



Celebrating Food, Art & Culture

Women's Heritage

A Cookbook for Opera Lovers

Shell Racing

The Ambicultural Paula Lambert

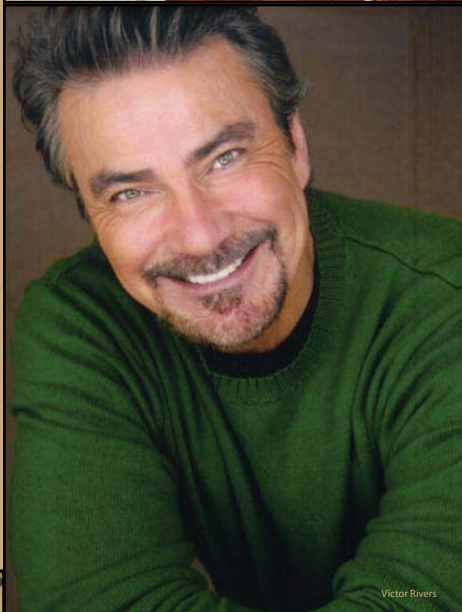
Art from Savannah State University

Victor Rivers Speaks Out

Joanne Hudson Shares
New Trends in Kitchen Design



Joanne Hudson Design, © 2005 Carol Bates



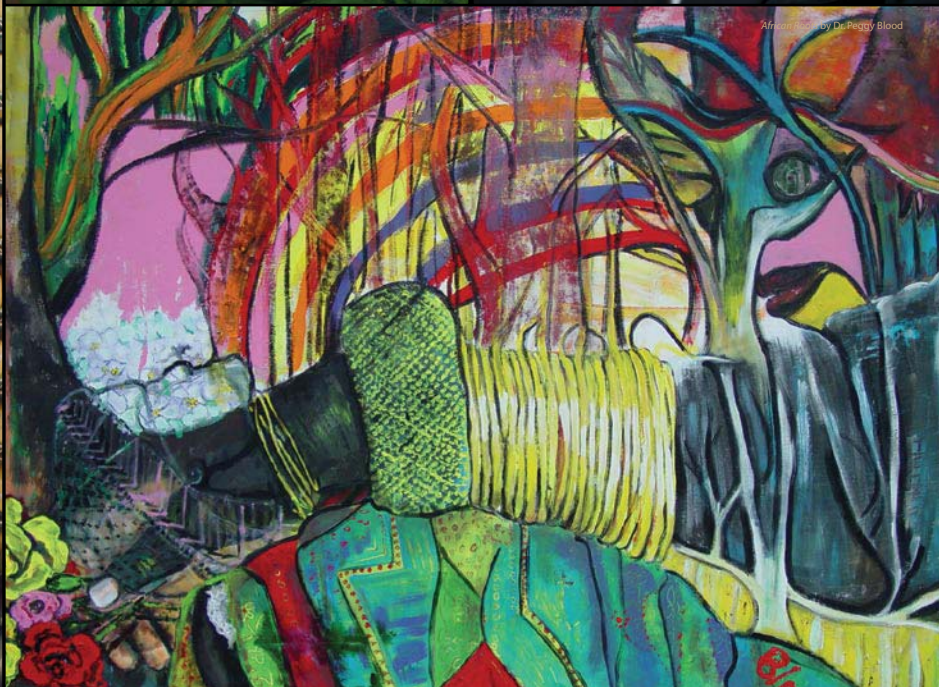
Victor Rivers



Indra Nooyi



Paula Lambert



Alfreda Perry DePeggy Blood

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Indra Nooyi Lands Top Job at PepsiCo

Fortune magazine ranks her No. 1 in its annual survey of the 50 Most Powerful Women in Business. *Forbes* ranks her as the fourth most powerful woman in the world, behind top-ranked German Chancellor Angela Merkel, U.S. Secretary of State Condoleezza Rice, and Chinese Vice Premier and Minister of Health Wu Yi. While those ranked above her are top officials in the world's most powerful governments, fourth ranked Indra Nooyi is mostly interested in making sure the world has plenty of beverages and snacks. That is in no way a less demanding job, as Nooyi is the new CEO of PepsiCo, which recently surpassed its top competitor as the world's largest food and beverage company (by market capitalization). With annual revenue of \$33 billion, PepsiCo's principal businesses include Frito-Lay snacks, Pepsi-Cola beverages, Gatorade sports drinks, Tropicana juices and Quaker foods. Its portfolio includes 17 brands, each generating \$1 billion or more in annual sales.

While Wall Street analysts give outgoing CEO Steve Reinemund generous credit for PepsiCo's strong performance during the past five years — revenue up \$9 billion, a 70 percent increase in net income, and market capitalization surpassing \$100 billion — it is widely acknowledged that Nooyi, acting as president and CFO, was instrumental in the success. She

led negotiations during PepsiCo's \$13.8 billion purchase of Quaker Oats, which brought the Quaker and Gatorade brands under the corporate umbrella. She directed the company's global strategy for a decade and supervised a corporate restructuring that included the divestiture of its restaurants and the spin-off of company-owned bottling operations into Pepsi Bottling Group (PBG). She also worked on PepsiCo's acquisition of Tropicana.

It's quite a story for the 51-year-old woman who was born in Madras, India. After earning an MBA from the Indian Institute of Management and a Master's in public and private management from Yale, Nooyi started her career in India with Johnson & Johnson. She has served in executive roles at Boston Consulting Group, Motorola, and Asea Brown Boveri. She joined PepsiCo in 1994 as the senior vice president of strategic planning.



Indra Nooyi

Forget Resale, Kitchens Are about Personality

Years ago, the kitchen wasn't so hot, at least when it came to personal comfort or gatherings for family and friends. It was a room often designed to be out of the way and used solely to cook in, clean up, and store things. As kitchens became more of a focal point in the home, homeowners began to remodel and upgrade, seeing the effort as an investment that would increase the value of the home. When a kitchen was redesigned, it was mostly with resale value in mind — "don't make it personal, make it saleable," was the motto. Those days are gone.

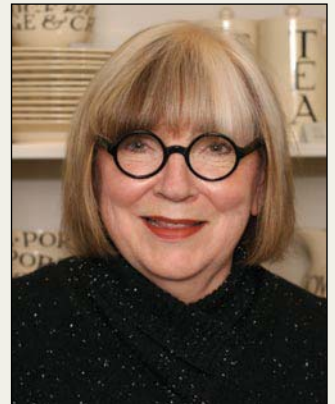
"Clients today want their kitchens to be personal, like their living rooms or bedrooms," says Joanne Hudson, founder and principal of Joanne Hudson Associates (JHA) in Philadelphia. "Resale value is not the highest priority — it's a totally different kind of world compared to the old days." That said, a home with one of Hudson's designs is sure

to have a premium price attached if it lands the market. Hudson has gained a national reputation for her exceptional design skills and is in demand among high-end homeowners from Colorado to Florida to the Bahamas.

Explaining the shift toward more personally-styled kitchens, Hudson believes it is part of the larger trend in America to push the celebration of food to new heights. "There has been a new emphasis on food as part of daily life, and you can see that with the advent and success of the Food Network and celebrity chefs. I have been in this business for 25 years, and this is just a fantastic time. I'm thrilled to be a part of the ride," she adds.

And there are other trends that keep Hudson on her toes. Men are taking a greater interest in cooking at home and are often at the planning table pushing for bigger and better ovens, cooktops, counter space, and electronic gadgets. "Men see the La Cornue ovens and just have to have them," says Hudson. A La Cornue is a heavy duty, exquisitely crafted French oven that can top out at nearly 50-grand.

Also new are built-in pizza ovens, rolling prep carts that store under countertops, areas for teens, and computer integration. Yet, the first step in designing a kitchen isn't making a list of all the neat things you can put into it. The first step is understanding how you want to use the space, who will be using it, and the kind of lifestyle you want for your family. For instance, when Hudson designed the kitchen for her beach house, she envisioned her grandkids all sitting at a large island snacking and laughing, which is why the home now sports a 15' x 5' island with seven bar chairs. "It's all about what someone expects from their kitchen," she says.



Joanne Hudson





Searching for Angels

Angel investors provide the spark that ignites small business growth, giving hopeful entrepreneurs with strong business plans access to millions of dollars in needed start-up capital. Without the cash, businesses can't get their ideas off the ground fast enough, missing both opportunities and millions in potential profits. Yet, there is a statistical anomaly among angel investors that is driving a new trend in how money is dispersed to young companies. Women, who own or control nearly half of the assets in the United States, make up only eight percent of angel investors. Further, women who are ready to launch a business face a more difficult struggle to find money than men do for a variety of reasons. These are of the findings of a recent report compiled by the Ewing Marion Kauffman Foundation, an organization dedicated to entrepreneurship and the 26th largest foundation in the country.

As part of its research for the report, Kauffman hosted a roundtable of 12 prominent women angels from across the United States to share their experiences and insights on how women play a vital role in new business start-ups. The group noted that while factors exist that inhibit the development of women as angels — different social networks, lack of awareness, fewer “cashed-out” women executives — there are advantages women bring to the table that can't be overlooked. For example, women are primary decision makers in consumer spending, purchasing not just for themselves but children and spouses. Their insights into what drives products into the hands of consumers is keen, so they know a good business plan when they see one. Women angels are also open to a broad range of investment opportunities, particularly ones put forth by other women and minorities.

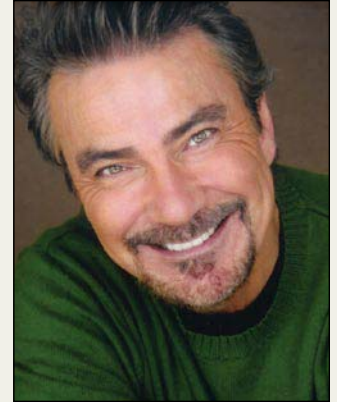
One of the roundtable members, Jean Hammond, principal of JPH Associates in Wellesley, Mass., is a serial entrepreneur with a string of investment successes. She has studied the dynamics of angel groups, particularly the role of women. “You can never underestimate the personal connection part of investing. It will happen, and it will emerge,” she explains. “It's not an issue of gender so much as sameness. That's the right issue. Angel investing with a group is about trust.”

In fact, men, while traditionally overlooking the potential of women as angel investors, have also been quick to step in and lend support. Lauren Flanagan of Phenomenelle Angels in Madison, Wisc., pointed out that one of the three founders of her firm is a man who invests with his daughters. “He strongly believes in empowering women entrepreneurs and that this will be a competitive advantage of our fund,” she noted.

To see the full report or learn more about the emergence of women as angel investors, visit www.kauffman.org.

It's Everyone's Issue

“I'm not a woman,” stated Victor Rivas Rivers during the 2006 Women's eNews award ceremony for 21 Leaders for the 21st Century. “Now that may be stating the obvious, but many times when I speak out on the issue of domestic violence, I'm asked, ‘Isn't that strictly a woman's issue?’ That is a popular misconception, but I think domestic violence should be everyone's issue.” Anyone who watched Rivers play during his two-season tryout with the Miami Dolphins during the late 1970s or act alongside Antonio Banderas in *The Mask of Zorro* would know Rivers is not a woman, but the more burning question is, “Why is he the sole male honoree of a high-profile women's group?” It's a double-edged question, one side born of simple curiosity and the other ground in the fact that men have been absent in the effort to stop domestic violence.

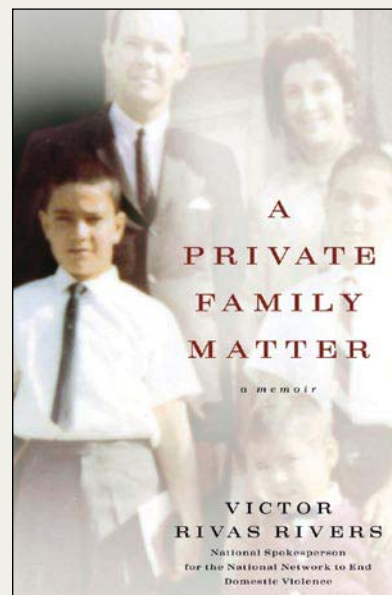


Victor Rivers

Rivers is the first male spokesperson for the National Network to End Domestic Violence (NNEDV), and he travels the country drawing attention to and seeking solutions for a problem that is pervasive worldwide. It is considered “a woman's issue” because it is estimated that women are the victims in 85 percent of reported incidents.

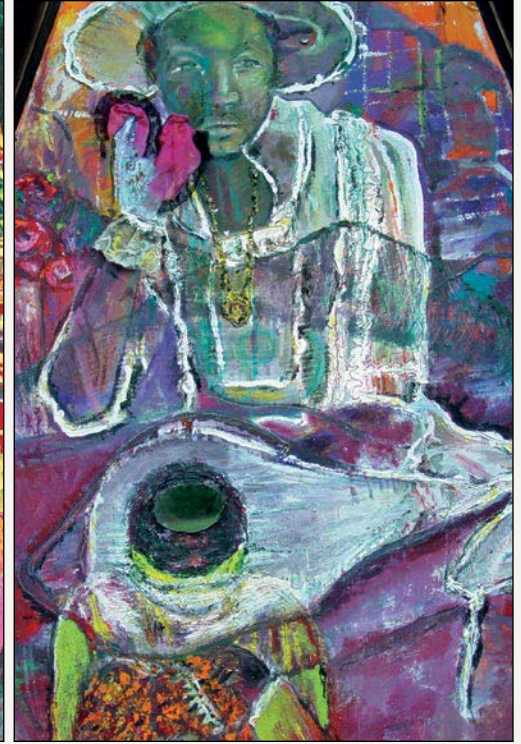
Rivers is no stranger to domestic violence. It was in his own home as a youth that Rivers first experienced the insidious cycle of physical and emotional abuse. His book, *A Private Family Matter*, chronicles his escape from a domestic war zone where his father not only beat his mother, but abused and kidnapped him and his siblings. At age 12, after more than a decade of physical abuse, he confesses he was both “homicidal and suicidal.”

Thanks to the intervention of his community, especially his high school home room teacher, he turned his life around dramatically — going from a hard-core gangmember to senior class president and lettering in four sports. He attended Florida State University on a full four-year football scholarship where he was a team captain and mentored by Coach Bobby Bowden. Rivers then spent two pre-seasons as a free agent draft pick with the Dolphins. He went on to become an established actor, again beating the odds.



Rivers' book documents his abusive upbringing, which led to his role as a spokesperson for the National Network to End Domestic Violence

An advertisement for a domestic-violence program sparked memories of his youth, and he asked his publicists to call the NNEDV to see if the group wanted a new celebrity spokesperson. “Who is she?” the network's then-director inquired. “No, it's a he.” Rivers has been the network's national spokesperson since 1999.



Left to right, by Peggy Blood: *Goodbye, I Am, A Tear I Cry*

Savannah State University's Annina Nosei Gallery

Savannah State University, located in Chatham County, Ga., honors its major art contributor by naming its gallery after Ms. Annina Nosei, a prominent collector of art in New York City. Nine works of art by renowned contemporary artists were donated to Savannah State University by Ms. Nosei in 2001 culminating the opening of the gallery. The Annina Nosei Gallery displays works by women and men artists of regional, national, and international distinction, and includes paintings, drawings, photographs, and sculptures. Women represented in the collection are featured on these two pages: Dr. Peggy Blood, an African American artist specializing in the female figure; Clara Agüero, a Latina multi-media artist; and Italian water colorist Sabina Mirri.

Dr. Peggy Blood Gallery Curator and Artist

Dr. Peggy Blood is a distinguished professor and artist at Savannah State University. She coordinates exhibits for the University System of Georgia, Savannah State University campus, and the city of Savannah's Black Heritage Festival. She studied expressionistic painting under the late John Howard of Arkansas, a protégé and colleague of Hale Woodruff, a legendary painter of the Negro Renaissance. Dr. Blood was the first African American to receive a master of fine arts degree from the University of Arkansas in Fayetteville, Ark.

Throughout her creative career, Dr. Blood has been fascinated with the roles of women and their struggles. Although her portfolio includes exquisite landscapes and still lifes, her fascination with the female position in life and the female figure is a central theme in her work. Her "women's genre" series started in 1978 with the creation of a painting called *Rodney*, which portrayed a mother reaching to comfort her child. It established a theme that continues to drive much of Blood's work

— the woman that strives to know and love herself, care for family and loved ones, and deal with the many tasks that are thrown in her way. It is a cycle that begins at birth and lasts until death. It involves setbacks and successes. It is a cycle that is celebrated in Dr. Blood's art.

Several of her paintings are curiously focused on washing, such as *Saturday Night Bath, Washer Woman, and Saturday Morning*. It was a Southern custom, prior to the early 1900s, for African Americans to spend Saturdays washing clothes and hanging them in the sun to dry. Another Saturday ritual was bathing the children so they would look their finest on Sunday morning when the family would attend church. In those days, women warmed a large pot of water over a fire in the backyard for all the washing or bathing. Those were common routines that strengthened the ties of women with their families.

The landscape paintings in Dr. Blood's collection are partially inspired by her youth. She grew up in a family that loved to travel and appreciated the country side. The beauty of the United States' vast landscapes, diverse cultures, and differing lifestyles served as an inspiration for her creativity. Her studio will soon be filled with a series of landscapes that emphasize the contrast of calm and the fury found in nature.

On *Unity's* cover is Dr. Blood's painting *African Roots*, which represents the birth of human race. The roots symbolize the strength and endurance of women.



Dr. Peggy Blood



Above, left to right, by Clara Agüero: *Mars*, *Maia*, and *Juno*
Below, by Sabina Mirri, *Untitled*

Clara Agüero

Art Professor and Multi-media Artist

"I try to project the universal notion of the mysteries that seem to be present in every culture," says Clara Agüero, whose art is featured above. She continues, "All artistic expression points to a deep reality we all share. It is possible to trace some elements of my art themes to my real life experiences, but are generated subconsciously."

Agüero has more than 25 years experience in the world of art, and she has earned two master of fine arts degrees, one in photography and one in printmaking. She has served as a college professor, director of an art gallery, director of archives, photographer, printmaker, commercial artist and interior designer. Her work has taken her across the United States and involved travel abroad.

Sandy MacDaniel, an art critic for the *Savannah Morning News*, was captivated by Agüero's techniques, writing, "To view Ms. Agüero's images is to be drawn into the same folds of light that capture her imagination as a child. The dreamlike quality created by the netting is punctuated by the fierceness of the masks. The costumes, all designed by her, speak of faraway lands and mysterious, camplike rituals."

The three works pictured above are from a series of digital illustrations depicting how the 12 months got their names. Those images, along with *Februa* and *Nove* (not pictured) honor the presence of women in the Universe. *Mars* is March, named for the Roman God of war and father of Romulus and Remus. March is also Women's History month in the United States. *Maia* is May, named for the goddess Maia, the daughter of Atlas, who honors women of the universe. *Juno* is June, named for the goddess Juno, wife of Jupiter and queen of the heavens and gods.

Electronic art is a cutting edge art form that Agüero continues to explore, but in the context of our great diversity of ethnicities, races, genders and cultures.

Sabina Mirri

Watercolor Artist

Sabina Mirri was born in 1957 in Rome where she began her artistic training. Her works are more well known in Europe, but they have been exhibited worldwide.



Promoting Cultural Awareness and Diversity through the Arts: Diversity, as it is represented through art, provides a personal and visual expression of our valuable cultural differences. *Unity* and the artwork it showcases can supplement your diversity program. It is the perfect way to discover the vibrancy of new cultures and lifestyles.

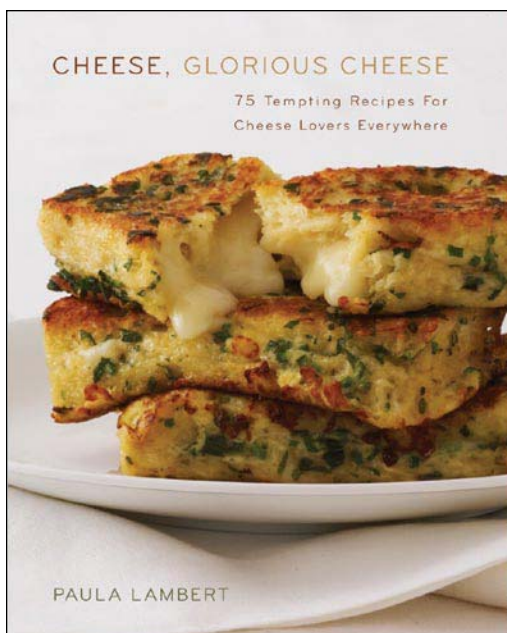
For more information on our cultural fine art collection, visit www.picture-that.com

Picture That, LLC



Curds, Whey, and Queso Oaxaca

Paula Lambert sounds giddy over the phone, as if just this morning she had decided to make cheese for a living and had to share the news with someone quickly. It's a surprise to find out that Lambert made that decision 25 years ago, the result of studying the ancient Italian art of making mozzarella from fresh water-buffalo milk. She hasn't lost an ounce of passion. In fact, she's ecstatic about the new cheeses that will be soon be leaving the curing rooms of her small factory in the Deep Ellum section of Dallas, otherwise known as the Mozzarella Company.



Paula Lambert's new cheese cookbook is *Cheese, Glorious Cheese*, published by Simon & Schuster and off the press in early 2007.

Those new cheeses will be part of 250,000 pounds of handcrafted cheeses that are shipped nationally and internationally to restaurants, hotels, gourmet shops, and distinguished foodies each year. Lambert's recipes have earned her a plethora of awards and international recognition. At the American Cheese Society's 2006 annual competition, Lambert's entries took five top-three awards, including a first place for her fresh mozzarella and a first place for her smoked scamorza.

As wonderful as the success is — building a thriving and delicious business from scratch is always a happy story — Lambert feels more at ease talking about terroir, ambiculturalism, and how she discovers new recipes for her one-of-a-kind cheeses.

Terroir, a word recently adopted into English, is French for soil and used in the phrase "goût de

terroir" ("taste of the soil") to refer to the earthy flavor of some wines imparted by the soil and other geographic factors, such as sun exposure and temperature. Applied to handcrafted cheese, terroir refers to the regional flavors imparted by the grass, water, feed and general care of the animals that supply the milk. In the art of cheese-making, it is a vital concept to understand.

Lambert can't make a cheese, for example Queso Oaxaca, that tastes exactly like the cheese you would find in Oaxaca, Mexico, which is about an eight-hour drive through the rugged hills southeast of Mexico City. But she can take the recipe for this famous mozzarella cheese and adapt it to ingredients she can buy readily in Texas ... still delicious, and still meeting Lambert's strict standards for taste. By the way, foodies in Mexico love her cheese so much they started buying it in 1997, an event that marked Lambert's first foray into global distribution.

Travel is the primary research tool Lambert uses to find new recipes, and it is a tool she's not afraid to use generously. Her many travels, particularly throughout North and South America and Europe, have unearthed one delicious recipe after another, and in the process, Lambert has become ambicultural.

Don't bother looking it up in the dictionary; the English language hasn't advanced that far yet. Ambicultural means being equally dexterous within a variety of dissimilar cultures, and it is a word that could be useful in the decades to come. When that day comes, let it be documented now that Lambert first used it on the fly in her interview with *Unity*.

Over the years, Lambert's cheeses have become famous. They have been featured in publications such as *Gourmet*, *Food & Wine*, *Bon Appetit* and *The New York Times*; they have been served at the Academy Awards; they have been munched on by presidents and royalty.

If you want to know more, you can peruse her first cookbook, *The Cheese Lovers Cookbook and Guide* published by Simon & Schuster. It was a Finalist for the World Cookbook Awards in Cork, Ireland and has been reprinted numerous times. Or you can read about her latest creations by reading *Cheese, Glorious Cheese*, also

Pictured right: Paula Lambert on a research mission at a French dairy farm. Fresh milk is being made in the background.



Queso Oaxaca from Mozzarella Company

published by Simon & Schuster and off the press just earlier this year.

Do You Know Your Mozzarella?

In the United States there are two types of mozzarella: low-moisture and high-moisture. Low-moisture mozzarella contains less than 50 percent moisture. It is a commercial-grade cheese made in big factories for the pizza, foodservice, and grocery industry.

High-moisture mozzarella contains more than 52 percent moisture. It is typically fresh, soft, and more perishable. High-moisture mozzarella is also made in bulk, or it can be made on-site in restaurants using curds, or it can be made by hand with fresh ingredients in an artisanal cheese like Mozzarella Company.

Taste distinguishes a superior, fresh mozzarella. It should taste fresh and reminiscent of milk. It should be mild, delicate, and carry a hint of sourness. There are those who say fresh mozzarella is bland, but connoisseurs can taste the subtleties of its flavor. Find out more at www.mozzco.com.

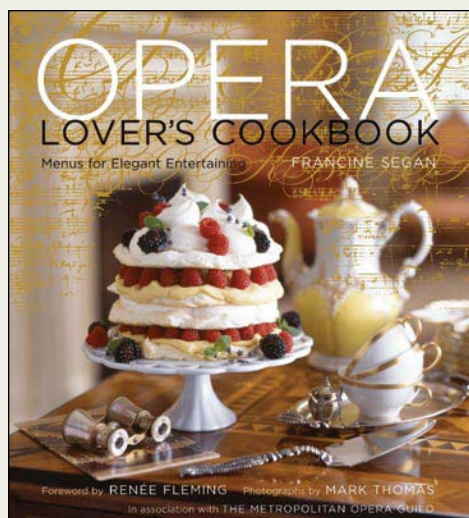


“My Kingdom for a Good Piece of Apple Pie.”

Okay, those aren't exactly the words King Richard uttered in William Shakespeare's famed drama, but they might have been if the Bard of Avon were more of a foodie. "Most people are not aware of how the food of Shakespeare's day played an integral role in developing today's common American diet," says noted food historian Francine Segan. "It is from the English that we inherit much of what we now think of as 'American' food. Apple pie, stuffed turkey, and even gingerbread houses all originate from England."

The night before my interview with Segan, I caught a glimpse of her on *Modern Marvels*, the History Channel show about where things come from. She speaks with ease about the origins of cereal, how eggs became a breakfast staple, and the history of orange juice. She knows

her stuffing, and she has a growing base of fans who are eager to know the rich stories behind the world's great culinary traditions.



Each chapter of *The Opera Lover's Cookbook* presents a culinary performance — an elegant five-course dinner, a brunch, a dessert party—scored to a particular operatic motif or keyed to the work of a renowned composer.

songs." Around the family dinner table, her parents would keep her and her cousins mesmerized with stories of the old foodways, such as how pancakes were once made on the side of a rock. It was those days, growing up with an Italian and Sicilian mother and an Arapaho Indian

stepfather, that Segan began her most interesting journey in the history of food.

She has three other cookbooks to her credit, each presented with a twist that would make any publisher smile. *Shakespeare's Kitchen* was inspired by her own children, who, like most kids, had to study the English playwright and poet to pass school. To make their studies more interesting, she would research and create Renaissance-themed meals that proved educational for the entire family.

The journey further led to fascinating stories and recipes from the ancient Greeks and Romans, and those became the inspiration for her second cookbook, *The Philosopher's Kitchen*. As it turns out, many of those ancient sages really did use food for thought. Socrates' was known for lively dinner conversations about the definition of good looks, how money can take away one's freedom, and the benefits of wine. Hippocrates believed that overeating could cause nightmares, which might explain why many Americans are plagued with sleeping disorders.

Foodies and film buffs must have a copy of *Movie Menus*, Segan's cookbook that gathers authentic recipes from the cultures and eras portrayed in all-time favorite films. Recipes for *Gone with the Wind* include a few from the first cookbook historically credited to an African American writer, Ms. Fisher, an exslave. If *Shrek* is more to your taste, or *The Godfather*, those are included, too.

Segan's next project will find itself in the hands of serious event planners who want to prepare authentic gatherings based on the cultures of other countries or time periods. It is a three-volume encyclopedia scheduled to be published in 2008. For more information about Segan and her work, visit her Web site at www.francinesegan.com.



Francine Segan's lifelong hobby has been collecting and reading cookbooks, both old and new.

Of Freia's fruit, you've not yet eaten today. The golden apples that grow in her garden, they kept you so vigorous and young, eating them every day.

-Das Rheingold, Scene II

Freia's Golden Apples with Kale

Serves 4 to 6

1 large purple onion, thinly sliced
 1 tablespoon olive oil
 2 tablespoons butter
 2 golden delicious apples, cored and sliced
 2 to 3 tablespoons pear or raspberry vinegar
 2 tablespoons honey
 1 teaspoon caraway seeds
 1 bunch purple kale, chopped
 Salt and freshly milled pepper

Sauté the onion in oil and butter in a large skillet over medium heat until golden, roughly 5 minutes. Add the apples, vinegar, honey, and caraway seeds and sauté 2 to 3 minutes, until the apples are tender.

Add the kale, cover, and sauté until the kale is tender, about 3 minutes. Season to taste with salt and pepper.

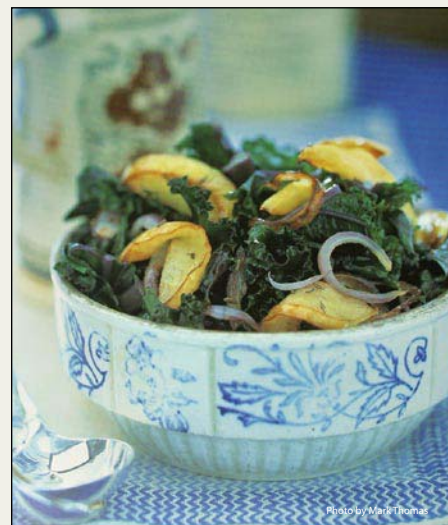


Photo by Mark Thomas

Not Just the Fastest Chess Player in the West

Susan Polgar was tired, she didn't exactly prepare, but last August, she won the 2006 U.S. Open Blitz Championship by a full two points, a wide margin in the usually slow-paced world of chess. But blitz chess isn't slow at all — while regular chess matches can grind on for hours, blitz matches require players to make all their moves in just a few minutes. It is a wildly popular game that requires lightning fast calculations of complicated chess positions, not to mention superior physical dexterity to move pieces in nano-seconds, tap a chess clock, and not knock all the pieces on the floor. It was Polgar's third time prevailing over grandmasters young and old, male and female, for the U.S. Blitz Championship.



Susan Polgar

It was a sweet moment for Polgar, who was born and raised in Budapest, Hungary, and now lives in Queens, N.Y., but it was far from her first chess success. Polgar's accomplishments span more than two decades. She was the first woman in the world to earn the men's Grandmaster title in 1991. In 2004, she led the U.S. Women's National Team at the Chess Olympiad to a silver medal, the first ever Women's Olympiad medal in U.S. history. In July 2006, she captured the Women's World Chess Cup by defeating German International Master Elizabeth Pahtz, bringing the trophy to the United States for the first time. Her prowess and imagination has led to dozens of trophies from competitions across the globe. Along the way, Polgar fought a number of battles off the chess board due to her age, gender and religious beliefs. During her rise to the top, chess at the international level was plagued with a byzantine system of politics that treated women competitors differently from men, and the strong control of chess's governing bodies by former Soviet countries hasn't always worked in favor of players from the West. Polgar, never shy about standing up for herself, won many of those battles, too.

Not content with just dominating the chess boards, Polgar has established her own foundation that mentors children, particularly young girls, through competitive chess development. Study after study has "shown that children who are exposed to the game are ahead of their peers who are not involved with the royal game. Chess is a wonderful tool to increase concentration, self-

control, patience, imagination, creativity, logical thinking, and many more important and useful life skills," she shared in a *Wall Street Journal* interview. The Susan Polgar Foundation sponsors the National Invitational for Girls, the National Open Championship for Girls, the World Open Championship for Girls, and the All-Star Girl's Chess Team.

In November 2006, Polgar was invited to The Global Creative Leadership Summit, which brought together influential leaders and thinkers from across the globe to exchange ideas on the power of creativity. Polgar was in good company. Speakers included Chuck Close, His Holiness Sri Sri Ravi Shankar, Arianna Huffington, Jim Kelly, Henry Kissinger, and other notables.



In October 2005, Polgar joined former Soviet President Mikhail Gorbachev and 7-time World Champion Anatoly Karpov in Lindsborg, Kan., to promote "Chess for Peace." The event included a Clash of the Titans - Battle of the Genders match between Polgar and Karpov, which ended in a 3-3 tie.

Shell Racing

When the crew is heading out for practice from the Jack London Aquatic Center (JLAC) in Oakland, Calif., they don't resemble a typical rowing team. The first peculiarity is that they are all girls, mostly high school students in Oakland Public Schools. Second, they aren't the sleek athletes a few top competitors have become — rowing is usually their first attempt at organized sports. Third, the team is made up of Latinas, African Americans, Asians and Caucasians, which is truly unique to this sport. The JLAC Junior Rowing Team is for young girls reluctant or unable to join sports teams because of constraints not in their control.

Peggy Johnston, director of the program, explains, "The girls who come into our program don't always see themselves as athletic. Often, they aren't in shape, and they are exactly who we are looking for." She adds, "Our team diversity is a very different look in this sport, and it is a source of team pride."



JLAC's Junior Rowing Team in training

The team will soon kick off its spring training in preparation for the California Junior Championships. From April through May, the team will work on 2000 meter sprints, as well as the finer points of rowing such as timing, balance, and driving the shells (boats) with legs, not arms. "The first year we competed in the championships (2004), the girls worked hard but finished in last place, crossing the finish line two minutes after the second to the last boat. Last year, they finished ahead of several other teams and were ecstatic," says Johnston, pointing out quickly that winning is not the program's main focus. "We teach the girls how rowing can lead to important discoveries about life, which is something more valuable than a trophy," she explains. Find out more at www.jlac.org.

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