



Celebrating Food, Art & Culture

Grant Achatz of Alinea Restaurant
James Beard's 2008 Top Chef

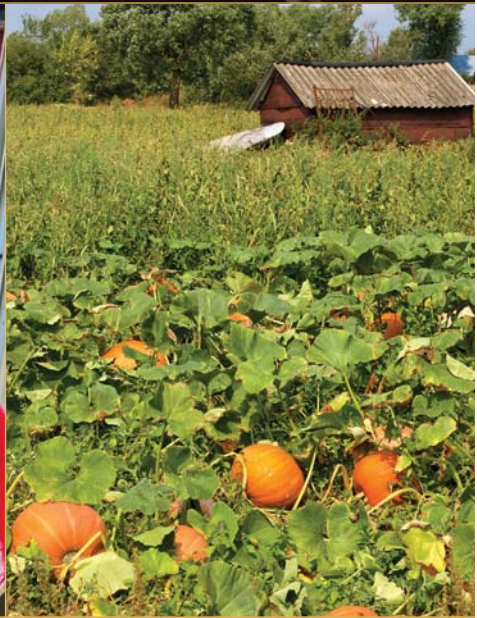
The Art of Haile King Rubie

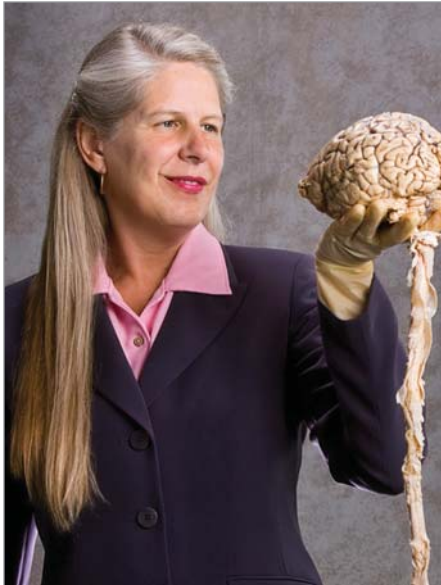
The Low Carbon Diet

Stan Addison 'Gentles'
Wild Horses From His Wheelchair

Sandra Lee Shares Cooking Ideas To
Combat Rheumatoid Arthritis

Alzheimer's Art Quilt Initiative





Dr. Jill Taylor with her favorite neuro-subject.

A Stroke of Insight

For most people, a stroke of insight is a quick flash of revelation. Dr. Jill Bolte Taylor's stroke of insight is a little more involved. On a winter morning in 1996, Taylor, a Harvard University neuroanatomist at the time, watched the left hemisphere of her brain shut down as a blood vessel ruptured, causing a stroke. The ordeal left her unable to walk, talk, read, write or recall.

In the weeks after the stroke, Taylor's right brain took over her consciousness, an experience she describes as nirvana. Without the normal

functioning of her left brain, the perception of her physical boundaries was lifted, and in her book, "My Stroke of Insight," she says, "I felt like a genie liberated from its bottle. The energy of my spirit seemed to flow like a great whale gliding through a sea of silent euphoria ... this absence of physical boundary was one of glorious bliss." With loving therapy from her mother, the supportive energy of colleagues and friends, and the healing power of sleep, Taylor regained the abilities inherent in her left brain. To say the journey has enriched and informed her understanding of how

our brain cells go about their business is a colossal understatement. Her recovery has brought forward a new version of the old Jill Bolte Taylor, with new priorities. She says the stroke taught her to steer her life almost entirely by paying attention to how people, places and things feel to her energetically. In order to hear the intuitive wisdom of her right mind, she consciously slows down the dialogue of her left mind. She explains that she no longer questions why she is subconsciously attracted to some people and situations, and repelled by others: "I simply listen to my body and implicitly trust my instincts. I realized that the blessing I had received from this experience was the knowledge that deep internal peace is accessible to anyone at any time. My stroke of insight would be: Peace is only a thought away, and all we have to do to access it is silence the voice of our dominating left mind." She believes that by stepping to the right of our left brains, we can all uncover the feelings of well-being and peace that are so often sidelined by our own brain chatter.

Taylor's insights are setting the world of brain research on edge, and she is laying groundwork for new standards in the treatment of brain-injured patients. Her narrative about the mysticism and tranquility of the right brain has touched a collective nerve. Time magazine named Taylor one of the 100 Most Influential People in the World for 2008; she's sat on the couch with Oprah; and in February 2008, she electrified a Technology, Entertainment, Design event where the world's leading thinkers gathered to find inspiration. She received a standing ovation after she wrapped up her talk with this thought: "I believe that the more time we spend choosing to run the deep inner peace circuitry of our right hemispheres, the more peace we will project into the world, and the more peaceful our planet will be." To learn more about Taylor and her research, visit drjilltaylor.com.

Read Between the Dots

"It is very *fun*," enthuses Judith Lung, a 16-year-old from Southern California (pictured on Unity's cover). "I *recognized* some people from last year." Now, when Judith says "fun," she means the feeling she gets from meeting up with more than 60 other North American finalists for a weekend of cheering, laughing — and competing, of course. When she says "recognize," she doesn't refer to spotting a familiar face across the room. Judith doesn't do faces. For that matter, neither do the other contestants.

"It's very cool to meet other blind or visually impaired people — who are very good at Braille, too," enthuses Judith, who proudly took first place in her age group at the 2008 Braille Challenge. Earlier this year, 65 children from 28 states and two Canadian provinces converged upon Los Angeles to compete in a series of tough categories where they transcribed, typed and read Braille using a device called a Perkins Braille. The competition tested their skills in reading comprehension, Braille spelling, chart and graph reading, proofreading, and Braille speed and accuracy. The students were separated into five levels of competency based on their ages and grade levels. Six little dots combined in various arrangements make up the foundation of Braille. Those dots can form letters of the alphabet, musical notations, chemistry symbols, numbers and punctuation. They are legible by touch and by sight. But with the advent of electronic and audio texts, the popularity of Braille among young people has waned. That's unfortunate, because Braille is particularly important for children with sight loss who might not learn to read or write without it. Despite the trend to text, e-mail and communicate on popular Web sites, Braille still provides a passport to independence in the sighted world.

To encourage study, the Braille Institute of America developed the Braille Challenge to motivate blind students to hone their comprehension and use of Braille. Oh, yeah — and to have a heck of a lot of fun with friends and family over a long weekend.



Caitlin Hernandez with award presenter Luke Skywalker ... err, Mark Hamill.

"Caitlin loves going to the challenge and seeing friends and meeting new ones," says Debbie Hernandez, referring to her 18-year-old daughter, a three-time champion in her age group at the Braille Challenge. In this, her last year of competition, Caitlin won the varsity title. "It's been very exciting — a lot of fun. We hate to not go again," Debbie continues. "The children are just amazing — really articulate. The older kids mentor the younger ones. And it's the same for the families: When your child is younger, it's great to network with more experienced parents. As your child gets older, you become the more experienced parents."

Oliver Lung, Judith's father, agrees. "It is really quite powerful. It's a strong encouragement. They can meet young guys and girls in their same situation, and these kids are very smart."

You can find out more about the Braille Challenge and other winners at braillechallenge.org.



"Nevelyn" by Linda J. Huff

Piecing With Passion

Conceived in the shower — "It's where I get all of my good ideas," says Ami Simms — the Alzheimer's Art Quilt Initiative started the same way a quilt does: with small pieces of patchwork that just keep growing. Simms' artistic brainwave came while having a good cry and a good scrub. Feeling powerless and needing an outlet for her emotions while watching her mother's Alzheimer's progress, Simms, a professional quilter who lives in Michigan, thought, "Maybe I should make a quilt about what is happening to my mother."

"For years, my mom would make these little patchwork pieces every day. I would take them with me when I lectured around the country and give them to unsuspecting members of the audience. I'd ask them to make quilts from them and donate the quilts to charity," says Simms about the AAQI's humble beginnings. "Little did I know these pieces were the heralds of my own charity."

In January 2006, Simms founded AAQI as an Internet-driven, grass roots, totally volunteer effort to raise awareness and fund Alzheimer's research through art. "Immediately, there were 20 women interested in making quilts," she says. "Suddenly I realized that many of them were going through this with someone they loved, too. It's still just something that people still don't really talk about."

The Alzheimer's quilt project was booked in 12 venues before the needles were even threaded. It exhibited for the first time in August 2006 at a quilt venue in Nashville, Tenn. Twenty thousand people visited in three days. Since that time, the initiative has added project pieces and raised more than \$169,000 for Alzheimer's research, and 2,300 miniature quilts have been sewn and donated. These mini-quilts are created by anyone who wants to dip a needle in calico, or put the pedal to the metal of a sewing machine presser foot. At the beginning of each month, a new crop of small artwork is displayed and auctioned on the Web.

Today the Alzheimer's Art Quilt Initiative is multifaceted: It includes the traveling exhibit of 52 interpretive art quilts called "Alzheimer's: Forgetting Piece by Piece," which will tour the U.S. for three years; a book by the same name that features photos and details about each quilt in the exhibit; notecards hand-painted by a former quilter and Alzheimer's patient; and the Priority: Alzheimer's Quilts project, named for the urgent need for research dollars, and for the U.S. Postal Service Priority Mail envelopes used to mail the small art quilts.

For more information about the Alzheimer's Art Quilt Initiative, visit aaqi.org.

Harlem Artist Paints New Picture of Down Syndrome

The talent is obvious. There is something familiar found within Haile King Rubie's art that ignites memories of something seen before, perhaps in a book or museum of famous artworks, perhaps sporting the signature of ...Klee? Cezanne? Picasso? Rubie seems well versed in the link between tribal art and cubism, but we know that Rubie simply paints what is in his heart. Someone else's artistic technique is of no use to him.

A Rubie original recently sold for \$1,200, which is serious pocket change for this teenage phenom. Other Rubie paintings are exhibited in Harlem's museums, churches and banks. At a recent art expo, Ilyasah Shabazz, daughter of Malcolm X and author of "Growing Up X," picked up a Rubie piece for her private collection. Yet, what makes this teenager special isn't just his skill with acrylics and brushes, but also his child-like attitude toward painting and life. Rubie was born with Down syndrome, a chromosomal disorder that is known to cause heart problems and constrained mental capabilities. In fact, Rubie has already undergone several surgeries, including open-heart surgery this year at Mount Sinai Medical Center. The hospital picked up three of Rubie's paintings for the pediatric unit, compliments of the artist.

Much of Rubie's success can be credited to the love and dedication of his parents, Bernardo and Audrey, who have never considered their son much different from any other child. Rubie went to a regular school with regular students rather than a special school for children with disabilities, and he was always encouraged to paint. Bernardo often serves as the public relations director for Rubie, explaining enthusiastically, "Anyone viewing his artwork can see that his style has a strong cultural and spiritual bent ... his choice of colors and form are symbolic of freedom and independence ... many of his paintings have a strong African influence."

These days, Rubie doesn't paint alone but studies under the guidance of Carl Thelemaque. It is hoped that Rubie will continue his rise in the art world and develop the skills needed to live independently. No one doubts that possibility. In the meantime, the kid lives like a kid. He loves painting but is often found performing African dance and hip-hop, playing percussion instruments and swimming in the pool.

To find out more about Rubie, visit hailesimoart.com.



Harlem teen artist Haile King Rubie

Left to right: Rubie's "Lion King" and "Sister"





Peanut-Crusted Pork Loin

From "The Oldways Table: Essays & Recipes From the Culinary Think Tank." Recipe by Ed Doyle. Serves 4.

- 2-pound boneless pork loin, trimmed
- Sea salt and fresh ground pepper
- 3 tablespoons peanut oil
- 1/2 cup molasses
- 1 egg yolk
- 1 1/2 tablespoons Pommery mustard
- 2 teaspoons coarsely cracked black pepper
- 1/2 pound peanuts, crushed
- 1 cup panko bread crumbs
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon diced shallots
- 2 cups veal stock
- 1/4 cup bourbon (optional)

Preheat oven to 400 degrees. Season the pork loin liberally with salt and pepper. Heat 1 tablespoon of the peanut oil until very hot in a pan large enough to fit the pork loin. Sear pork, turning for 5 to 10 minutes, until well browned on all sides. Set aside.

In a small bowl combine the molasses, egg yolk, 1 tablespoon of the mustard and cracked black pepper. Generously brush the mixture on the sides of the pork loin, leaving the ends plain. Put the crushed peanuts in a pie pan or plate. Mix the panko bread crumbs and cilantro together in a separate pie pan or plate. Roll the pork first in the crushed peanuts and then in the panko mixture to coat. Place the pork loin on a roasting rack in a roasting pan. Roast for 35 to 40 minutes, until the internal temperature registers 158 degrees.

Meanwhile, in a saucepan, heat the remaining 2 tablespoons of peanut oil over medium heat. Add shallots and cook, stirring, for about 5 minutes until translucent. Add the veal stock and the remaining mustard. Cook to reduce by half. Add the bourbon (optional) and continue reducing to sauce consistency. Season to taste with salt and freshly ground pepper.

To serve, slice the pork 1/4 inch thick. Drizzle the sauce over the pork and serve.

Fish Food Is Good for Your Brain

Grandma was right when she told you that fish is brain food. So is yogurt with flax oil, as it turns out, and the humble egg. For kids with attention deficit/hyperactivity disorder (ADHD), what goes in their mouths can greatly influence what goes on in their heads. About 2.5 million children in the United States take medication for ADHD. The most common alternative is a change in diet.

There is a lengthy list of potential food allergens that may exacerbate ADHD. Some swear that gluten is a culprit, others point to dairy products. Preservatives, sugar, high-fructose corn syrup, food dyes and artificial sweeteners all fall under suspicion. But some nutrients can improve symptoms of ADHD.

Omega 3 Fatty Acids. Research has concluded time and again that adding omega-3 fatty acids to the diet can make a positive difference in the cognition and behavior of ADHD children. Critical as building blocks for human brain and nerve tissue, omega-3 fatty acids are crucial for proper growth, mental function and brain development. These fats cannot be produced by the body, so they must be obtained in the diet through sources like fish oil or flax oil. Kids can get this nutrient in yogurt, smoothies or gel capsules.

Zinc. Studies conducted in the U.S., Israel, Iran and Turkey demonstrate that children with ADHD have significantly lower levels of zinc in their hair, fingernails and blood when compared to average kids, and it appears that these zinc levels can be further depleted by artificial colors in processed food. Adding more zinc to the diet can significantly improve symptoms of ADHD. Sources of zinc include oysters, beef, pork, the dark meat of poultry, eggs, wheat germ, yogurt, milk, cashews and baked beans.

Iron. Two studies from France show a correlation between low iron levels and ADHD. One study concluded that, after 12 weeks, iron therapy demonstrates effectiveness comparable to medication. Iron comes from foods like beef, dark meat turkey, tuna, green peas, lean hamburger, chicken, eggs, bananas, baked potatoes, peanut butter and whole wheat bread.

Magnesium. Research on magnesium points to a similar conclusion: It helps mitigate ADHD symptoms. Kids can up their magnesium levels with foods like bran muffins, pumpkin seeds, barley, buckwheat flour, low-fat vanilla yogurt, trail mix, tofu, halibut, garbanzo beans, lima beans, soybeans, whole grain cereal and spinach.

And a breakfast high in protein and low in carbs can be the most important meal for hyperactive kids. Some study groups have actually outperformed non-hyperactive kids on schoolwork. Great ways to start the day include scrambled eggs, whole grain toast with peanut butter, a fruit and yogurt smoothie with flax oil, a protein shake (with no artificial colors or preservatives), bacon and eggs, an egg and sausage patty on English muffin, or yogurt mixed with a tablespoon of flax oil.



Students diagnosed with ADHD can benefit from a diet containing iron, magnesium, omega-3 fatty acids, higher amounts of protein and reduced carbs,

The Oldways Table

Think tanks aren't supposed to be fun. All that pontificating and hypothesizing sounds too boring. Researchers and gourmonds of the Oldways think tank would beg to differ. Oldways considers a good meal paramount to any kind of thinking, with the best meal being one prepared like Great-Granny used to make, before the advent of MSG and trans-fatty foods. The complete story of how this group of well-fed intellectuals came together is in the new cookbook, "The Oldways Table: Essays & Recipes

From the Culinary Think Tank." Not only will you discover a lot of new, healthy recipes, but more than 90 essays on food, preparation techniques and the health benefits of natural ingredients. For instance, numerous studies point to the lowly peanut as one of nature's most powerful foods. Packed with protein and low in trans and saturated fat, not to mention including a long list of other important nutrients, peanuts are cited as a factor in reducing cardiovascular disease and the development of diabetes.

Got RA?

Sandra Lee whips up dishes for people with rheumatoid arthritis.

Growing up in Santa Monica, Calif., celebrity Chef Sandra Lee remembers her grandma baking a special cream cheese-and-peach cake for an aunt's birthday. Grandma Lorraine made the dessert with love, peaches and a dash of pain.

"She rubbed her hands a lot," the host of the Food Network TV show "Semi-Homemade Cooking With Sandra Lee" recalls. "I knew she was fatigued, in pain and that her hands were swollen. But at 3 and 4 years old, I didn't understand why."

Lee's grandma had rheumatoid arthritis, a chronic, progressive disease of the immune system that causes stiffness, inflammation and damage to the joints of the hands and feet. Still, cooking brought her a great deal of joy.

"She baked for showers, weddings and church bake sales," says Lee. As a youngster, she followed her grandma around the kitchen, picking up pointers. For instance, her grandmother never boiled the macaroni for mac and cheese. "She'd bake it all together, tossing the noodles in butter, adding her water, cheese, cream and putting it in a dish." Voila, one pan to wash.

Today, Lee's many books, as well as her Food Network show, in which she uses 70 percent store-bought products with 30 percent fresh ingredients, is built on tips gleaned from

Grandma, who died nearly a decade ago. In tribute to the woman who most inspired her, Lee recently added a component to her business called I Can With RA. The program helps cooks living with the condition shop, organize their kitchens and whip up delicious dishes in ways that cause the least pain and discomfort.

Her grandmother's way of managing RA was to keep her kitchen tools at hand, right there on the counter, which Lee does to this day. Having a family member with arthritis also made Lee aware that those with the condition must deal with dietary concerns, creating meals that are low in salt and sugar, while forgoing alcohol.

On her Web site for cooks with RA (icanwithra.com), Lee urges home cooks to "take someone with you to the grocery store, and use paper plates, so you don't have to do dishes." Lee says she eats off paper plates a couple of days a week. She suggests using bamboo steamers to cut down on high-caloric fats. Steamers with stacked layers, she says, allow you to prepare two different items, for instance a fish and a vegetable, all at once.

Lee adds that buying pre-chopped or pre-sliced veggies, which might cost a bit more, is another way to make meals more painless. She suggests that picking something up at a salad bar, letting the bakery slice a fresh, multigrain loaf of bread or having a fishmonger crack shellfish are additional ways to be gentle to one's hands.

More tips to organize your kitchen: Use open shelving so prep tools and plates are easier to access; put items high enough so you don't have to bend to reach them;



Learning to cook from her grandmother, Sandra Lee picked up a number of tips on how to lessen the pain and discomfort of rheumatoid arthritis.

pour uncooked pasta into a metal colander and carefully set that inside a pot of boiling water. That way, when your macaroni is done, you can use oven mitts to lift the colander and drain it right there at the stove. You won't have to lug a heavy pot of water to the sink.

And if you preparing a favorite dish that saves well, make extra food and plan for leftovers. By doubling your recipe, you can create planned leftovers to freeze and have available for another day. You will be glad you have meals in your freezer on days you don't feel well enough to cook.

Lee's Grandma Lorraine continues to be her source of inspiration and motivation. "I want to reach out to people who have felt unsupported, unheard and scared," she says. "I want them to have a place to turn. I want to change lives."

(Originally printed in Ability Magazine, the premier publication covering people with disabilities. Reprinted with permission. Visit abilitymagazine.com for more information.)



Lemon-Rosemary Chicken

Recipe by Sandra Lee. Serves 4.

- 4 6-ounce boneless, skinless chicken breast halves
- 2 teaspoons extra-virgin Bertolli olive oil
- 1 teaspoon salt-free McCormick lemon-pepper seasoning
- 1 teaspoon salt-free Spice Islands citrus-herb seasoning
- Salt (optional)
- 3 organic lemons, thinly sliced
- Fresh rosemary sprigs
- 1 1/4 cup organic Swanson chicken broth
- 1/2 teaspoon Christopher Ranch crushed garlic

Preheat oven to 375 degrees. Brush both sides of chicken pieces with olive oil and sprinkle with lemon-pepper seasoning, citrus-herb seasoning, and salt (optional); set aside.

In a baking dish, arrange 2 to 3 slices of lemon and a sprig of rosemary for each chicken piece. Place chicken, smooth sides up, on lemon and rosemary. Top each chicken piece with another sprig of rosemary and 2 to 3 slices of lemon. Bake chicken for 20 to 25 minutes or until chicken is no longer pink (165 degrees). Remove chicken to platter and cover with aluminum foil to keep warm.

In a small saucepan, combine half of the rosemary from the baking dish and any browned bits from baking dish. Add chicken broth and garlic. Bring to a boil over medium-high heat; cook until mixture is reduced by half. Using a fine-mesh strainer, strain mixture. Discard solids.

Serve mixture with chicken. Garnish with additional lemon slices and rosemary sprigs.



The custom kitchen at Alinea includes unimpeded site lines for optimal communication, induction burners for versatile heating elements and an in-cabinet cryovac machine.

Grant Achatz

James Beard's 2008 Outstanding Chef
Nearly Loses His Tongue to Cancer

Stage 4 squamous cell carcinoma was the reason Chef Grant Achatz felt so much pain on his tongue, and, overstepping a natural concern for his professional career, doctors informed him that his future as one of America's brightest chefs was not the issue. His 34-year-old life — which included a regimen of clean living and a career dedicated to the culinary arts — was close to coming to an end. One can only guess at the mix of elation, agony and confusion running through every cell of Achatz's body, which was otherwise a model of health and fitness.

Elation because after attending the Culinary Institute of America and learning under the tutelage of Chef Thomas Keller at the famed French Laundry in Northern California, Achatz found himself running his own place in Chicago, and what a place! Alinea Restaurant has had nothing but copious success from its inception, garnering awards from the usual food-critic elite, and Achatz himself recently won the most coveted cooking award of all — the 2008 James Beard Outstanding Chef award. The gift of stardom had been graciously and deservedly handed to him.

It's worth pointing out that Achatz's cooking style has very little in common with the chefs one might think of as being the best in the country: Charlie Trotter, Alice Waters, Wolfgang Puck and so on. In fact, among those elite who feel proper cuisine should follow the tenets of classic preparation and presentation, Achatz's style might be dismissed as a non sequitur. While Alinea does treat its customers to a stupefying combination of flavors — as any great restaurant must — the preparation and presentation is from another time far into the future.

"To Achatz, eating is an event, combining all the senses," writes food critic Josh Schollmeyer. "As such, he treats classic comfort foods like an alchemist in his lab, reinterpreting caramel corn as a liquid served in a shot glass, manipulating shrimp cocktail with a wine press to present it via plastic atomizer, encasing a peeled grape in a peanut brittle and brioche in a strange but delicious take on the PB&J but despite the kitchen pyrotechnics, flavor remains the ultimate goal."

You can read plenty of interesting stories online about Achatz's exploding ravioli, bubbled mozzarella filled with tomato foam and his preference for locally grown, seasonal ingredients, but there's still the story of the stage 4 squamous cell carcinoma. One doctor after another recommended removing most or all of Achatz's tongue, but he eventually found a medical team that would try aggressive chemotherapy followed by radiation treatments. Achatz took a chance on the last hope he would have to remain a chef. Taking treatments and continuing to work at Alinea — a Herculean feat in itself — he not only sent the cancer into remission last year but remains cancer-free. This star won't fade anytime soon.

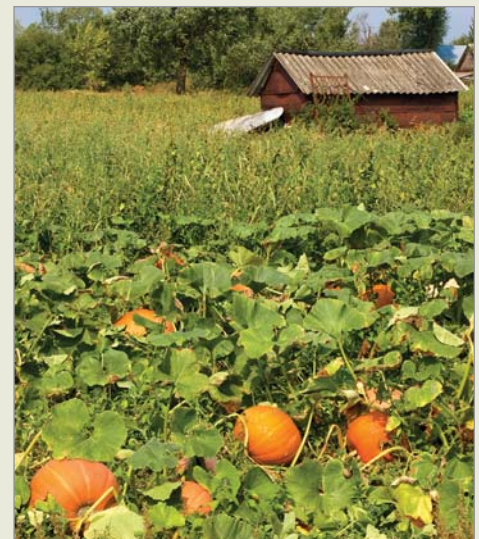
The Low Carbon Diet

In the fight against global warming, scientists and chefs have set their sights on a new battle — the carbon footprint of food. On Earth Day, 2008, foodservice firm Bon Appétit Management Co. launched the Low Carbon Diet, a nationwide commitment to lower by 25 percent the carbon footprint of the food it serves in its cafés and restaurants. It will also provide tools to help consumers reduce their "foodprint" at home.

Americans' food consumption accounts for up to 4 tons of carbon emissions per person each year, according to government research on food consumption and analysis conducted by Bon Appétit. Overall, food — and all the energy it takes to grow, process, transport and prepare it — is responsible for one-third of all global greenhouse gas emissions, according to the United Nations Food and Agriculture Organization and the Pew Center on Climate Change.

On Earth Day, hundreds of thousands of diners at Bon Appétit cafes across the country tasted Low Carbon meals designed to have the greatest impact on climate change, including more meats and vegetables sourced exclusively from North America and fruits sourced locally and in-season. Reducing packaging, shipping and food waste are also part of the plan, and in 2009, Bon Appétit will eliminate all air-freighted seafood.

Bon Appétit's new carbon calculator (visit eatlowcarbon.org), utilizes a food carbon point system. This innovative online tool helps consumers choose foods with lower carbon emissions. The calculator tallies the carbon dioxide-equivalent emissions of favorite foods from lasagna to burritos, fresh and prepared foods, and simple and exotic meals. The calculator answers questions from the most basic to the toughest, such as: Why are beef and cheese such high carbon foods? Answer: Methane gas, emitted by large ruminant animals popular in the American diet, is 23 times more potent than CO₂ at trapping heat against the earth's surface. Common high carbon foods include:



Cooking with locally grown, seasonal foods, such as pumpkins in the fall, reduces your carbon "foodprint."

- Beef and cheese from cows, sheep and goats. Adding cheese to a burger increases carbon count to a whopping 1,855 from the original, already high carbon count of 1,597.
- Air-freighted fresh fish. Tuna flown from afar has a count of 1,175. Tuna frozen at sea has a count of 295.
- An egg with toast has a carbon count of 442. Oatmeal is a respectably low 144.
- Vegetables grown in hothouses or transported by airplane. Hothouse vegetables have a carbon count of 752; seasonal vegetables an impressively low 80.

The Low Carbon Diet calculator illustrates an easy-to-follow low carbon eating strategy appropriate for various food preferences and dietary lifestyles. A pocket guide with tips for low carbon eating can be downloaded from circleofresponsibility.com.

Food You Can Trust

"It's personal. (Customers) want it be healthy and that means no chemical additives, no hormones, etc. The important thing is that they can trust the food."

Chef Nora Pouillon takes this very personally. For her, it's about much more than just the elegant organic fare she's been serving at Washington, D.C.'s esteemed Restaurant Nora since 1979. Her fervor for nourishment that people trust extends to a food's roots and the earth beneath.

A vanguard in the sustainable and simple food movement, Pouillon's life work centers on preparing and promoting seasonal, local, organic foods that nourish the body and the environment.

Supporting local organic farmers is at the heart of this philosophy, so it's a Pouillon priority. Chemical-free farming is expensive and sensitive, which can make it a ticklish endeavor for growers. Pouillon cultivated long-term relationships by sharing the risk.

"What I do is I commit myself to these farmers, no matter what happens," she says. "Even if the produce is eaten by bugs, I will buy it in order to show my support of what he's doing."

As her eatery and her talent curried favor in the capital, Pouillon didn't keep secrets about the sources of her kitchen's chemical-free, naturally raised meats and produce. On the contrary, she wanted this fidelity to sprout in as many eateries as possible. Mission in mind, Pouillon loaded Beltway chefs onto buses and shuttled them out to local and regional farms, where they could learn the basics of agriculture and food seasonality.

"I introduced Washington chefs to farmers. We went to Amish country in Pennsylvania to visit organic farmers co-ops, and from then on, chefs started to buy from these co-ops," she explains. "It kind of brought them back to a connection with the earth. They'd lost the knowledge of seasonality and what grows locally."

She helped plant and nurture the seeds of the capital city's first FRESHFARM Market, which promotes fresh, local food from sustainable farms. It was named one of the top farmers' markets in the U.S. by The Wall Street Journal and the Financial Times of London, and has since mushroomed to eight locations in the city.

Back at Restaurant Nora, Pouillon plowed new ground in 1999, when her eponymous — and by this time well-established — enterprise became America's first certified organic restaurant, meaning that at least 95 percent of everything served at the restaurant is produced by certified organic growers and farmers.

"I strongly believe that you are what you eat," she explains. "If you are eating foods full of



Chef Nora Pouillon's two D.C. restaurants are renowned for their seasonal and local flair.

chemical additives, these additives will accumulate in your body. I believe that one of the reasons there are so many incurable diseases out there is because of the foods people are eating. Food is very important — it affects the air, water and the future of our planet. To me, it is a unifying element, where everything connects to the next. The more I learned about additives, the more I realized that I didn't want to participate in that kind of lifestyle. In my restaurant, I won't serve any customer any food that I wouldn't eat myself!"

The dedication to good health overlooks nothing. Restaurant Nora is home to a sophisticated water filtration system, which produces pristine ice cubes, pure still water and unsullied bubbly soda. The restaurant's composting program brings Pouillon's sustainable standards full circle, putting nutrients back into the food chain.

"We compost up to 70 to 80 gallons of vegetable trimmings," she explains. "It's wonderful to see how you can create life with what other people call garbage. We just can't get, get, get and use, use, use and not realize that there should be a cycle."

Learn more about Pouillon's food philosophy at noras.com.

Oven-Roasted Halibut With Three-Colored Peppers

This Pouillon recipe is easy and versatile. It is perfect for an everyday meal and elegant enough for a dinner party. You can use ingredients from the fall season, including red and yellow peppers, halibut and new fingerling potatoes that are freshly cultivated. If you think the dish is too "healthy and lean," add a dollop of aioli (garlic mayonnaise) or pesto. This recipe serves 4.

4 teaspoons olive oil, divided
1 medium onion, thinly sliced
2 teaspoons minced garlic
2 green peppers, seeded and cut in julienne
1 red pepper, seeded and cut in julienne
1 yellow pepper, seeded and cut in julienne
1 cup white wine or water
2-3 tablespoons assorted herbs such as thyme, oregano, rosemary and parsley
Sea salt and freshly ground black pepper
1½ pounds halibut fillets, cut into 4 portions
Fresh herbs for garnish

Preheat the oven to 450 degrees.

Heat 2 teaspoons of olive oil in a medium sauté pan. Add the onion, garlic and peppers and sauté for about 3 minutes, stirring frequently. Add the wine and herbs and season to taste with salt and pepper. Bring the mixture to a boil. Cool for another minute, then spoon the pepper mixture into a baking dish large enough to accommodate the 4 fish fillets in 1 layer.

Clean the sauté pan and heat until nearly smoking. Add the remaining 2 teaspoons of olive oil and immediately sear the seasoned fillets for 1-2 minutes on 1 side. Remove the fish with a spatula and place on top of the pepper mixture, seared side up.

Bake 7-10 minutes or until desired doneness. Serve with steamed or boiled new potatoes and a dollop of aioli (garlic mayonnaise), and garnish with a bouquet of fresh herbs.



Heyteyneytah

Tucked in the arrowhead formed by the Shoshone National Forest to the northwest and the Bridger-Teton National Forest slanting southward, the rustic beauty and wisdom of ancient generations still live in Wyoming's Wind River Indian Reservation. Where the thunder of buffalo hooves once exploded across the plains, there are still folks with long, coal-colored hair taming horses that have never consented to saddle or rein. One man in particular is renowned for the gentling of these magnificent animals, a job he performs from a firm seat of power in the community. A tribal elder, shaman and healer of the Northern Arapahoe tribe, Stan Addison is the magnetic force at the center of the Heyteyneytah Project.

"Heyteyneytah" means respect in Arapahoe, and it's an apt descriptor of what Addison has made his life's work: enriching the lives of troubled youth by teaching them about respect for animals and people, but most of all, for themselves. In an environment that can be tough on American Indian youths, Addison is a giant of healing and hope. He encourages teens from inside and outside the tribe to observe how the frightened horses communicate, and he teaches them to respond to the animals

as equals, with patience — and respect. For many of the steeds, the only previous human contact has been their branding as colts.

"These horses are like mirrors — they can mirror your emotions," Addison says. "In the corral, they mirror traumas that you've been through in your past." Addison rolls with the animals — figuratively and literally — from a wheelchair, the result of an accident 28 years ago that broke his neck and caused permanent paralysis. "I spent a lot of years sitting around watching horses respond to riders, and seeing the horse try to show the rider what makes it feel comfortable," he explains. "I try to help people understand why the animals do the things they do." He and his family take horses that have run freely for years, and "gentle" them, so they accept a bridle, saddle and rider — mostly within a few hours. "By getting these kids to trust the horse," he continues, "it gets them to trust humans again. A lot of the kids who come over are withdrawn. They don't want to share their true emotions with anyone."



Stan Addison (Arapahoe) at his ranch in Wyoming's Wind River Reservation.

Addison also hosts several horse-training clinics each year, teaching participants from around the world to connect with horses, and gentle and ride them all in a short amount of time. The clinics are often life-changing, helping participants learn to trust others and themselves. Addison's work has been featured by PBS, National Geographic Network and Smithsonian magazine. He often lectures on peace and justice, cultural exchange and traditional ways of life. To learn more about Addison and the Heyteyneytah Project, visit stanaddison.com.

Dance Anyway

She's a dancer, athlete and model: She's unstoppable, and she's a paraplegic. Briana Walker's life hit a wall in 2002 at the age of 23 when she fainted behind the wheel of her car and collided at 75 miles per hour with a concrete median. Figuratively, she simply climbed over the wall and kept going. Literally, the accident severed her spinal cord and placed her in a wheelchair ... from which she models, dances — and competes in marathons and triathlons. No chair is needed, however, for her sky diving, bungee jumping, surfing, wakeboarding, snow skiing and cycling.

"I was active before, but the accident really kicked my sports participation into hyper. If someone says to me, 'You can't do that anymore,' I say, 'Yes, I can — watch me!'" she laughs. What really reaches out and snaps your attention about this woman is that she's brimming with joy. "Nothing can stop you if you believe it's possible," she says.

Instead of giving up on her passion for dance, she chose to make this her personal mantra: "No matter what life throws at you, choose to dance anyway." Walker formed the first wheelchair

hip-hop dance troupe with Auti Angel, another wheelchair dancer. Together they dazzle audiences around the country with their infectious energy — including a performance at the Vibe Awards with rapper Ludacris. The troupe also performs at camps where children with disabilities get a peek at what can be accomplished against the odds.

When she's not dancing, Walker is a spokesperson and model for Overstock.com (sometimes gracing the Times Square Jumbotron), Colours Wheelchairs, Life Square Jumbotron, Colours Wheelchairs, Life Rolls On and others. As a public speaker, Walker has gripped microphones and audiences around the world, pouring out her story and sharing the wisdom of holding determination and laughter close in the face of adversity. "I speak primarily to able-bodied communities. Attitude is everything, and I incorporate the lessons I've learned in my own life into that theme. Life is about choices and it's your choice how you're going to react,"



Briana Walker (bottom left) with members of her hip-hop dance team.

she says. "It's so important who you first meet after an injury as it will determine the path you will take," she explains. "Life is going to be different after an injury, but you have a choice. You can look at the positive."

Walker chronicles it all in "Dance Anyway," her autobiography which is distributed by hospitals to people with recent spinal cord injuries. Look for "Dance Anyway" and other Walker books on brianawalker.com.

Unity is a celebration of the food, art and culture of diverse communities throughout North America. Published seven times per year, its stories are positive, inspiring and offer new perspectives on America's changing culture. Unity is exclusively distributed to clients of Thompson Hospitality and Compass Group, both leaders in foodservice who are proud to serve you. For more information about Unity, or to offer feedback or suggest story ideas, send an e-mail to unity@thompsonhospitality.com.

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