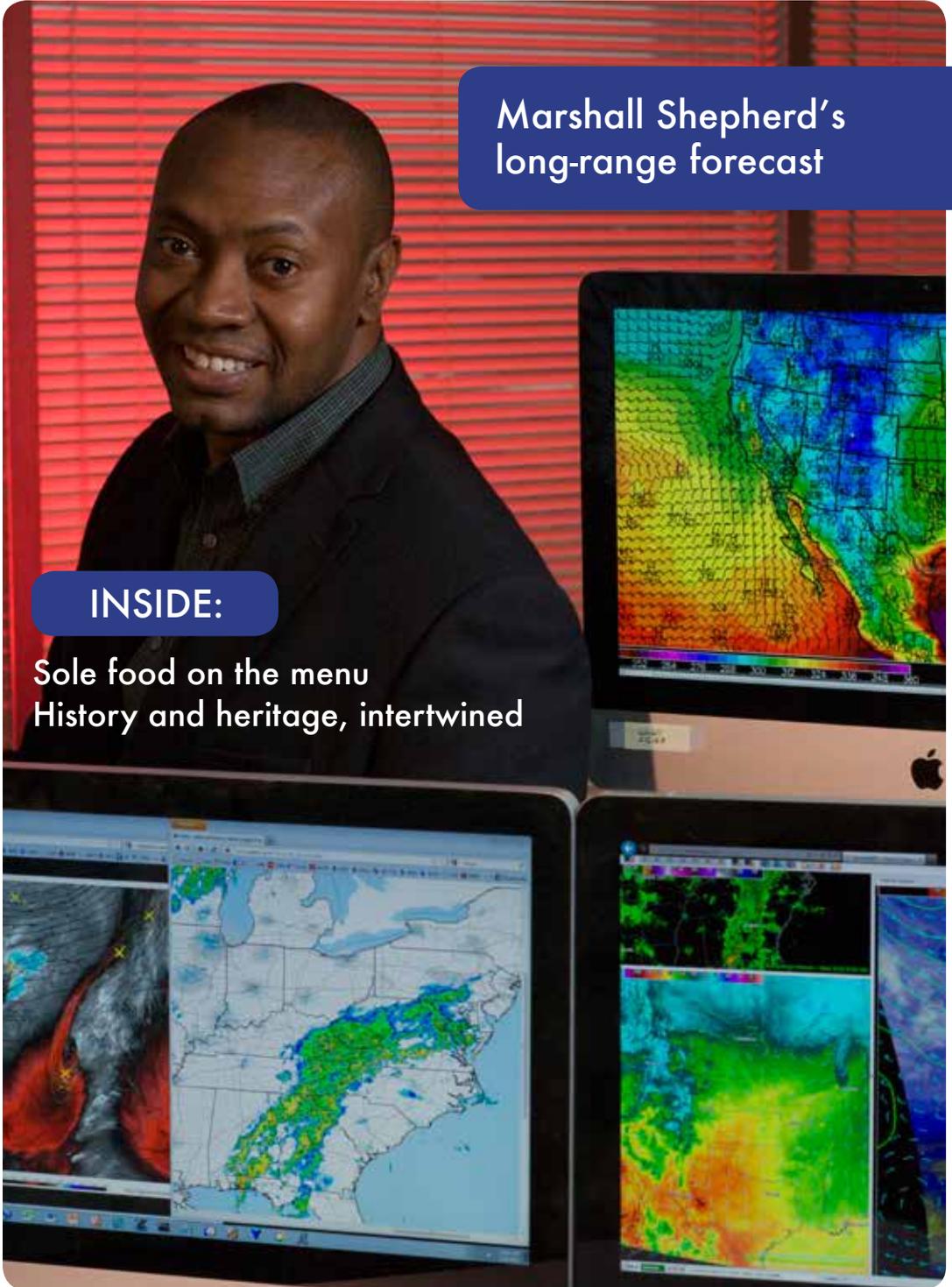




Marshall Shepherd's  
long-range forecast

INSIDE:

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# Sunny outlook for acclaimed 'Weather Geek'

J. Marshall Shepherd is truly busy as a bee – which is ironic for a man who's highly allergic to the insect's sting.

As a youngster, the native of Canton, Ga., just knew he wanted to be an entomologist. His dream came to a decisive and painful end, however, when he was stung by a bee. Ever inquisitive about nature, Shepherd turned his focus to meteorology.

"From that point, I knew I was bitten by the (weather) bug," Shepherd told *Unity* magazine. As a sixth-grader, Shepherd's interest became the basis of his science project titled "Can a Sixth-Grader Predict the Weather?" Its signature elements were weather instruments "made from items around the house."

An expert on weather and climate, Shepherd is now director of the University of Georgia's Atmospheric Sciences program and full professor in UGA's geography department. The university named him a Distinguished Athletic Association Professor in 2014.

That same year, Ted Turner and the Captain Planet Foundation presented him with its Protector of the Earth Award. In a letter to Shepherd from Ted Turner, the media icon noted Shepherd's "ongoing and exceptional contributions to the future of our planet and your tireless commitment to speaking out about climate change."

Somehow, in summer 2014, Shepherd found time to launch a weekly TV series called "Weather Geeks." He describes the Weather Channel program as "'Face the Nation' meets weather and climate ... dealing with all kinds of topics" and featuring such guests as John Holdren, director of the White House Office of Science and Technology Policy; Charles Doswell, legendary storm chaser and tornado researcher; and Jane Goodall, famed primatologist, author and recipient of the Captain Planet Foundation's 2014 Exemplar Award.

In 2015, Marshall was a recipient of the Association of American Geographers' Media Achievement Award.



Professor/TV host/author Marshall Shepherd is an expert on weather and climate. Photo by Robert Newcomb/UGA Photographic Services

As an authority on weather, climate and remote sensing, Shepherd is – not surprisingly – in high demand; he is often asked to advise key leaders foreign and domestic. In February 2013, for example, he briefed the Senate on climate change and extreme weather.

He's a veteran of numerous appearances on television, including "Face the Nation," "NOVA" and the "Today" shows, and CNN, Fox News and other networks.

In addition to a multitude of scholarly treatises, Shepherd has penned editorials for CNN, The Washington Post, the Atlanta Journal Constitution and other media outlets, and has been featured in Time and Popular Mechanics magazines and on NPR's "Science Friday" program. He is also a contributing author to *Ebony* magazine ([www.ebony.com/news-views/blacks-dont-care-about-climate-change-factor-fiction#axzz3O9Fp6bV2](http://www.ebony.com/news-views/blacks-dont-care-about-climate-change-factor-fiction#axzz3O9Fp6bV2)). His essay, "21st Century Jobs and Climate Change: A Curse and a Blessing for African Americans," was included in the 2014 National Urban League State of Black America Report.

# History and heritage, intertwined

When Kevin Washington starts his new job in February 2015 as president and CEO of the YMCA of the USA, he becomes the latest in the organization's milestones related to African Americans. Since its founding 171 years ago:

- Anthony Bowen, a freed slave, founded the first YMCA for African Americans in Washington, D.C., in 1853.
- Twenty-five African American YMCAs were built in 23 cities in 1910, the result of a challenge grant program announced by Sears Roebuck founder Julius Rosenwald. The Ys included clean, safe dorm rooms and eating facilities, which were a boon to African American travelers, especially servicemen, in a segregated and discriminatory era.
- Many African American YMCAs became meeting places and rallying points for the civil rights movement. In 1967, racial discrimination was banned in all YMCAs.

In the U.S., the Y consists of YMCA of the USA, a national resource office and more than 2,700 YMCAs with approximately 19,000 full-time staff and 600,000 volunteers in 10,000 communities nationwide.

Prior to assuming his new role at the national Y's Chicago headquarters, Washington spent four years as CEO and president of the YMCA of Greater Boston. While there, he re-energized the organization by launching a new strategic planning process, reduced membership rates to provide greater access to Y services for all, and implemented a childhood education quality initiative to benefit the thousands of children and families the Y serves throughout eastern Massachusetts.

Raised in South Philadelphia, Washington has been a part of the Y's staff since 1978 when he was hired as a youth director after graduating from Temple University. He rose through the ranks, leaving the Philadelphia Y to work in Chicago and then in Hartford, where he became the first black chief executive of the Y association. Under his leadership in Hartford, the Y invested more than \$60 million to expand and develop eight facilities and camps.

His service to the Y has always extended beyond the cities where he worked. Washington has provided leadership for many national YMCA initiatives including serving on the YMCA of the USA Board of Directors. As of 2014, he was chair of the newly formed YMCA North American Network, as well as chair of the Y-USA CEO Advisory Committee. He is immediate past chair of the Association of YMCA Professionals Board of Directors. In addition, he has been a member of numerous national YMCA



Kevin Washington is the YMCA of the USA's first African American president and CEO. Photo courtesy of the YMCA of the USA



initiatives including the National Diversity Initiative, Aquatics Safety Task Force and the National Mentorship Program to support young YMCA leaders.

In November 2014, Washington told *The Boston Globe* that his experiences in Boston, dealing with different populations, interests and priorities among branches, will help in his new job overseeing a federation of urban, suburban and rural Ys.

"I don't think the missions are different," he said. "We're talking about strengthening the fabric of community. People in Wisconsin have health issues too, they have youth development issues. Young people, regardless of where they grow up, are at risk."

The YMCA has been an integral part of Washington's life for more than 50 years. Though he wasn't a bad kid, he was raised in a troubled neighborhood. One of the locals took Washington and some of his peers to a YMCA branch every week to keep them off the streets and out of trouble.

"I tell everyone the YMCA found me at the age of 10 at the William S. Pierce elementary school," Washington told *The Boston Globe*. "The Y can be a bridge from adolescence to adulthood. It was for me."

# Fitting images

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The artists featured in the African American History Issue of *Unity* draw from their ancestral roots that reflect and portray the rich pride and heritage of a people through bold colors and expressions of strength.

### KAREN EUTEMEY

Karen Eutemey (You-to-me) learned how to sculpt the human face from her mother, who often made Play-Doh for her and her sister. Her aunt, who was a potter, would often take Eutemey to her studio to teach her to use a potter's wheel. Eutemey attended the High School of Music and Art in New York City and Boston University's College of Fine Arts. She states that her

experiences with her mom, aunt and at Boston University reinforced her love of sculpture.

Eutemey strongly believes that people need to see themselves reflected through art in their communities. "Artwork gives credence to both culture and community," she emphasizes, which is one reason she was so



"Rise/Gateway to Boston" by Karen Eutemey

excited about the Rise Gateway project. Her public art piece, "Rise/Gateway to Boston," is one of two 19-foot-tall sculptures of bronze and granite. The figures' subtle merging creates a tree and the male dancer and sun represent receiving gifts of its history.

Eutemey considers "Fragments of the American Dream" a way to portray the dreams of a people. Within this sculpture of marble on a slate base is the symbol of the American eagle. "Ancestral Vibrations" was created with children in mind. This circular piece depicts a woman with a young son's



"Fragments of the American Dream" by Karen Eutemey

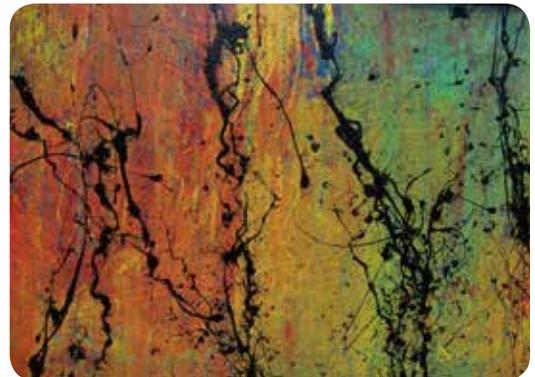
primitive face layered over the silhouette of his older brother and morphing into his mother's arm. Eutemey says she followed the wood's grain as she carved this piece, unsure how she was to finish it until a dream gave her the answer.



"Ancestral Vibrations" by Karen Eutemey

### MEROE REI

Meroe Rei, a native of south Alabama, was inspired by the color formations in the hills that surrounded his home. He was moved to duplicate that beauty at a young age and began producing art as a teenager. Rei studied ceramics, sculpture and printmaking at the University of Alabama. He also traveled the world and studied art in galleries and museums in Spain and parts of the Middle East.



"Afri-Spiritus Sembler-#937" by Meroe Rei

Rei says his work is heavily influenced by his grandparents and his father's oral history of his ancestors. Rei has coined and copyrighted the phrase "Afri-Spiritus Sembler," and uses it frequently when naming his work. "Afri-Spiritus Sembler-#937" is the initial piece of a series with that coined name, which



"Afri-Spiritus Sembler-Midnight Passion" by Meroe Rei emanates flowing waves of colors. The intrinsic colors in "Afri-Spiritus Sembler-Midnight Passion" fuses mixed paints into spontaneous rhythmic patterns. The lime green in the patterns of black in "Afri-Spiritus Sembler-Urban Village Life" is Rei's interpretation of the heat rising from an urban village, a visualization of the struggles of a modern-day jungle.

Rei's interest in African cave and rock art has inspired some of his later works. His works have been shown extensively in solo and group exhibitions.



"Afri-Spiritus Sembler-Urban Village Life" by Meroe Rei

## KEN WRIGHT

Ken Wright, a native of Bedford-Stuyvesant in Brooklyn, was influenced by his father, who customized and handmade women's shoes; his grandfather, who handcrafted furniture; and an uncle, who was a photographer and painter. Wright selects and cuts glass in a way that makes it flow like a painting. He is most often drawn to people, but says, "Sometimes landscape mosaics tell a story I feel

compelled to express." Wright refers to his style of work as organic and narrative.

Wright states he grew up in a fertile and creative environment in the '60s and '70s and he was captivated by the vibrant and colorful clothing of African American artists and social activists.

"Mosaics are evocative of my diverse career," says Wright. "My stained glass mosaics tell the story of my journey, which is my life calling."

The fused glass mosaic "Fashion Forward" shows the cultural diversity and lively expression of those bold shapes and colors adorned by brown women.



"Fashion Forward" by Ken Wright

Wright is also drawn to the abstract in African masks likened to his piece "I and I," which is his interpretation of unity between the male and female as individuals and a unit. The adjoined eye represents seeing and being guided by a supreme consciousness.

"Our New Unity," the rich brown silhouetted centerpiece surrounded by bursts of color, "portrays unity as the underlying factor of our success as a people," says Wright.

Wright's work has been exhibited throughout museums and galleries in the New York City area. He is also a master framer and conservationist.



"I and I" by Ken Wright



"Our New Unity" by Ken Wright

# Flour with plenty of power

More and more African Americans are shunning the highly processed flour associated with the American diet and turning to other countries – like Africa – for healthier alternatives. Here are two highly touted flour products to consider adding to your pantry.

## Teff: Small seeds, big benefits

Ever dined at an Ethiopian restaurant? If you didn't order an entrée of injera, a spongy crepe-like bread, you surely saw it on the menu. It's made from teff, the nutty-tasting – and increasingly popular – grain boasting teeny-tiny seeds and big nutrients. For example, its calcium content is the highest of all the grains. It has the same amount of calcium as in a half-cup of cooked spinach. A superior source of vitamin C (a nutrient not usually found in grains), teff is also a good source of iron.

Teff is also high in resistant starch, a newly discovered type of dietary fiber that supports blood-sugar management, weight control and colon health.

**Ways to enjoy it:** Teff can be used to make pie crusts, cookies, breads and other baked goods. Teff is also eaten whole and steamed, boiled or baked as a side dish or a main course. For example, you can also cook teff grains into a creamy polenta with mushrooms and tomatoes (see recipe).

### Tomato and Mushroom Teff Polenta

- 1/2 teaspoon fine sea salt
- 1 cup whole grain teff
- 1/4 cup grated Parmesan
- 1 tablespoon extra-virgin olive oil
- 1 yellow onion, chopped
- 2 cloves garlic, minced
- 1 (15-ounce) can no-salt-added crushed tomatoes
- 8 ounces cremini mushrooms, thinly sliced

Place 3 cups water and salt in a medium saucepan and bring to a boil. Stir in teff. Reduce heat to low, cover and simmer until all water is absorbed and teff is tender, about 20 minutes, stirring several times. Remove from heat and stir in Parmesan.

Meanwhile, in a large skillet, heat oil over medium heat until hot. Add onion and garlic and cook until golden and tender, about 12 minutes, stirring occasionally. Stir in tomatoes and mushrooms and cook until mushrooms are tender and mixture is slightly thickened, 10 to 12 minutes, stirring occasionally. Serve mushroom mixture over teff polenta.



Teff is used in, among other things, the Ethiopian bread called injera.

## Sorghum: Gluten-free goodness

An ancient cereal grain, sorghum was collected 8,000 years ago in Southern Egypt, in a place called Nabta Playa. Sorghum was domesticated in Ethiopia and Sudan. From there, it was moved throughout Africa, where it's still an important cereal grain. According to the Whole Grains Council, sorghum is the fifth most important cereal crop in the world, mainly because of its natural drought tolerance and versatility as food, feed and fuel.

Sorghum can be whipped up into a sweet-tasting flour that makes an irresistible stack of pancakes (see recipe), and it can even be turned into sticky syrup. The Journal of Medicinal Food reports that some varieties of sorghum have more disease-fighting polyphenols (antioxidants) than blueberries and pomegranates.

**Ways to enjoy it:** Substitute sorghum flour for wheat flour in muffins and cookies or combine cooked sorghum with beans and kale for a pilaf.

### Sorghum Pancakes

- 2 cups sorghum flour
- 3 teaspoons baking powder
- 1 teaspoon sugar
- 3/4 teaspoon salt
- 1/2 cup nonfat dry powdered milk (or powdered buttermilk)
- 1 tablespoon corn oil or other cooking oil
- 3 eggs
- 1 1/2 cups water

Combine dry ingredients. Stir in eggs, oil and water; mix well. Drop by spoonfuls onto a hot, 375-degree griddle and cook until golden brown, turning once.

# Sole food on the menu



Teresa Dozier is owner of Mac'it in Norwalk, Conn.  
Photo by Dianna Taylor

Is there anything more sacred than homemade macaroni and cheese? For actor and columnist Joseph C. Phillips, the answer is clearly *no*.

"In the African American kitchen, mac and cheese has attained hallowed status," Phillips stated in "A Brief History of Mac and Cheese," a 2006 commentary that aired on NPR. "You may be able to whip up a sumptuous beef Wellington or chicken cordon bleu but in the black community if your macaroni and cheese is not, as the kids say, off the hook, you can't really cook."

The dish's simplicity is one of its main attributes. Elbow macaroni, layers of cheese and some type of milk or cream, baked to perfection. But like many

an iconic recipe, the one for mac and cheese has evolved and so has some of the restaurants that serve it. One-entrée eateries – including those devoted solely to mac and cheese – are gaining a presence. In New York City, Macbar ([www.macbar.net](http://www.macbar.net)) serves 12 varieties of mac and cheese, in a tiny yellow space designed to look like the inside of elbow macaroni. Its East Village rival, S'Mac ([www.smacnyc.com/home.html](http://www.smacnyc.com/home.html)), offers a dozen specialty flavors.

Big Apple restaurants aren't the only ones catering to mac-and-cheese fanatics. In Norwalk, Conn., Mac'it, a Gourmet Macaroni and Cheese Restaurant (<http://macitcheese.com/index.html>), opened its doors on Sept. 13, 2013. The brainchild of owner Teresa Dozier, who used to work in the field social services, Mac'it dishes up 14 varieties of the beloved comfort food. Dozier's restaurant is open five days a week. Along with a staff of three part-time employees, she cooks every day that she's in the restaurant.

Among her restaurant's offerings are the "Pepperoni Pizza, (which) incorporates pieces of pepperoni, pizza sauce, pasta and cheese," says Dozier, and "the Jerk chicken (that) has actual pieces of jerk chicken with a blend of cheese." The jerk chicken and bacon cheeseburger dishes are the most popular ones on the menu.

Although Dozier's menu offerings are a departure from the traditional mac-and-cheese recipe, she drew her inspiration from her mother's classic concoction made of butter, cheese and heavy cream. In fact, she can count her mom as one of her regular customers.

"She comes to the restaurant once a week," says Dozier. "And she really likes most of the flavors."

## Mac'it Cheezy Macaroni and Cheese

Mac'it owner Teresa Dozier's recipe is simple. "I don't use any measurements," she explains. "Each mac and cheese is made to order."

- Pasta
- American cheese
- Feta
- Sharp white cheddar
- Mozzarella
- Béchamel sauce

Mix cheeses together and bake for 10 minutes in a high-powered convection oven.





Marshall Shepherd advises leaders domestic and foreign on weather- and climate-related matters. Photo by Peter Frey/UGA Photographic Services

Before joining the faculty at UGA, Shepherd spent 12 years as a research meteorologist at NASA-Goddard Space Flight Center and was deputy project scientist for the Global Precipitation Measurement Mission, a multinational space mission that launched in 2014.

President of the American Meteorological Society in 2013, Shepherd is the second African American to lead the nation's largest and oldest professional/science society in atmospheric and related sciences. His colleague, Warren Washington, was the first black person to be named president of the AMS.

"We talk all the time," Shepherd says about Washington. "He (Washington) was one of the first people" Shepherd called when the AMS approached Shepherd about leading the organization.

Shepherd earned his undergraduate, graduate and doctorate in physical meteorology from Florida State University. He was the first African American to receive a Ph.D. from the Florida State University Department of Meteorology.

Married to Ayana Shepherd, the two are the parents of 7-year-old Anderson and 11-year-old Arissa. Their eldest has already expressed her (not surprising) science-related career goal. "She wants to go into parasitic veterinary medicine," Shepherd says.

### A man of many merits

Marshall Shepherd's other accomplishments include:

- Fellow of the American Meteorological Society
- Member of Board for Climate Central, the National Oceanic and Atmospheric Administration Science Advisory Board, Association of American Geographers, Partnership Council for Mothers and Others for Clean Air, Sigma Xi Research Honorary, Chi Epsilon Pi Meteorology Honorary and Omicron Delta Kappa National Honorary
- 2004 recipient of the Presidential Early Career Award for pioneering scientific research in weather and climate science
- Member of Alpha Phi Alpha fraternity

He enjoys the chance to mentor his children's peers at their elementary school through the Alcovia-University of Georgia Weather Science Chat Series, which he launched. "The students get to see that scientists can look like them and are real, accessible people," Shepherd told the Gwinnett (Ga.) Daily Post in 2013.

Students at Alcovia elementary school aren't the only ones who can benefit from Shepherd's expertise. The second edition of "Dr. Fred's Weather Watch," a children's book that Shepherd co-authored, was published in 2014. The how-to guide for junior meteorologists shows them how to predict the weather by using simple, self-built instruments – reminiscent of those that Shepherd crafted years ago for his sixth-grade science project.