

Take our women's history quiz

INSIDE:

Film scholar earns
coveted fellowship

Artwork preserves
'evaporated moments'

Film scholar adds coveted fellowship to her resume

Jacqueline Stewart's affinity for movies took root during childhood.

"I really got my first love of film watching movies with my aunt," Stewart noted in a 2019 Turner Classic Movies video. "She was an avid Hollywood fan (who) knew all of the stars and she wanted to share her love of film with me."

Stewart, programming officer and chief artistic director at the Academy Museum of Motion Pictures, has won a MacArthur Fellowship. She is one of 25 recipients in the 2021 class of fellows.

She told the Los Angeles Times she found out about the award in August 2021 while waiting for an Uber ride outside her Chicago apartment. At first, she ignored the calls from an unknown number, but when she finally answered and got the news, she was floored.

"I went completely silent and starting crying," Stewart recalled.

Stewart was born and raised on the south side of Chicago. Currently on sabbatical, she is a professor in the University of Chicago's Department of Cinema and Media Studies and the director of arts and public life.

The MacArthur fellowship, aka the "genius grant," comes with an unrestricted \$625,000 award, the recipients of which are "individuals who have shown extraordinary originality and dedication



Jacqueline Stewart wants to hold Hollywood accountable for its stereotypical treatment of people of color. Photos courtesy of the John D. and Catherine T. MacArthur Foundation

in their creative pursuits and a marked capacity for self-direction," according to the foundation's website. The award may be used for research, career advancement or even a career change.

Stewart was recognized for her work toward making history more inclusive by preserving the contributions and work of Black filmmakers starting from the silent-film era. Despite the trend toward cancel culture, Stewart wants to hold Hollywood accountable for stereotypical treatment and on-screen portrayals of people of color. To do this, she argues, films should be available for all to see, rather than pulled from view.

Stewart is the author of "Migrating to the Movies: Cinema and Black Urban Modernity." She co-authored "L.A. Rebellion: Creating a New Black Cinema." And she is the first Black host of "Silent Sunday Nights," a program on Turner Classic Movies.

She co-curated the DVD set "Pioneers of African American Cinema," and has served on the National Film Preservation Board, including the role as chair of the board's diversity task force.

Stewart graduated from Kenwood Academy High School in Chicago. She earned her Bachelor of Arts from Stanford University, and her Master of Arts and Ph.D. from the University of Chicago.



Jacqueline Stewart is the host of "Silent Sunday Nights" that airs on Turner Classic Movies.



Test your knowledge of women's history

The 2022 National Women's Month History theme is "Women Providing Healing, Promoting Hope," partly a reference to the efforts of caregivers and frontline workers during the pandemic.

See how much you know about a few women from myriad walks of life by taking our quiz.

1. Who was the first Black prima donna soprano at the Metropolitan Opera, starring from 1961 to 2007, the first Black singer to earn the top fee of \$2,750 for each performance and winner of 19 Grammy awards?

- A. Jessye Norman
- B. Leontyne Price
- C. Audra McDonald
- D. Marian Anderson



2. How many years did it take for women to win the right to vote in the United States?

- A. 51
- B. 120
- C. 20
- D. 72



3. Lizzie Magie invented the predecessor of the original Monopoly game. What was it called?

- A. The Boardwalk Game
- B. The Mortgage Game
- C. The Landlord's Game
- D. The Real Estate Game



4. When did Congress expanded Women's History Week to a whole month?

- A. 1979
- B. 1987
- C. 1946
- D. 1911

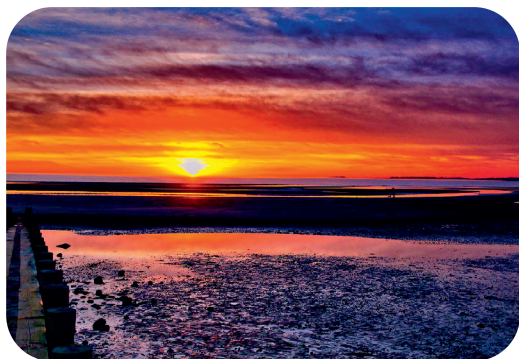
CULTURAL FINE ART

Photos, paintings preserve 'evaporated moments'

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Although the artists featured in this edition of *Unity* have a distinctive style, vibrant colors and textures are a common element in their works.



"Sunset at Old Saybrook Beach" by Lee Palombo

LEE PALOMBO

Lee Palombo grew up on a farm in Cromwell, Connecticut, and spent many hours riding her horse in the woods. She says her childhood instilled in her a love of nature and seasonal changes of color. Palombo notes her love for photography did not start at an early age. In fact, it was not until after marriage and children that she pursued photography in order to capture nature's beauty.



"Sunset in Old Lyme, CT River" by Lee Palombo

Palombo attempted to take photographs of her children when they were younger but because they were constantly moving

around, she switched her focus to the beauty of landscapes and nature. "Photography is 'evaporated moments' that can forever be captured with a camera and shared with others," she explains.

Palombo's display of colorful sunset skies are captivating in the three works selected for this publication. She says "Sunset at Old Saybrook Beach" is a piece that inspires her to relax at the end of a long day. "Sunset in Old Lyme, CT River," is a place she visits often that "communicates peace and serenity."

Palombo says "Cloudy Sunset at New London Lighthouse" is about "turmoil from the day and the peaceful accord that shows through as a beacon of light to guide our way in all our paths."

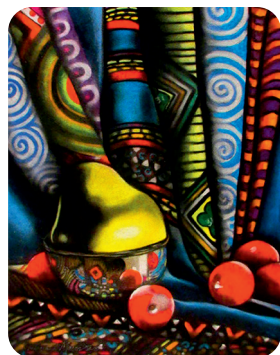


"Cloudy Sunset at New London Lighthouse" by Lee Palombo

Palombo delights in the fact that today's digital photography allows her to take more pictures than when she was using film. She teaches a photography class for adults in New London, Connecticut.

BARBARA J. MASON

Barbara J. Mason grew up in a creative family of quilters, seamstresses and musicians in Springfield, Illinois. As an adult, she traveled extensively to fulfill her childhood desire to explore, paint and experience the beauty around her, which helped her gain inspiration for her artwork.



"Kaleidoscope in Color" by Barbara J. Mason

Mason's detailed combination of vibrant colors and abstract forms brings brilliance to classic images with a modern-day twist. "It is important that I reflect strong, colorful and positive imagery in my artwork," says Mason. "I am drawn to complex details hidden in common subjects."

"Kaleidoscope in Color" is indicative of those deep rich colors and complex details and is one of the first pastel paintings in her "Patterns" series." She says this piece represents tribal offerings in the first fruits of harvest.

"African Gerber Daisies" is a celebration of culture. The piece is a rendition of the many fabrics collected from her travels as well as flowers given to her in celebration of a milestone in her artist life.

"Southern Pride" tells a story of power and leadership of a female rancher and businesswoman. The rancher's profile is one of a confident and proud trailblazer.

Mason's artwork is displayed nationally and internationally in hospitals, public art programs and private patrons. "I feel my artwork is a visual documentation of the journey and challenges of a modern woman," Mason says. "I want the next generation to be motivated and inspired by the images I paint."



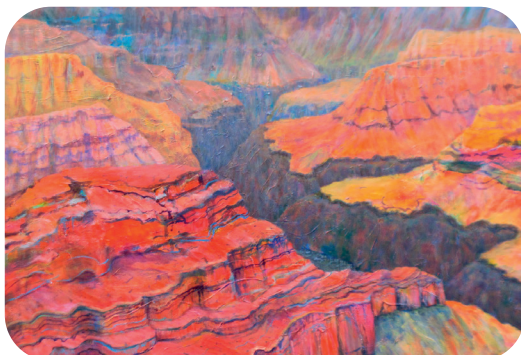
"African Gerber Daisies"
by Barbara J. Mason



"Southern Pride" by Barbara J. Mason

CONNIE NEWTON STANCELL

Born in Brattleboro, Vermont, Connie Newton Stancell grew up on her parents' dairy farm. Although she earned a BA in German from the University of Massachusetts in Amherst, she became fascinated with art through an art history class while attending college. After graduation, Stancell traveled Europe and was so impressed with the art galleries and



"Canyon Rhythms VII" by Connie Newton Stancell

museums that she took classes in drawing, painting and sculpture immediately after starting her first job.

Stancell says her work evolves over time with additions and subtractions of textures and expressive, colorful juxtapositions. The three artworks chosen for this publication are from her "Canyon Rhythm" series. The soft and delicate use of colors provide an ambience of tranquility.

"Canyon Rhythms VII" evolved from Stancell's visit to the south rim of the Grand Canyon. It was created with a gradual layering of acrylic paint over modeling paste on canvas. "It is a depiction of its sublime vistas created by nature over millennia," says Stancell.

"Canyon Rhythms XI" also has gradual layering of acrylic paint, but over white tissue paper instead of modeling paste.



One of the last paintings in the series is "Canyon Rhythm XXV."

"Canyon Rhythms XI"
by Connie Newton Stancell

In it, Stancell implemented the process of refining shapes through brushstrokes, scratching into previous layers of paint with an overlay of other materials, and then adding another layer of paint.

"My essential bond/experience with nature and the natural world from childhood on is a recurring influence in my work," says Stancell. "Over the years, I have lavished attention on shapes, textures and colors, and I am painting my experience of nature."



"Canyon Rhythms XXV"
by Connie Newton Stancell

Boost your health with these 4 fruits

Let's face it: When it comes to issues like diet and health, women are often far more attuned to the latest trends and news. That includes the annual list of so-called "super foods" – meat, fish, poultry and produce brimming with life-sustaining nutrients. Apples, oats, salmon, spinach and the like always make the cut, but if you're looking to diversify your arsenal of powerhouse foods, consider adding these less-talked-about fruits to your shopping cart.



Asian pears

One large Asian pear has 10 grams of cholesterol-lowering fiber, about 40% of your daily need. People who ate the most fiber had the lowest total and LDL cholesterol levels, according to a recent study of Baltimore adults. The same researchers found that people who ate the most fiber also weighed the least and had the lowest body mass index and waist circumference.

Serve Asian pears by dicing them into a salad of Boston lettuce, crumbled goat cheese, walnuts and mandarin oranges. Or make them into a dessert: Add peeled and cored pears to a saucepan with 1 cup white wine, 1 teaspoon honey, 1 teaspoon grated fresh ginger and enough water to cover the pears. Cover and simmer 40 minutes or until the pears are soft.

Asian pears are harvested starting in late August, but they're really coming into prime season in late fall. You can cook Asian pears, but they are probably at their best eaten out of hand, so you can really appreciate their delicate flavor.





Guava

Native to South America, this tropical fruit is an excellent source of skin-healing vitamin C, with 250% of your recommended daily allowance per serving. One cup of guava has nearly five times as much C as a medium orange – more than five times your daily need. It's also loaded with lycopene (26% more than a tomato), which might help lower your risk of heart disease.

According to research by microbiologists in Bangladesh, guava can even protect against food-borne pathogens such as listeria and staph. You can buy guava juice, or simmer chunks in water as you would to make applesauce. Guava also makes a delicious smoothie: Blend one-half banana, one-half ripe guava, a handful of strawberries, one-half cup soy milk and a few ice cubes.

In the U.S., guava is grown in Florida, Hawaii and coastal Southern California. The season lasts from February to April.



Figs

When you think of potassium-rich produce, figs probably don't come to mind, so you might be surprised to learn that six fresh figs have 891 milligrams of the blood pressure-lowering mineral, nearly 20% of your daily need – and twice as much as in one large banana. In a recent five-year study from the Netherlands, high-potassium diets were linked with lower rates of death from all causes in healthy adults age 55 and older. Figs are one of the best fruit sources of calcium, with nearly as much per serving (six figs) as one-half cup of fat-free milk.

Serve by chopping and adding to yogurt, cottage cheese, oatmeal or green salads. Or enjoy them as a snack: Cut a slit in the side and stuff with one-half teaspoon of a low-fat version of a soft cheese such as chèvre or Brie. Fig season lasts through June and July, with another crop from August to October.



Lychee

A French study published in the *Journal of Nutrition* found that lychee has the second-highest level of heart-healthy polyphenols of all fruits tested – nearly 15% more than the amount found in grapes (cited by many as polyphenol powerhouses). The compounds might also play an important role in preventing degenerative diseases such as cancer.

Serve lychee by peeling or breaking the outer covering just below the stem; use a knife to remove the black pit. Add to stir-fries or skewer onto chicken kebabs to add a sweet, grapelike flavor.

Lychee season is during the summer, May and June, in South Florida. On average the season lasts about six weeks at the most.

Lychees are most commonly hand peeled and eaten fresh. The translucent white flesh is firm and very sweet, much like a grape. In the center of the fruit is a single seed that should not be consumed. For cooking, they are best suited for desserts.

Test your knowledge of women's history

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5. Who was the first Black women to patent a natural hair care product?

- A. Gwen Jimmere
- B. Madame C.J. Walker
- C. Camille Verovic
- D. Lisa Price



6. Which U.S. poet laureate has not served two terms?

- A. Tracy K. Smith
- B. Joy Harjo
- C. Natasha Trethewey
- D. Louise Glück

7. Who was the first female commander of a space shuttle?

- A. Sally Ride
- B. Mae Jemison
- C. Eileen Collins
- D. Christina Koch



8. How old was Maya Lin when she won the public competition to design the Vietnam Veterans Memorial in Washington, D.C.?

- A. 21
- B. 30
- C. 27
- D. 25

Answers: 1. B, 2. D, 3. C, 4. B, 5. A, 6. D, 7. C, 8. A

On the cover: Thanks to the women's suffrage movement that began before the start of the Civil War, more than 8 million women across the United States voted in elections for the first time on Nov. 2, 1920. Published six times per year, *Unity* is exclusively distributed to clients of Thompson Hospitality and Compass Group, both world leaders in foodservice. To contact us, send an email to marketing@thompsonhospitalityjv.com. ©2022Thompson Hospitality and Compass Group. Produced by Content Spectrum.

