

Celebrating Food, Art & Culture

Women's Heritage

The First Lady of Italian-American Cuisine

Subway's Secret Weapon

Weaving a Stronger Community Fabric

Finding a Great Cookbook

Nat Decants



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From attending the grand opening of the first Subway store at age 6,
to developing the famous line of sandwiches known as “7 Under 6,”

This woman knows how to make a sub.

Meet Suzanne Greco. She is the director of research & development for Doctor's Associates, Inc. And while you may never have heard of this company, you'll certainly know the chain of restaurants it owns: SUBWAY®, the world's second-largest restaurant chain. It was 1965 when Suzanne helped celebrate the grand opening of the first Subway store (originally called Pete's Super Submarine Sandwiches). She was only 6 years old. Today, she oversees a staff of 19 and is responsible for keeping the menu fresh, nutritious, and responsive to the unique needs of Subway's diverse clientele.

Suzanne has helped Subway become the darling of entrepreneurs, health advocates, and millions of conscientious eaters. When she joined the company in 1986, there were just 597 restaurants. Today, there are nearly 23,000 operating in 79 countries. Highlights of her career include the introduction of Fresh Toasted Subs, seasoned breads, gourmet sandwich sauces, and the creation of Subway's popular “7 Under 6” line of seven submarine sandwiches, all containing six grams of fat or less. Without question, Suzanne's culinary and business prowess are brilliant, earning her *Restaurant Business Magazine's* 2004 Menu Strategist Award for the Quickservice restaurant category.

While you would expect this hard-driving executive to think of nothing but food all day, Suzanne also has a passion for ballet and modern dance. In fact, she performs with the New England Ballet Company and has had roles in “Romeo and Juliet” and “The Nutcracker Suite.” Wanting to share more than her artistic spirit, she became a board member for the dance company in 2003 and was appointed the board's president in 2004. If Suzanne's history of success is an indicator, it might not be too long before “New England Dance Company” is a household term.



Suzanne Greco has helped Subway become a healthy choice for conscientious eaters.



Women Chefs and Restaurateurs provides a variety of mentoring programs, scholarships, and internships for women with a passion for foodservice.

Creating Careers in Foodservice

In 1993, eight of the nation's top women chefs and restaurateurs met to discuss the void of networking, professional, and support services for women in foodservice. Present were Lidia Bastianich, Elka Gilmore, Joyce Goldstein, Johanne Killeen, Barbara Lazaroff, Mary Sue Milliken, Anne Rosenzweig, and Barbara Tropp – all icons in the restaurant industry. To fill that void, they created Women Chefs and Restaurateurs (WCR), which today has more than 2,000 members and is the premier organization for women seeking to share their knowledge with others or simply get started in a foodservice career.

Critical to women just beginning their careers or in the middle of a career change are access to mentors, funds for culinary training, and opportunities for hands-on experience. With those needs in mind, WCR has established highly successful mentoring, scholarship, and internship programs: These programs are the foundation for promoting the education and advancement of women in the industry, a core value of WCR.

WCR's national conference is a must-attend event held each fall. The conference draws hundreds of culinary professionals together to enjoy keynote speakers, master classes, panel discussions, break-out educational sessions, networking breaks and lunches, a mini trade fair, cook-book signings, culinary tours, champagne receptions, dessert buffets, and dining at select restaurants. The highlight of the event is the Women Who Inspire Celebration Dinner and annual awards ceremony. This year's event will be held November 5-7 in Seattle, Washington.

To find out more about WCR's programs, visit its Web site by clicking the link on the Thompson Hospitality Web site, www.thompsonhospitality.com.

In the News ...

- If you were a stay-at-home mom with infant twin girls and needed to make some extra money, what would you do? If you were Rosie Herman, you would use your 15 years of experience as a manicurist to create a multimillion dollar international business. After putting her kids to bed, she spent many nights “retiring” to her kitchen, where she experimented with natural products and essential oils to help ease her severely dry skin. She eventually discovered the right blend of ingredients, and One Minute Manicure was born. From a \$5,000 initial investment the company has grown to \$20 million in annual sales. Rosie was recently a guest on the “Oprah Winfrey Show,” and her story was featured in *Entrepreneur* magazine.

Soonran Youn: Humanity in Sculpture

Since receiving her M.F.A. from Indiana University in Bloomington in 1999, Soonran Youn has focused almost exclusively on the abstracted human form. Her works are like snapshots that capture a moment of human experience in a posture. People watching inspires some of her strongest pieces, which portray grief, despair, isolation, devotion, fascination, and joy.

Another inspiration for her work comes from personal experience. When she was about 5, she had a dream of flying and made her first and last attempt to do so by jumping off the second floor of her home. She can remember a momentary ecstasy to be in flight, but her landing produced a broken arm that became severely deformed. The teasing of other children left an emotional scar that is evident in her pieces about isolation. The healing of her arm gave her a renewed appreciation of its use, and she started drawing her favorite subject: people.

Her appreciation for fiber sculpture was sparked when private art lessons took her to an area in Seoul where the Fiber Biannual was being exhibited. In this exhibition, she saw the possibilities



Soonran's most recent work is made from the Korean wrapping cloth called pojagi and was featured on the cover of Fiber Arts magazine.



Soonran Youn

of working three-dimensionally. Her art tutor discouraged her interest for fear that pursuit of a "craft" medium would mean she would never be taken seriously as an artist, but Youn saw the potential for creating images with fiber and was excited by the variety of techniques, the flexibility of the materials, and the challenge of using a pliable material to make both line and form.

Youn's current body of work has the effect of colorful Easter Island moai stone sculpture. The process is based on the Korean wrapping cloth called pojagi. It is fascinating to see this traditional technique adapted to the creation of three-dimensional forms.

Nineteen years after her introduction to fiber, Soonran Youn's work is technically facile, aesthetically refined, and evocative in imagination, and it clearly demonstrates her ability to elevate her work in craft media to an art form.

Excerpted from an article by Gail Gayer Hale and published by Fiber Arts in the Nov./Dec. 2004 issue. Photos courtesy of Fiber Arts.

Weaving a Stronger Community Fabric

"People have always told me I'm a walking quilt. I have always had a passion for fabrics and love to create with them. I'm also passionate about giving back to the community. I've worked in social services all my adult life. Happily, I've found a way to combine my two passions, using textiles to help people grow, achieve, and come together." - EJM

Ed Johnetta Miller is one of the most creative and colorful textile artists in the United States. Her quilts have been exhibited at the Wadsworth Atheneum, The National Gallery of the Smithsonian Institution, and Nelson Mandela's National Museum in Capetown, South Africa.

Phylcia Rashad often wore Ed Johnetta's clothing designs on *The Cosby Show*.

Yet her true gift seems to be using her artistic vision to empower senior citizens, teenagers, and communities with creative skills and self-confidence. At the Artisan Center in Hartford, Conn., she teaches seniors to become production quilters and weavers, and then teaches them how to market their work. She works with teenagers, helping them build working portfolios of quilts, silk paintings, baskets, and design.

Her energy for giving has captured the attention of communities across the country, so Ed Johnetta has taken her vision on the road, helping others begin programs similar to the ones in Hartford. "I love it when my students' eyes are dancing, and I can see colors reflected in them. Even with the disabled, there is always hope. As one woman put it, 'We make magic here!'"



Levi Jacket donated to Aid to Artisan

Things to do ...

- Bored with your cooking skills? Here's an idea that is guaranteed to spice things up, but only if you have an adventurous spirit. The 20th Annual Tour "Cooking at the Kasbah" is scheduled for mid-October 2005. Ten guests will accompany Casablanca-born author Kitty Morse on a guided tour of Morocco's intriguing culture and world-famous cuisine. The fully escorted tour includes the finest hotels available in each city, meals in acclaimed restaurants, meals in private homes, culinary demonstrations with Kitty and her friends, entry fees, tips to porters, and travel in Morocco by deluxe air-conditioned motorcoach. You'll inevitably be served tagine, a lamb or pork dish seasoned with Ras al-hanut - a complex blend of 20 to 80 spices.

Telling Her Story

Works and Objects by Contemporary Women Artists

Promoting Cultural Awareness

Diversity, as it is represented through art, provides a window into cultural differences. Our art collection attempts to educate clients, shareholders, and communities. *Unity and Diversity* is a diversity program and can be used as a stand-alone diversity program to demonstrate a commitment to diversity and discovery.

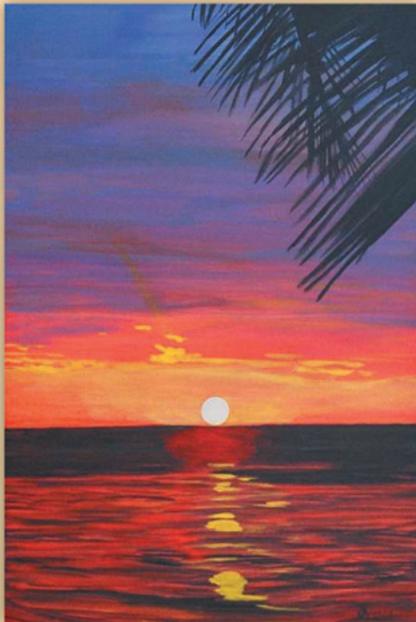


"My Sunset"

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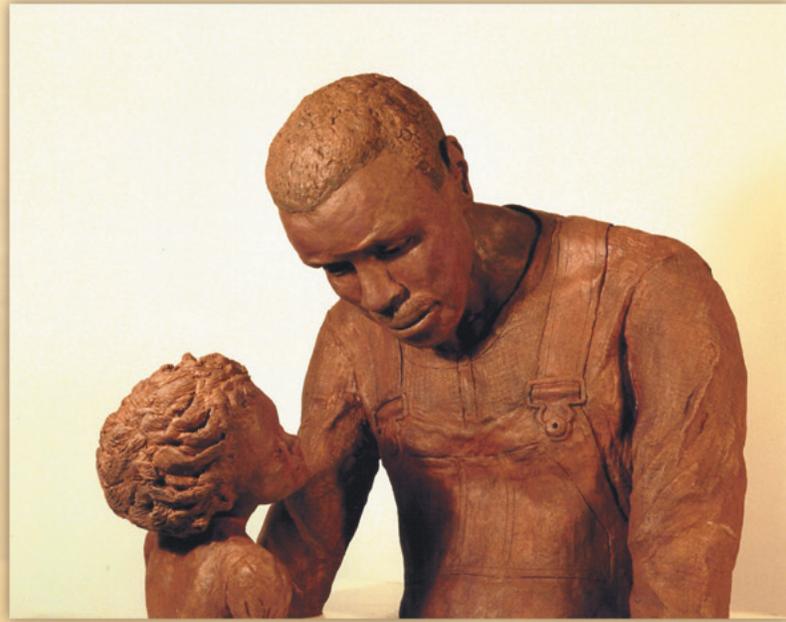


"Fishing"



"The Beginning"

FANZIA



"Pappy's Girl"

STEVENSON-SMITH



FANZIA



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LARKIN

Fanzia. An amber-striped horizon at dawn, the nearly seamlessly together, the complex and sometimes at sea: These are the subjects of Fanzia Murphy's art; not in the discipline of fine art; therefore Fanzia v has been published by the Canadian media and she

Dr. Fay Stevenson-Smith began sculpting in 1990 in obstetrics and gynecology. She earned a B.A. in psychology and M.D. from Temple University. Prior to

and Diversity Through the Arts

...a personal and visual expression of our valuable
...to mirror the diversity of employees, students,
...the artwork it showcases can supplement your
...iversity publication. They are the perfect way to
...er the vibrancy of new cultures and lifestyles.

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...hermen"

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"Windswept"

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"Three is Company"

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Cate Larkin discovered her deep love of painting while a student at Syracuse University. She has lived for long periods in the East and the West. Her work reflects a complex array of impressions from diverse regional cultures and geographical structures. Painting from memory, she intuitively invents abstract forms that tell the story of her direct experience.



Photo by Jean Paul Vellotti

Eating Their Words

Go to any bookstore's culinary section and you'll find volume upon volume of mouth-watering books about food. From French cuisine to the magic of chocolate to 1,000 ways to cook chicken - it's all there. We take their wealth of beautiful illustrations, easy-to-read format, and precise instructions for granted, but it wasn't always so.

Early cookbooks were largely compendiums of common recipes with approximate, if any, measurements. They were largely written by women, for women, cooking in the home for their families. For the most part, professional cooks were male, learning from one another in an apprentice system, so it wasn't until women like Fannie Farmer, whose class text for her Boston Cooking School was printed in 1896, that cookbooks as we know them came to be.

Fannie Farmer's Boston Cooking School cookbooks not only explained how to cook but how to cook well, even offering advice on the quality of ingredients and food safety. But, while Fannie Farmer reigned supreme for nearly 40 years, by 1931 Irma Rombauer's *Joy of Cooking* hit the scene and upped the ante. The book included standard American fare, side by side with European delicacies.

By the time Mary Frances Kennedy (M.F.K.) Fisher began treating readers to her particular style of culinary journalism in the 1940s, writing about food was a serious pursuit for male and female writers alike.

In 1960 Mary Frances' good friend, Julia Child, was to bring out *Mastering the Art of French Cooking* -- which brought readers precise, well-tested, reproducible recipes in the classic French culinary style. It is still considered one of the greatest cookbooks of all time.

Today, thanks to the advances of these and other women, the cookbook has been elevated to a staple of modern culture, with something for everyone from the gourmet connoisseur to the strictly meat-and-potatoes diner. Happily, modern cookbooks are becoming more creative and worldly as the years pass, covering highly specialized regional and ethnic foods or focusing on a singly wonderful ingredient. The abundance of rich color photos in many cookbooks accompanied by solid tips on technique and presentation offer every home cook the opportunity to cook like a master chef.

Did you know ...

- Looking for a recipe for Indian pudding, "Johnny cake," or Indian slapjacks? How about pumpkin pudding, winter squash pudding, or spruce beer? You'll find them in America's first cookbook written in 1796 by Amelia Simmons, *American Cookery*. Believe it or not, the words "cookie" and "slaw" made their first published appearance in this book. Along with authentic recipes for colonial favorites, a glossary includes definitions of antiquated cooking terms such as pannikin, wallop, frumenty, emptins, and more. Amelia's sound suggestions for choosing the freshest and most tender vegetables and meats are as timely today as they were 200 years ago. Dover Publications published a reprint in 1984.

Chef Ramin's Best Food Reads

Essentials of Asian Cuisine by Corinne Trang
With eight major national cuisines, and dozens of regional variations, a comprehensive exploration of Asian cuisine seems too daunting for one volume. But this cookbook successfully brings Asian fundamentals into the home kitchen in a unique collection that includes both contemporary and time-honored recipes.

The South American Table by Maria Baez Kijac
Although the food and cooking of South America have found their way into numerous cookbooks, Maria Baez Kijac has written what will become the standard by which all other South American cookbooks should be judged. Its 500 pages include history, lore, and truly authentic South American recipes.

The Cake Bible by Rose Levy Beranbaum
This cookbook, Rose's first, was the 1988 winner of the IACP/Seagram's Book of the Year Award and winner of the NASFT Showcase Award for the cookbook contributing most to educating consumers about specialty foods. A culinary bestseller, *The Cake Bible* is currently going into its 34th printing.

Modern Classics 1 & 2 by Donna Hay
If you love to cook or want to learn how, best-selling author Donna Hay's *Modern Classics 1 & 2* are destined to become the most indispensable cookbooks you've ever owned. The focus is on classic, savory dishes cooked with a modern edge. Included are definitive recipes for everything from soups, salads, and roasts to pies, pasta, and rice.

Caviar, Truffles, and Foie Gras by Cathleen Alford
Gourmands have a long-standing love affair with the elegant and sublime flavors of caviar, truffles, and foie gras. Author Katherine Alford reveals how easy it is to infuse your cooking with three of the most revered delicacies in haute cuisine.



New York City native Ramin Ganeshram is an award-winning journalist (and chef) who has written regularly for The New York Times and has been a regular contributor to Newsday's food pages since 1997.

Welcome to Lidia's Kitchen

If you're hungry for the finest Italian cuisine in America, step into the kitchen of Chef Lidia Matticchio Bastianich. Lidia is widely regarded as the "First Lady of Italian Cuisine and Restaurants in the United States." She was born in Pola, Istria, and she came to New York in 1958. Since then she has made an indelible mark on Italian-American cuisine as well as the careers of many aspiring women chefs. You'll be able to learn a few of her techniques on the upcoming television show, *Lidia's Family Table*, which airs nationwide in the spring of 2005. The show is a complement to her fourth cookbook by the same name (Knopf 2004).

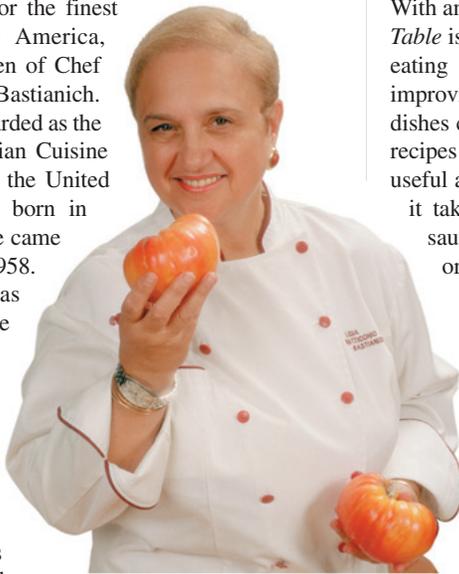


Photo by Mario Novak Photography

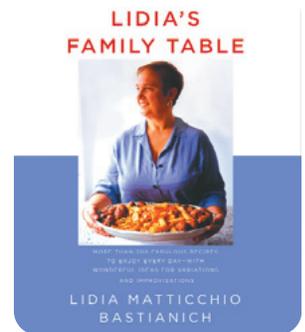
To enjoy a sampling of Lidia's creations, stop into one of her many restaurants. In New York, Lidia is the owner of the award-winning **Felidia** restaurant and, with her son Joseph, runs the very popular theater-district eatery **Becco**. She is a partner in the **Esca** restaurant with her son Joseph and Mario Batali.

Lidia and Joseph's first venture outside of the city is **Lidia's Kansas City**, opened with managing partner David Wagner, a Kansas City native. The restaurant, which has now expanded to **Lidia's Pittsburgh**, combines the cuisines of the Felidia and Becco restaurants. Plans are to expand the concept of Lidia's in other mid-size cities across the United States.

Lidia's marketing savvy is a model of integration. She has created **Lidia's Flavors of Italy**, a nationally distributed line of pasta sauces, another line of sauces exclusive to Williams-Sonoma, and a retail Web site for merchandising an array of her favorite kitchenware.

If that weren't enough, Lidia is the founder of **Esperienze Italiane**, an international tour operator that specializes in high-end trips to Italy, and she is a co-founder of **Women Chefs and Restaurateurs**, the premier organization for women in foodservice.

With an emphasis on cooking for the family, *Lidia's Family Table* is filled with unusually delicious recipes for everyday eating as well as imaginative ideas for variations and improvisations. There are more than 200 fabulous new dishes covering a full-course Italian meal, and many of the recipes are designed for families on the go. Particularly useful are sauces that can be made from scratch in the time it takes the pasta to cook. "Such spur-of-the-moment sauces are fairly simple, sometimes just garlic and oil, or butter and fresh herbs," says Lidia.



Book jacket courtesy of Random House

No-Skillet-Needed Pasta Sauce

This recipe is simple but full of flavor and elegance. Toss the pasta with "raw" extra-virgin olive oil, perhaps from Liguria or Lago di Garda. Use just enough to coat it, about one-half cup per pound of pasta. Toss again with freshly grated Parmigiano-Reggiano, and if you have a bit of fresh parsley, chop some up and toss that in too.

Sauce of Black Olives, Orange, Pine Nuts, and Golden Raisins

"The flavors of oranges and black olives are quite harmonious and make an unusual and interesting sauce," says Lidia. This recipe is for one pound of pasta.

1/2 cup extra-virgin olive oil
 5 plump garlic cloves, sliced
 1 1/2 cups oil-cured black olives,
 pitted and chopped into 1/3 inch pieces
 1/2 cup golden raisins
 3 tbsp. fine long threads of orange zest
 2/3 cup fresh-squeezed orange juice
 1 cup pine nuts, toasted in a dry pan
 Hot water from the pasta cooking pot
 1/2 tsp. salt, plus more if needed
 1 tbsp. chopped fresh Italian parsley

(Plunge pasta into the boiling water 5 minutes before you start the sauce.)

Pour 1/3 cup of the olive oil into a big skillet, scatter garlic slices in the oil, and set over medium-high heat. Cook about 1 1/2 minutes, shaking the pan, until the garlic starts to color.

Stir in chopped olives and cook another 1 1/2 minutes, occasionally shaking as olives sizzle and caramelize. Scatter in raisins and stir another 1/2 minute. Stir in orange zest and cook until it sizzles, about 1/2 minute. Carefully pour in the orange juice, stirring to moisten everything as the juice bubbles and starts to thicken. After about 20 seconds, stir in pine nuts to moisten and mix with the other ingredients.

When the orange juice is nearly evaporated, ladle in two cups of boiling pasta water. Boil and stir the sauce for 3 minutes or more (while the pasta is cooking). When it is reduced by half, stir in 1/4 tsp. salt. Taste and add more salt if needed. Stir in 1 tbsp. olive oil. Reduce heat and keep the sauce hot until the pasta is ready.



Sauces are essential to Italian cuisine. Lidia demonstrates how to make them quickly and full of flavor.

About those olive oils ...

- Just as a wine connoisseur has intimate knowledge of fermented grapes, so do experienced chefs when it comes to olives and the oil they produce. For the aspiring home chef, it's only important to know that olive come in three basic varieties – those you eat, those that produce cooking oil, and those that produce condiment-quality oil. The better oils fall into the condiment category and are used for drizzlings, dippings, and dressings. The highest-quality olive oils are labeled extra-virgin: They come from pressed olives rather than refined olives, have an oleic acid level under 1 percent, and taste delicious. Olive oil that is "pure, original, or light" is refined and is best used for sautéing.



Pas Moi!

**It's really quite simple.
You deserve the best of everything.
Now go tell the wine steward.**

By Natalie MacLean

While wine may be only a drink, it is also one of the most complex sensory pleasures we enjoy. It is as cerebral as it is sensual, and it requires a lifetime to appreciate. Since wine is part of many civilized gatherings, it provides exquisite opportunities for showmanship. You rarely have an opening to show off your knowledge of eighteenth-century

painting or Verdi opera, but the topic of wine doesn't need a contrived segue when a bottle is placed on the table. Simply throw off a few generic descriptors, such as "audacious" or "saucy," and then move into the esoteric: "Under an initial layer of antique cigar box, I'm sensing ephemeral nuances of spring daisies and an arc of cassis and tar notes." (That's the beauty of wine description: No one can argue with you.)

Such encyclopedic knowledge requires years of reading, tasting, and travel. Why bother? Well, start with wine itself. Beyond being a sensual pleasure, drinking is a five-senses, full-brain exercise (that is, until it becomes a foggy-brained exercise). Eighty per cent of its character is in the aroma; and smell is the only sense that conveys information directly to the brain, connecting to the areas responsible for memory and emotion.

The complexity of wine is also an exercise in memory. Take all the wine-producing countries from both the New and Old Worlds. Layer the sub-regions, appellations and quality designations onto thousands of wineries and châteaux, each of which has different winemaking methods that vary according to climate every year. Throw in hundreds of grapes, blends, and styles, including red, white, rosé, sparkling, fortified, botrytized, late harvest, icewine, and others. Don't forget the chemistry of aging wine, the art of matching it with food, the anthropology of its role in civilization, and the history of the great châteaux that are thousands of years old. Mastering such a subject is as rewarding as it is difficult.

Indeed, unless you were part of the wine trade, such mastery was nearly impossible 25 years ago. Today, not only are there dozens of wine magazines, books, and Web sites, but travel is also cheaper, so you can visit those foreign wineries, not just read about them. The fruit of such knowledge is deeper enjoyment, and most important, mastery of wine lore will make you appear to be to the manor born – even if you're from Cowpoke Corners.



Natalie MacLean was recently named the World's Best Drink Writer at the World Food Media Awards and has won three James Beard journalism awards. Her free wine newsletter offers wine picks, tips, articles and humor. Sign up at www.nataliemaclean.com.

The French Paradox Fact or Myth?

Not only is March a celebration women's heritage, the month is also designated as National Nutrition Month, a perfect time to talk about wine. It was 1991 when CBS's *60 Minutes* aired "The French Paradox," which presented an interesting phenomenon – while the French consumed a diet laden with cheese, butter, and other saturated fats, compared to Americans they enjoyed longer life spans and suffered fewer heart attacks. The apparent answer – the moderate consumption of French red wines. Aside from sending wine sales immediately through the roof, the report sparked an unprecedented medical interest in the health benefits of red wine and alcohol in general. After more than a decade of debate, the theory is still holding its ground, but researchers are divided on how the chemistry works.



In fact, some researchers have determined that grape juice offers similar health benefits – preventing oxidation of bad cholesterol, reducing plaque in artery walls, and lowering the risk of blood clots. Others have concluded that red wine in combination with a "Mediterranean diet" is the answer: high consumption of fruits, vegetables, bread, cereals, potatoes, beans, nuts, and seeds; olive oil as an important monounsaturated fat source; dairy products, fish, and poultry consumed in low to moderate amounts; and little red meat. And still others believe it's not what the French are eating, but how they eat it: fewer snacks; no skipping meals; eating slowly; and smaller portions.

If all this sounds too confusing, there are options. You can skip the wine and hit the treadmill instead. In the final analysis, we really don't want our diets overly complicated. Perhaps the best reason to have a glass of red wine (or grape juice) with your meal is simple after all – because you enjoy it.

Send Us Your Stories

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

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

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Telling Her Story

Works and Objects by Contemporary Women Artists

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. Our art collection attempts to mirror the diversity of employees, students, clients, shareholders, and communities. *Unity* and the artwork it showcases can supplement your diversity program and be used as a stand-alone diversity publication. They are the perfect way to demonstrate a commitment to diversity and discover the vibrancy of new cultures and lifestyles.

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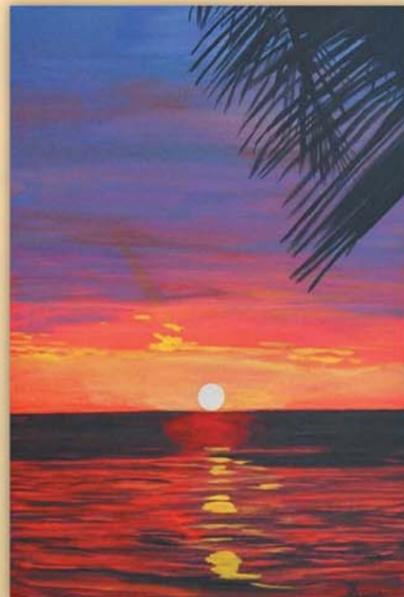
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Fanzia. An amber-striped horizon at dawn, the luminous space where sky and ocean are welded nearly seamlessly together, the complex and sometimes vast fluctuations of weather on the coast and at sea: These are the subjects of Fanzia Murphy's art. Fanzia's university and college background were not in the discipline of fine art; therefore Fanzia views herself as a self-taught artist. Fanzia's work has been published by the Canadian media and she has exhibited in Canada and New York.

Dr. Fay Stevenson-Smith began sculpting in 1988 while managing a successful solo practice in obstetrics and gynecology. She earned a B.A. in chemistry from Knox College and a master's in psychology and M.D. from Temple University. Prior to medical school, she taught chemistry and

physics at Cuttingham College in Liberia, West Africa and worked on "Black Journal" on PBS in New York and "Black Book", a syndicated talk show on ABC in Philadelphia. Fay has two adult children, Sean and Sahmra, and resides in Wilton, Connecticut.

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