized the San Diego Triathlon Challenge to raise funds for a much-needed van, one customized for Jim's new needs. Organizers needed \$25,000 to buy the van, but to their surprise, nearly \$50,000 was raised that day.

Good things can and often do come out of tragedy, when then human spirit is pushed to achieve impossible heights. Those friends who rallied around their hero became the founders of the Challenged Athletes Foundation (CAF), an organization that has now raised nearly \$4.8 million and provided grants to more than 1300 challenged athletes around the world. CAF helped 28 of 57 athletes get to the 2002 Paralympic Games in Salt Lake, purchasing 35 handcycles, three monoskis, 15 basketball wheelchairs, and 22 rugby chairs. Says co-founder Jeffrey Essakow, "It's amazing what one event and one person has created. We would have never dreamed 10 years ago that this is what it would become. Never."

Was Jim broken after his second accident? Absolutely not. Jim loves life and his passion for living is contagious. He is working on a first 40 years memoir, considering reviving a one-man show he once performed as an actor, and continues to donate time to the Challenged Athletes Foundation as well as Camp Good Days and Special Times – a summer camp for children facing the toughest challenges of life.

The 11th Annual San Diego Triathlon Challenge will be held on October 31. The course won't know if you have one leg or two, if you use a handcycle or a bike, or if the eyes you use to see belong to someone else. Jim and his friends invite you to come join the fun!



*Ironman Jim MacLaren*

## Healthy Eating for Healthy Aging

Not all disabilities are accidents or the result of genetics, but instead come from lifestyle choices. Your choice of eating habits will have a significant affect on your future health, no matter if you are a preschooler or a senior citizen. Eat for successful aging by adopting these simple suggestions from the Mayo Clinic, making adjustments as necessary depending on your age:



**Eat plenty of plant-based foods.** Try recipes that include whole grains, fresh vegetables, fresh fruits and legumes — beans, peas, nuts, and seeds. This gives you variety of nutrients. Aim for five servings a day.

**Drink water.** Your cells and organs depend on water to function. In general, drink about six to eight glasses of water daily. To better determine how much water you need, divide your weight in half. The result is the approximate number of fluid ounces you should drink daily.

**Watch fat, cholesterol and sodium.** Your body needs some fat for energy and absorbing certain vitamins, but too much (especially saturated fat) can raise your risk of heart disease. Eat a low-fat diet, and choose fats wisely — those from olive oil and nuts may be better for you than others. Watch out for cholesterol, which is found in all foods from animals, and remember that you need only a quarter teaspoon of salt daily.

**Watch calories.** In general, aging will slow down your metabolism and reduce the amount of calories you expend and need on a daily basis. Identify your best caloric intake and adjust your diet accordingly.

**Write down what you eat.** It's the best way to identify your eating patterns and make necessary adjustments.

**Consider supplements.** Ask your doctor if you need certain vitamin or mineral supplements, but don't use supplements as a substitute for healthy eating.

## 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](http://www.thompsonhospitality.com) to give us your comments and suggestions for future stories.

Visit [www.thompsonhospitality.com](http://www.thompsonhospitality.com) for information on our many diversity initiatives.

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