

Celebrating Food, Art & Culture



Americans With Disabilities

ABILITY House Raises the Roof

Eileen and Speedbump

Ability Camps for Kids

Season of the Harvest

Sustainable Seafood Program

Gains Momentum



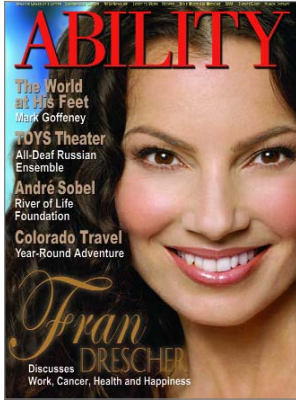
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Raisin' the Roof

ABILITY House drives home the national need for accessible living

More than likely, you know the names: Marlee Matlin — the actress you've seen in *The West Wing* and *Seinfeld*, and who won an Academy Award for Best Actress in her film debut,



Children of a Lesser God; Paul Orfalea — founder of Kinko's, public speaker, and philanthropist; Montel Williams — the decorated Marine and Annapolis graduate who started his own successful TV talk show. The challenges each has faced as a person with a disability or life-altering illness you might not know, unless you follow the work of Chet Cooper, founder and editor in chief of *ABILITY Magazine*. For more than 15 years, Chet has used interviews with celebrities, business and civic leaders, and academics to drive home the fact that disability is an inseparable part of our social fabric. Articles cover technology, education, employment, travel, and medical advancements, all written with a healthy dose of fun and humor. The humor might come from the fact that Chet is a former publisher of *National Lampoon*, but that is another story altogether.

Make no mistake, however; Chet is serious about improving the lives of people with disabilities. Having already founded what is today JobAccess.org, one of the nation's premiere employment sites for people with disabilities and employers seeking qualified candidates, in 1995 Chet established ABILITY Awareness, a nonprofit organization promoting opportunities for people with disabilities in housing, employment, volunteerism, education, and the media. The organization's hallmark program, the ABILITY House, invites volunteers with health conditions or



Chet Cooper (left) and volunteers on site at ABILITY House.

disabilities to build accessible homes for families where one or more members have a disability, and the program is aimed squarely at addressing the burgeoning need for accessible housing throughout the United States. The idea began during one of Chet's interviews, this time with Habitat for Humanity founder and CEO Millard Fuller. Chet asked if Habitat for Humanity would consider a program incorporating people with disabilities as the primary volunteers for and beneficiaries of a Habitat build, and Millard embraced the idea. In 1999, the first Ability House was built in Alabama for Chris Wright, who has paraplegia. Hundreds of volunteers with disabilities worked to raise the roof: Paradigms were shattered and a community was forever changed.

The ABILITY House program continues to expand its reach and inclusiveness. Homes have been built across the U.S. mainland and as far away as Hawaii. ABILITY Awareness has reached out to college students with disabilities by helping them connect and participate with Habitat for Humanity affiliates, and an initiative has been started to provide volunteer opportunities to veterans who have health conditions or disabilities.

In recognition for his commitment to community service, President George W. Bush presented the Presidential Community Volunteer Award to Chet in a private White House ceremony.

Raising the Roof

Another Perspective

You're in a wheelchair, probably for life. How will you get to work, to school, or to the grocery store? Aside from a host of physical, emotional and financial challenges facing people with disabilities, other immediate concerns are mobility, logistics, and accessibility. These form the foundation of basic quality-of-life issues that we all must be aware of in order to create inclusive work and living environments.

If you use a power wheelchair, your car, more than likely, will no longer be useful for your personal transportation. That is because cars are built for people who can bend easily to gain entry and sit with legs stretched out to operate the brake and accelerator. Most drivers who have paraplegia or quadriplegia need oversized vehicles, such as vans, to accommodate their limited mobility and the bulky seats, harnesses, and specialized control mechanisms needed to operate the vehicles safely.



In a typical van conversion, which can cost (excluding the cost of the van itself) between \$20,000 and \$50,000, floors are lowered, roofs are raised, and a variety of modifications are made to ensure driver safety. Seats that lift, swivel, and extend out of the vehicle are often installed, as well as electronic controllers to operate the brake, accelerator, turn signals, lights, and stereo. Special harnesses are needed to ensure the driver's chair stays put in the event of an accident. For people with severe mobility limitations, every control for operating the vehicle must literally be placed at the fingertips of the driver.

The cost to adapt your van can be abated by manufacturers' reimbursement programs and assistance from state vocational rehabilitation agencies, but you and your family might still end up footing a good portion of the bill.

Painting the World With a Rainbow

I am looking up at the house at 53 Cole Avenue, and I don't recognize the familiar building. Every single architectural element — siding plank, shingle, cornice, and pillar — has been painted in hues of pastel pink, blue, green, bright orange, yellow and red. I know for a fact that this house really exists on Cole Avenue, but this particular vision of the house, however, exists only as Jessica Park's painting, *The House on 53 Cole Avenue, March 5, 2002*.

To an unsuspecting eye, the painting displays the skillful ability of an artist to transform what she sees into a fairytale-like scene, full of sharp, multicolored details. As I study her other paintings, however, I realize that Park applies the same treatment to all the inanimate objects — houses, monuments, heaters, radio dials or mileage gauges; she paints their exact rendition with a myriad of bold colors and geometric patterns. To her family, however, her paintings display the typical characteristics of an artist who is autistic.

Jessica was born in 1958 and is the fourth child of Clara and David Park, who were professors at Williams College. Clara documented her daughter's struggle with autism in two groundbreaking books, *The Siege, The First Eight Years of an Autistic Child* and *Exiting Nirvana, A Daughter's Life with Autism*. Nirvana is the term her mother uses to describe her daughter's early state of "enraptured, timeless, self-stimulating nothingness." Only under the relentless persistence of her parents did Jessica slowly start to emerge from her state of Nirvana. In order to teach Jessy how to speak, her mother used images, and within a few months, Jessica could draw a red heptagon without difficulty. She could draw in perspective before she was eight years old. Soon, her parents realized that art was the perfect tool to expand Jessica's social skills.

Jessica is largely a self-taught painter: Her formal training consists only of high school art classes. Her heightened color sensitivity allows her to work with six or seven different shades of one color, diluted to the point that they look white. In order to achieve the most detailed rendering of a building, she sketches on site. She then refers to sharp photographed close-ups. "I rarely omit a drain pipe," she says. "Only by accident." Jessica's technique has progressed to the point that she now uses colors to suggest shadows. She can detach herself from a camera-like vision and use her artistic license for the sake of the composition. She has gone beyond her original myopic vision of the world. Jessica's way out of her childhood state of grace has been made easier by the family and friends who surround her. As a result, she has turned her disability into strength. Ultimately, she makes our world more beautiful with her paintings — her gift back to the community that loves her.

By Emmanuelle Delmas-Glass, former executive assistant at the Folk Art Society of America. Jessica Park paints from the studios of Pure Vision Arts, New York City's premier studio for artists with developmental challenges. Excerpted with permission from Folk Art Messenger, Vol. 17, No. 2, Fall/Winter 2004.



© 2004, Eileen Teachout-Smith

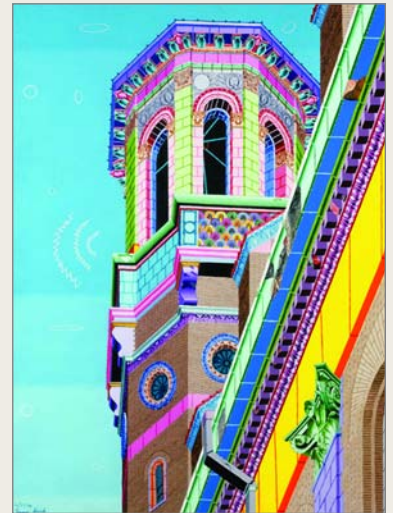
A nice stroll through the park can clear one's mind.

Eileen and Speedbump

Soon to be published in a book, the cartoons of Eileen Teachout-Smith will attempt to unlock misconceptions about people with disabilities, illustrating that people with disabilities have hopes, desires, disappointments, dreams, and challenges just as people without disabilities. "Having a disability forces people to live their lives differently, but not without quality, happiness, expectations, and hope for the future," says Eileen. In the series, the main character, also named Eileen, and her protégé, Speedbump the cat, live life to the fullest — just as the author has done in real life. The book will be illustrated by Caileen Denton.

Eileen's journey began more than 50 years ago when she was born with a "brittle bone" condition. She outgrew this aspect of her disability but remains a small-statured person who uses a power wheelchair for mobility. Today, she enjoys a wonderful marriage, works full time as an assistant director for Disability Rights & Resources, advocates for independent living, travels extensively, and is always meeting amazing people. "I wish to portray through the cartoon facets of life that will make people think about their own existence — not to feel sorry for Eileen, but to appreciate who she is, be happy for her accomplishments, and share joy in the humor these cartoons portray about people with disabilities."

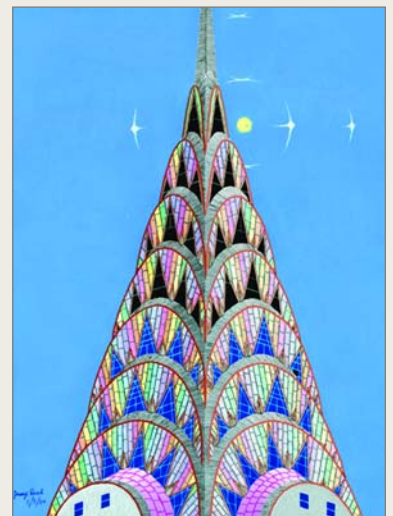
For more information or to place advanced orders for the book, you can contact Eileen at choicesfreedom@yahoo.com.



St. Paul's and St. Andrew's Church, by Jessica Parks



The Great Stained Glass Doors in Spring, by Jessica Parks



The Chrysler Building, by Jessica Parks

Spring “Harvest” a Fall Delight

One of the great ironies of cheese is that while it is traditionally produced in the spring, it is best eaten in the fall. The reason for this is simple: Spring is the natural time for many milk-producing animals to bear their young and, therefore, produce milk. From this, milk farmers would make both soft cheese for immediate use as well as cheeses that could be aged for consumption in the fall and throughout the winter.

When cheese making became mechanized with the first assembly-line plant in the mid-19th century in upstate New York, cheese became available year-round. It was only a matter of time before the “hands-off” method of cheese making became so popular that, by World War II, factory cheese was the norm.

In our own time, food aficionados have urged a return to a more rustic way of eating, and artisanal cheese production has led the movement. “Artisanal” refers to individual craftsmanship and, in the case of cheese making, it is the hallmark of a cheese that is generally made by a small dairy farmer or producer that curdles the milk, flavors and molds the cheese, and wraps it for aging — all by hand. Also called “farm-stead”, especially if the cheese is produced from the milk of a single farm, these cheeses are often organically produced as well.



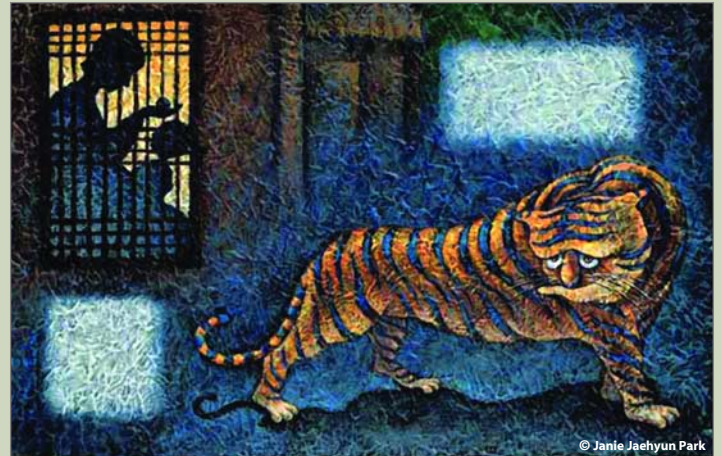
Artisanal cheese production is also the source of another type of fall-time fun: Like leaf-peeping trails in the height of the autumn foliage or wine trails meandering through grape country, artisanal cheese trails are becoming increasingly popular, particularly in dairy-rich areas like New England.

In Connecticut, Cato Corner Farm has received accolades for its artisanal cheeses made from Jersey cow milk. Two great fall picks are the Vivace, a medium-aged cheese ideal with wine or sandwiches, and the strongly flavored Block's Landing, which is aged 10 to 18 months and is most similar in flavor to Gouda. Sample these and other cheeses at the Cato Corner Web site, or check out a listing of farmstead cheese makers throughout the country by visiting www.artisanalcheese.com.

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Core Facts

About 2,500 varieties of apples are grown in the United States and more than 7,500 are grown worldwide. In the United States, 15 varieties account for almost 90 percent of 2005 production: Red Delicious, Golden Delicious, Gala, Fuji, Granny Smith, McIntosh, Rome, Idared, Jonathan, Empire, York, Cortland, Northern Spy, Rhode Island Greening, and Stayman. Up-and-coming “new” varieties include Braeburn, Cameo, Ginger Gold, Honey Crisp, and Pink Lady. Want to learn more? Visit www.usapple.org.



The Tiger and the Dried Persimmon

Illustrated and written by Janie Jaehyun Park. Published by Greenwood Books.

In this classic Korean folk tale, which the author heard over and over again from her grandmother, a proud and hungry tiger is brought low by his own vanity and foolishness. While trying to steal an ox in order to eat it, he finds himself outside a small cottage in which a mother is calming a baby with a dried persimmon. The Tiger, not understanding what is happening, persuades himself that a dried persimmon is the wildest and fiercest beast in the world. A comedy of errors ensues when a thief mistakenly jumps on the tiger's back, and the tiger believes that this is the terrifying persimmon and panics.

Persimmon trees are plentiful throughout Asia, but in the United States, we have a different variety of the species, and the fruit of the American persimmon is ripe in the fall, making October a fine time to try classic dishes like persimmon pudding. And if you find yourself near Mitchell, Ind., make plans to visit its annual persimmon festival, which comes complete with a parade and pudding contest. This recipe comes from www.mitchellpersimmonfestival.org

A Winning Persimmon Pudding Recipe

- 2 cups persimmon pulp
- 2 cups sugar
- 2 large eggs, beaten
- 1 teaspoon baking soda
- 1 1/2 cups buttermilk
- 1/8 teaspoon salt
- 1 teaspoon baking powder
- 1/2 teaspoon cinnamon
- 1 teaspoon vanilla
- 1/4 cup cream (Half & Half)
- 1/2 stick butter
- 1 1/2 cups flour

Mix well persimmon pulp, sugar, and beaten eggs. Add baking soda to buttermilk, stir until foaming stops. Add to mixture. Sift flour, salt, baking powder, and cinnamon into mixture. Beat well. Add vanilla and cream. Blend into batter. Melt butter in a 9-inch x 13-inch pan. Pour into batter, leaving just enough to grease pan. Beat well. Bake in slow oven, 325 degrees, for 45 minutes or until set.

“It’s all about the pulp,” writes Krystal Slaten of the of the Times-Mail and Mitchell Times. “Don’t think slapping together a few basic ingredients can help create a prize-winning pudding. It takes more ... the treat is almost mysterious because of the finicky pulp, which is the key ingredient of the pudding.”

Beyond Your Mother's Casserole

New recipes for squash you just HAVE to try

Spiriting away Cinderella to the ball or festively lit as a Halloween jack-o'-lantern, pumpkins are the squash of legend. Native to the Americas, indigenous peoples cooked it in a variety of ways — although not as the first Thanksgiving pie as believed in common folklore. The pumpkin family of squash was, like thousands of other Native foods, exported to Europe where it became a standard culinary ingredient used in stews, sauces, and a variety of side dishes. American colonists favored a pumpkin mash flavored with vinegar, ginger, and spices as a side dish for fish and fowl. They even roasted and salted pumpkin seeds as a snack that is still prevalent today.

But while pumpkin remained a versatile ingredient in Middle Eastern, Hispanic, and Asian cuisines, here in America pumpkin largely became a dessert ingredient found in breads, pies, and muffins — falling by the wayside as a savory ingredient as time passed. Now, thanks to the culinary influence of multi-ethnic chefs, the tide is once again turning back. Luminaries like Rick Bayless, who has created traditional Mexican recipes such as smoky braised pumpkin, and Indian Master Chef Vikas Khanna, who uses the vegetable in a variety of curry sauces, are giving the rest of the culinary world reason to experiment with new ideas. The key to using pumpkin in a unique way is to explore all the varieties out there, considering flavor profiles and texture.

Cheese pumpkins are sweet and juicy and close to original varieties like calabaza, which is widely used in Latino and Caribbean cooking.

They are great for sauces, mashes, and sweets.

Japanese Kabocha squash, which is a bit drier and firmer than cheese pumpkins, and butternut squash, a good all-purpose vegetable, are good for stews.

As the quintessential fall fare, pumpkins are freshest in the autumn, but they can be stored through the winter in a cool dry place, as long as they are left whole. Or, peel, seed, cut into chunks, and freeze for use later in preparations where the vegetable will be mashed or pureed.

Don't overlook smaller pumpkin varieties, which can make lovely presentation plates. In the Caribbean, hollowed-out calabaza is often used as a vessel for stews cooked with the vegetable, while creative Western hosts can use miniature pumpkins as a lovely bowl for pumpkin flan or ice cream.



Pumpkin ice cream is a great way to usher in fall



Pumpkin sauce can be served with a variety of dishes

Pumpkin Ice Cream

- 2 cups whole milk
- 7 large egg yolks
- 3/4 cup sugar
- 2 cups chilled heavy cream
- 1 cup canned pumpkin puree
- 3 tablespoons dark rum
- 1 teaspoon vanilla
- 1/4 teaspoon freshly grated nutmeg

Bring milk, cream and sugar to just under a boil in a 3-quart heavy saucepan over moderate heat. Remove from heat.

In a bowl, whisk together egg yolks then gradually add 1/4 cup hot milk, whisking vigorously so eggs do not scramble.

Return yolk mixture to milk remaining in pan in a slow stream, whisking. Cook over low heat, stirring constantly with a wooden spoon, until mixture is slightly thickened and coats back of spoon, about 3 to 5 minutes. Mix in pumpkin puree, rum, vanilla, and nutmeg. Chill until cold, at least 2 hours.

Following manufacturer's directions, freeze in ice cream maker, then transfer to an airtight container and put in freezer to harden, at least 2 hours.

Coconut-Pumpkin Sauce

An all-purpose sauce that is great for pasta, chicken, or fish

- 2 tablespoons unsalted butter
- 1 onion, chopped fine
- 2 large garlic cloves, minced
- 8 ounces cheese pumpkin, butternut squash, or kabocha squashed peeled, seeded, and cut into 1-inch chunks
- 1 cup chicken broth
- 1/2 cup water
- 1/4 cup coconut milk
- Freshly grated nutmeg to taste
- 3 tablespoons cilantro leaves, minced

Melt butter in a large skillet. Add onion and cook until translucent. Add garlic and cook 1 minute more, stirring constantly.

Add pumpkin, broth, and water and simmer for 15-20 minutes or until pumpkin is soft. Add coconut milk and simmer 5 minutes more.

Pour mixture into a blender or food processor and add nutmeg, salt, and pepper to taste. Puree until smooth. Return to pan and simmer 3 minutes more.

Add chopped cilantro and serve over chicken, beef, or pasta.



Food has been a passion for Vikas Khanna since childhood.

Cooking for Life

Vikas Khanna got his start in the kitchen like many culinary professionals do, by helping his grandmother as a kid. "I was so young that it seemed to be a dream to reach the kitchen counter," he remembers. What he learned at his grandmother's side became a lifelong passion. While some enterprising youths learn to make extra cash with lemonade stands, Vikas was always thinking bigger: When he was 14 years old, he and two cooks catered a wedding for 1,000 people, and within two years, he had started his own catering business.

Vikas's precocious youth is one unique aspect of his status today as a celebrity chef, and there is the fact he was born and raised in Amritsar, India, where he also developed a passion for people, especially those who come from poor neighborhoods or who are living with a disability. He himself knew many of the challenges they faced. The first operation to straighten his legs and feet came when he was 10 days old, and it wasn't until age 13 that his leg braces were removed and he ran for the first time. His experiences as a youth were part of the reason that, as a successful businessman, he was quick to become a regular food supplier for Mother Teresa's Missionaries of Charities.



Vikas regularly organizes events to build awareness of the challenges facing travelers with disabilities, such as the World Cooking for Life Series organized with SATH.

experience for people with visual disabilities, received the "Access to Freedom Award" from the Society for Accessible Travel and Hospitality, and founded the "World Chefs Cooking for Life Series," where world-renowned chefs cook at the various wonders of the world to raise awareness for the needs of travelers with disabilities. The first event in the series was held this summer at the Pyramids of Egypt, with other events planned into 2010, when Vikas takes his show to the Great Wall of China. "It is imperative to clear the hurdles that restrict disabled persons from accessing some of the most beautiful places in the world," explains Vikas. "Awareness is the first, fundamental step to breaking barriers." Visit www.nyccf.com for more information on and recipes from Vikas.

With a solid business and reputation growing throughout India, Vikas made his American debut in New York City in 2000, starting from scratch as a dishwasher. He studied at the Culinary Institute of America, Cornell, and Johnson & Wales, and two years later was named the executive chef of Salaam Bombay Restaurant. Today, at only 35 years old, his accolades and achievements continue to mount. Vikas has cooked at the James Beard House, written numerous cookbooks, opened several successful restaurants, and toured the United States, teaching thousands of people about food.

His commitment to those who are disabled or underprivileged is stronger than ever. Vikas has founded SAKIV to raise funds for blind children in South Asia, created workshops to enhance the dining



Bamia

(Meat and Okra Stew)
by Vikas Khanna

Prepare this popular Middle Eastern dish with lamb or beef. I have made a few changes to this classic to give it an Indian touch. Serves 6.

- 1 cup chickpea flour
- 4 tablespoons fresh cilantro, finely chopped
- Salt to taste
- 1/2 cup water
- 1 1/2 pounds fresh okra, conical tops trimmed
- Vegetable oil for deep frying
- 4 tablespoons unsalted butter
- 2 pounds lamb, cut into 1-inch cubes
- 2 medium onions, finely chopped
- 2 cloves garlic, finely minced
- 1 2-inch fresh ginger, finely chopped
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 cup tomatoes peeled, seeded, and chopped (or 1 16-ounce tomato puree)
- 3 tablespoons tomato paste
- 1 cup lamb or vegetable stock or water
- 2 tablespoons fresh mint, coarsely chopped
- Salt and freshly ground black pepper
- Juice of 1 lemon

Preheat oven to 325 degrees. Make a smooth batter of chickpea flour, cilantro leaves, salt, and water. Coat the trimmed okra and fry it for about 3 to 4 minutes on high heat in batches, until the okra turns light brown and crisp. Drain the excess oil and reserve for later use.

Melt the butter in a large frying pan over medium-high heat. Working in batches, add the meat and fry, turning, until browned on all sides — about 10 minutes. Using a slotted spoon, transfer to a baking dish or stew pot. Add the onions to the remaining fat in the frying pan and sauté over medium heat until tender and translucent, about 8 to 10 minutes. Add the garlic, ginger, cumin, coriander, tomatoes, tomato paste, stock, and mint. Stir well. Pour over the meat and season to taste

with salt and pepper. Cover and bake until all the liquid is absorbed, about 1 1/2 hours. Taste and adjust the seasoning.

Remove the stew from the oven and arrange the fried okra on top in a spoke pattern. Sprinkle the lemon juice evenly over the surface. Bake it again for about 35 minutes. Add stock or water if the mixture seems too dry or thick. Serve it hot with rice.

A New Way to Watch Seafood

You're at your favorite seafood restaurant where the catch of the day is Atlantic cod served with asparagus tips and new potatoes. As an environmentally conscious consumer, should you go for the special or order the trout menu and wild rice?



This is the kind of question that is being asked with growing frequency as Americans try to align their diets with healthy, sustainable food supplies. Leading this movement into our oceans and waterways is the Monterey Bay Aquarium in Monterey, Calif. The aquarium has created a nationally recognized program to raise consumer awareness about sustainable seafood and recommends species to buy or avoid. The program grew from an exhibit called *Fishing for Solutions* and the first adoption of a sustainable seafood policy by the aquarium's own

Portola Cafe. The program is called Seafood Watch. Recommendations are based on data from government reports, journal articles, and fishery and fish farm experts, and they are compiled into a seafood report, which is available on the Internet and in printed pocket guides.

Best choices for 2006 (f denotes farmed variety)

Abalone (f), catfish (f), caviar (f), clams (f), Pacific cod (long line, trap, or hook-and-line); Dungeness crab, imitation crab (U.S. caught from Alaska); snow crab (Canada); Pacific halibut; spiny lobster (U.S. and Australia); mussels (f); oysters (f); pollock (U.S. caught from Alaska); black rockfish (California, Oregon, Washington); sablefish/black cod (Alaska and British Columbia); salmon (wild-caught Alaska); sardines, pink shrimp (Oregon); spot prawn (British Columbia); striped bass (f); striped bass (wild-caught); sturgeon (f); tilapia (f, U.S.); rainbow trout (f); albacore tuna (troll/pole); bigeye tuna (troll/pole); yellowfin tuna (troll/pole); and white sea bass.

Choices to avoid for 2006 (f denotes farmed variety)

Caviar (wild-caught); Chilean seabass; Atlantic cod; king crab (Russia); grenadier (U.S. Pacific); monkfish; orange roughy; rockfish (trawl-caught); salmon (f); shark, spiny dogfish (U.S., Canadian Atlantic); shrimp (imported); sturgeon (imported wild-caught); swordfish (imported); tilapia (f, China, Taiwan);^o and bluefin tuna.

Also recommended are a variety of good alternatives such as mahi mahi and Maine lobster, all of which make Seafood Watch popular with leading foodservice providers and restaurants, as well as conscientious consumers. Want to improve your ability to make smart seafood choices at your favorite restaurant? Visit the Seafood Watch Web site at www.mbayaq.org for complete information.

The Slippery Slope

Getting It Straight About Fat and Oils

Should You Eliminate Fat From Your Diet?

Simply put: No. Fat is a major source of energy for the body and aids in the absorption of vitamins A, D, E, and K and carotenoids. Both animal- and plant-derived food products contain fat, and when eaten in moderation, fat is important for proper growth, and developing and maintaining good health. As a food ingredient, fat provides taste and consistency, and it helps you feel full. Parents should be aware that fats are an especially important source of calories and nutrients for infants and toddlers (up to 2 years of age), who have the highest energy needs per unit of body weight of any age group.

While unsaturated fats (monounsaturated and polyunsaturated) are beneficial when consumed in moderation, saturated and trans fats are not. It is advisable to choose foods low in saturated fat, trans fat, and cholesterol as part of a healthful diet. (www.fda.gov)

The New World of Cooking Oils

Think of "cooking oil," and a deep fryer bubbling with fries probably comes to mind, but the versatile cook knows that food oils can be used for anything from sautéing and frying to a garnish, flavoring, and even a moistening agent in baking.

In Morocco, the very rare and intensely aromatic Argan nut oil is used as a topping on hummus and other cold salads. Fruity tasting, high-quality, extra-virgin olive oil is used similarly throughout the Middle East. In Italy, oil is a primary ingredient in pesto, the basil paste used to top everything from pasta to crostini to fresh vegetables. Infused oils like Black Truffle make an elegant, pungent topping to soups and mushroom-based preparations.



All oils contain 14 grams of fat per tablespoon but, many, like olive, walnut, and other nut oils, and the new-to-the-market avocado nut oil from companies like New Zealand's Olivado, provide nutritional value with cancer and cholesterol-fighting omega 3 and 6 fatty acids. The key to knowing how and when to use certain oils lies in two major factors: scorch or "smoke" point, or when the oil begins to smoke when heated, and volatility, or how the oil reacts to other ingredients and flavor.

Oils with a low scorch point, like extra-virgin olive oil, and most nut oils, like almond, break down too quickly for frying, while oils like canola are good for frying and have omega acids. Oils like peanut and sunflower, with a smoke point above 450 degrees, are best for deep-frying.

Universal Design

Helping everyone belong to a community, participate in activities, and enjoy a high quality of life is the goal of universal design, a movement born of the changing demographics and health advances in the 20th century. Everyone means exactly that: everyone. "Universal design is the design of products and environments to be usable by all people, to the greatest extent possible, without the need for adaptation or specialized design," stated Ron Mace, the architect who is credited with creating the term. According

to *The Universal Design File: Designing for People of All Ages and Abilities*, a book Ron co-authored with James L. Mueller, the facts that Americans are living longer and more are living with disabilities served as a catalyst the push to design with inclusion in mind.



Photo courtesy of ABILITY Awareness

For homeowners, here are three ideas to consider when buying, building or renovating: include one entrance with no steps, make sure all main floor interior doors have 32 inches of clear passage space, and make sure at least a half bath (preferably a full bath) is on the main floor. These features are easy and inexpensive to implement.

Rolling Up Victories and Fun

Injured Veterans Gather for the Games

The National Veterans Wheelchair Games are the largest annual wheelchair sports event in the world. The games serve as a sports and rehabilitation program for military veterans who use wheelchairs due to spinal cord injuries, amputations, or certain neurological problems. Competitive events include swimming, table tennis, weightlifting, archery, air guns, basketball, nine-ball, softball, quad rugby, bowling, hand cycling, wheelchair slalom, power soccer, a motorized wheelchair rally, and track and field.

More than 500 wheelchair athletes made the trip to Anchorage, Alaska this past July to compete in the event. The 27th annual games will be held June 19-23, 2007 in Milwaukee, Wis. Admission is free and the public is encouraged to come cheer on the athletes. Find out more at www1.va.gov/vetevent/nvwg/2007.



United States Quad Rugby Team Dominates World Competition

After going undefeated to win the 2006 North American Cup, the U.S. Paralympics Wheelchair Rugby Team went to Burnaby, British Columbia and did the same thing at the 2006 Canada Cup, which concluded with the United States defeating New Zealand 49-48, to win the championship in triple overtime. The team finished the two tournaments with a 10-0 record.



Photo courtesy of NSCD

Kids Dream The Craziest Things

There's nothing more ambitious than a child's imagination. Kids dream wildly of playing sports with their heroes in the professional leagues, galloping on horseback like real cowpokes, and exploring the frontier wilderness in canoes like Lewis and Clark. All kids have these crazy dreams; didn't you?

Kids who attend one of the National Sports Center for the Disabled's (NSCD) Ability Camps do all these things and much more. They play baseball with the Colorado Rockies, soccer with Washington D.C. United, or football with the Denver Broncos. They explore the woods in rafts and canoes, on bikes and horses, and in tents and sleeping bags. They fish, they rock climb, they do all the things kids dream of doing, even if they have severe disabilities.

Ability Camp is just one program offered by NSCD: Each year, thousands take to the ski slopes, mountain trails, and golf courses to learn more about sports and themselves. For more information or to make a donation, visit the NSCD Web site at www.nscd.org.

On the Cover

Top: Swimming at the National Veterans Wheelchair Games. **Middle left:** Artisanal cheeses. **Middle right:** Squash varieties. **Bottom left:** Master Chef Vikas Khanna. **Bottom right:** Taking to the slopes with the National Sports Center for the Disabled

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