

unity



Celebrating Food, Art & Culture

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## NASA's intergalactic trailblazer sets records

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# NASA's intergalactic trailblazer sets records



NASA astronaut Christina Koch takes an out-of-this-world "space-selfie" with the Earth behind her. She and fellow NASA astronaut Jessica Meir spent seven hours and 17 minutes together during the first all-woman spacewalk in October 2019. Photo courtesy of NASA Johnson



Astronauts Jessica Meir, left, and Christina Koch harvest mustard greens grown inside the International Space Station. Photo courtesy of NASA Johnson

Christina Koch's accomplishments are – truly – out of this world.

In 2019, the astronaut was on pace to break the record of one of her predecessor's, Peggy Whitson. NASA expected Koch to stay in space until about Feb. 6, 2020, for 328 days.

But Koch's time alone in space wasn't her only career achievement during the previous decade. She also made history as one-half of the first all-female spacewalk with Jessica Meir (her friend and, like Koch, a former Girl Scout) in October 2019 to install a solar power system for the International Space Station.

President Donald Trump placed a call from the White House to Koch and Meir, lauding "this historic event ... truly historic."

"What you do is incredible. You're very brave people," Trump told them as they wrapped up their spacewalk.

Speaker of the House Nancy Pelosi congratulated Koch and Meir "for leaving their mark on history" and tweeted that they're an inspiration to women and girls across the country.

Spacewalks, first conducted in 1965 by Soviet cosmonaut Alexei Leonov, are widely considered the most dangerous assignments in orbit. Italian astronaut Luca Parmitano, who operated the station's robot arm from inside during a spacewalk, almost drowned in 2013 when his helmet flooded with water from his suit's cooling system.

Koch has been a part of three expeditions, 59, 60 and 61. While onboard the space station, she conducts research, performs station maintenance and observes vehicle operations.

These and other accomplishments in space are fitting milestones for a native of Michigan who dreamed of being an astronaut while growing up in Jacksonville, North Carolina.

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# Bibliophile's crusade fills a literary void



Noëlle Santos' long-awaited bookstore, The Lit. Bar, has been open since April 2019. Photo by Ebbs 'n' Flows Photography

Once upon a time, New York City's fourth-largest borough didn't have a general-interest bookstore. On April 27, 2019 (National Independent Bookstore Day), one of its most determined residents changed that.

In October 2014, Noëlle Santos joined 3,000 protestors to save the Barnes & Noble store. Despite those and other efforts, Barnes & Noble closed its Bronx location two years later. After that, Santos – a former accounting and human resources professional – dedicated herself to bringing books back to her borough. The Bronx native started by googling “how to open a bookstore.” Along the way, she entered the New York StartUP! 2017 Business Plan Competition and won the \$7,500 second-place prize. And she launched an Indiegogo campaign; filmmaker Michael Moore tweeted that he'd made a contribution.

These days The Lit. Bar, a general-interest bookstore and wine bar, serves the 1.4 million residents of the Bronx.

Santos spoke to *Unity* in mid-2017 about The Lit. Bar, being a bookworm and writing her own book.

Q. In addition to indie publications, will you sell mass-circulation books?

A. Yes, mainstream and indie titles will co-exist at The Lit. Bar.

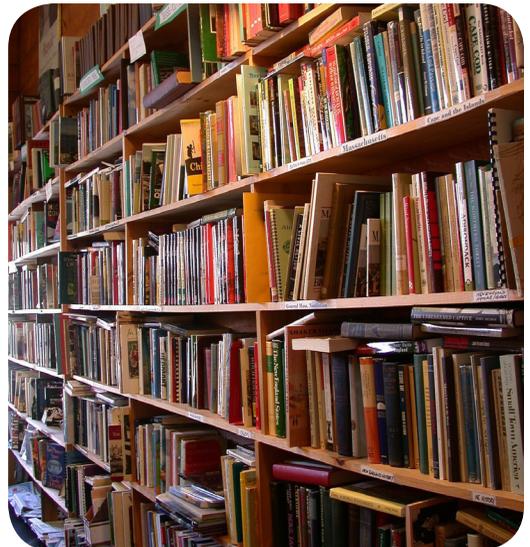
Q. Were you a bookworm as a child?

A. Yes, but I was not a willing participant. Thank God for my parents.

Q. Will you write a book about your efforts to open The Lit. Bar?

A. I've never written a book before or thought it was in the cards for me, but my supporters have been pushing me in that direction. I will likely bottle up my experience in a book, but within the greater context of my life's lessons.

*For the latest information about The Lit. Bar, visit [www.thelitbar.com](http://www.thelitbar.com).*



# Striking images steeped in authenticity

Each artist featured in this issue of *Unity* unveils her signature style and life influences in every piece of art she's created.

## Astrid Fitzgerald

Astrid Fitzgerald grew up in Wil, in northeast Switzerland, and has lived in New York City and the Hudson Valley since 1961. As a young child, she remembers playing with Froebel blocks – carefully proportioned shapes created by a German educator and used to teach children the elements of geometric forms, mathematics and creative design. With this experience and an award for a mural competition years later in the U.S., she began her career painting large geometric canvases and subsequently acquired skills in printmaking at the Pratt Institute in New York.



"Collage 528" by Astrid Fitzgerald

Fitzgerald says her work is an exploration of the laws of nature expressed in geometric principles. She began to use the Golden Mean proportion as the basic structure in both her large canvases and works on paper. The Golden Mean is mathematically expressed and represented by the Greek letter phi and a series of numbers used in creating proportions for architecture, paintings, sculptures, photography and design.

"My work has explored philosophical geometry and the Golden Mean (GM) proportion," says Fitzgerald.

"The GM proportion provides me with a substructure of rectangles, squares, arcs and circles with infinite possibilities."

The measurements in Fitzgerald's "Collage 528,"



"Construction 352" by Astrid Fitzgerald

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pieces of painted canvas glued on a wooden board, follow the Golden Mean Ratio as do the measurements in "Construction 352," encaustic and gold leaf on wood.



"Construction 516" by Astrid Fitzgerald

"Construction 516" does not follow the Golden Mean Ratio. "However," says Fitzgerald, "the shape of a hexagon is very dynamic when used in artistic configurations. Imagine the shapes being assembled in different ways."

Fitzgerald can't recall starting a painting without some type of geometric configuration: a simple division, a square, a circle or a grid. "The dividing and ordering of the support – be it canvas or paper – gives me a place to stand, so to speak, a scaffold from which to work."

## Kathleen Zimmerman

Kathleen Zimmerman was born in Fort Collins and raised in Loveland, Colorado.

She says as a young girl, she remembers spending hours looking

at abstract shapes of clouds

and textured walls. Her artistic talent was readily recognized in grade school, and Zimmerman knew she would eventually become an artist. When her family moved to Connecticut, Zimmerman applied to the Hartford Art School and was awarded a full scholarship. She later attended the University of Hartford's Art School and earned a bachelor of fine art with a concentration in sculpture and printmaking.

Throughout Zimmerman's research of printmaking options she discovered serigraphy (silk screening), a stencil-based printing process in which ink is forced through a fine screen onto paper underneath.

The serigraphic prints chosen for this publication are part of Zimmerman's Universe Series. She uses



"Monkey Mars" by Kathleen Zimmerman

rich black ink set against white paper with a hint of color to capture the contrast between light and dark matter. "I look at the universe and our reaction to it," Zimmerman says. In each of these works, different animals represent life.



"Rabbit Hole" by Kathleen Zimmerman



"Saturn Siesta" by Kathleen Zimmerman

In "Monkey Mars," three monkeys are playing and listening to music and enjoying life in the caves of Mars. Zimmerman says in "Rabbit Hole," the carrot plays off the rabbit imagery and symbolizes matter that is being pulled into a black hole. Zimmerman describes "Saturn Siesta" as two dogs that make up the rings of Saturn. The surrounding and background

abstract images are meant to be chaotic and mysterious and are unique to this series.

"I don't like to say too much about my work," Zimmerman says, "because it is my intention that the viewer use their imagination and see what they see."

## Katlyn Cornelius

Katlyn Cornelius was born in what she describes as "cow country" around Delevan, New York, and moved to Charlotte, North Carolina, when she was a teenager. She recalls that her mother taught her how to use a brush, spread the paint and love her own work.

"My mother was an absolute magician with hand-lettering signs for my father's baseball card business," she says. "I studied her work and practiced her letters. It is because of her that I connected with my love for visual expression."

Cornelius has been described as a jack-of-all trades because of the various techniques she uses to create art. "Dumpster diving" is one of her self-described techniques.

"I look for empty colorful glass bottles in dumpsters," says Cornelius, "treat and clean them at home, break them up in a paper bag, sort them and then create



"Thai Adventures Under Glass" by Katlyn Cornelius



"Elephant Resin & Fiberglass Sculpture" by Katlyn Cornelius

stained-glass art." Cornelius' piece, "Thai Adventures Under Glass" is a photo of a Thai long boat with a broken dumpster glass mosaic overlay of similar colors.

Cornelius' "Elephant Resin & Fiberglass Sculpture" is a wireframe elephant mask made of fiberglass and resin. A layer of sculpting putty gives the mask its smooth feel and the resin with gold-speckled mica powder gives it a protective, sparsely finish. Cornelius says the gradients of hair weave make the coloring in the elephant's ears.

"A Little Bit of Everything" displays a method termed "Puddle Painting" – painting with specially mixed acrylics that expand, bend and swirl without mixing with other colors. "It is a peaceful process of letting go and truly going with the flow," says Cornelius.

Based in Concord, North Carolina, Cornelius conducts classes and workshops that are designed for artists of all levels to overcome their inner critic and not be concerned about what others might think of their art.



"A Little Bit of Everything" by Katlyn Cornelius

# Marvelous mavens of the culinary world

There are thousands of women working as chefs throughout the world today, but we're highlighting four of the most multifaceted ones – famous cooks and celebrity chefs even your mom has heard of (and one she's bound to hear more about in the coming years).



## Lidia Bastianich

An Emmy award-winning public television host, Lidia Bastianich has amassed an expansive culinary and entertainment empire. Family members play a role in many of her endeavors.

The reina (queen) of Italian cooking stars in "Lidia's Kitchen" on Amazon Prime and public television stations, and "Tutto Lidia" on the Lidia Bastianich YouTube channel.

She is the chef/owner of restaurants Becco, Del Posto, Eatly Downtown and Eatly Flatiron in New York City; Eatly restaurants in Boston, Massachusetts, Chicago, Illinois, and Los Angeles, California; and Lidia's Kansas City in Missouri.

Among Bastianich's most-recent cookbook is "Felidia: Recipes From My Flagship Restaurant" (published in October 2019).



## Barbara Lynch

James Beard Award-winner Barbara Lynch is regarded as one of Boston's – and the nation's – leading chefs and restaurant owners. At age 13, she got her first kitchen job as a cook at a South Boston rectory. During high school, she worked at Boston's St. Botolph Club; that's when she decided to become a professional chef.

While in her twenties, Lynch worked under some great culinary talents. After working with Todd English for several years, she went to Italy where she learned about Italian cooking and food from local women. Back in Boston, she became the executive chef at Galleria Italiana. She was also named one of Food & Wine magazine's Ten New Best Chefs in America.

In 1998, Lynch opened her first restaurant, No. 9 Park, in Boston. No. 9 Park is now one of seven dining establishments in the Barbara Lynch Gruppo portfolio (Lynch is the CEO).

Her 2017 book, "Out of Line: A Life of Playing With Fire," details her difficult childhood and seemingly improbable rise to fame. Her magazine, "Food for Thought," is available on [www.barbaralynch.com](http://www.barbaralynch.com).



## Giada De Laurentiis

In 2017, rumor had it that Giada De Laurentiis was leaving The Food Network to launch a “beauty company.” Not true, De Laurentiis announced on her [www.giadzy.com](http://www.giadzy.com), her lifestyle website. Given De Laurentiis’ presence on multiple media platforms, it’s easy to understand why people thought she was leaving the network that arguably launched her into superstardom.

In 2012, De Laurentiis partnered with a nonprofit to install a “learning garden” at Foster Elementary School in Compton, California. De Laurentiis, alongside students, teachers and residents, planted vegetables and herbs. She regularly visits the school.

Giada, the restaurant she opened in the heart of Las Vegas, Nevada, has been open since 2014. She’s also the owner of Pronto by Giada in Vegas and GDL Italian by Giada in Baltimore, Maryland. And her pasta and sauces are sold at Williams Sonoma.

The Emmy winner stars in nine televised cooking shows, and she’s a contributor on NBC’s “Today” show. Her ninth cookbook, “Giada’s Italy,” was published in March 2018.



## Carla Hall

The opening of the National Museum of African-American History and Culture in 2016 launched the culinary partnership between America’s largest archives dedicated to black history and its largest minority-owned foodservice provider. And one of America’s busiest and most exuberant chefs is playing an integral role in the dining establishment’s development.

Celebrity Chef Carla Hall serves as the ambassador for the museum’s Sweet Home Café, whose four stations are devoted to regional fare: the agricultural South, Creole coast, north states and western range.

“I think the powers that be were looking for not only an African-American to be a connection to the museum, but also somebody who was connected to D.C. (where she resides),” Hall said in an interview on [Thrillist.com](http://Thrillist.com).

Hall, a former “Top Chef” contestant; co-host of ABC’s culinary show, “The Chew”; and restaurateur, has her own YouTube channel and website ([www.carlahall.com](http://www.carlahall.com)). She reportedly will judge Netflix’s new food competition show, “Crazy Delicious,” in 2020.

“Carla Hall’s Soul Food: Everyday and Celebration,” her most-recent cookbook, was published in 2018.

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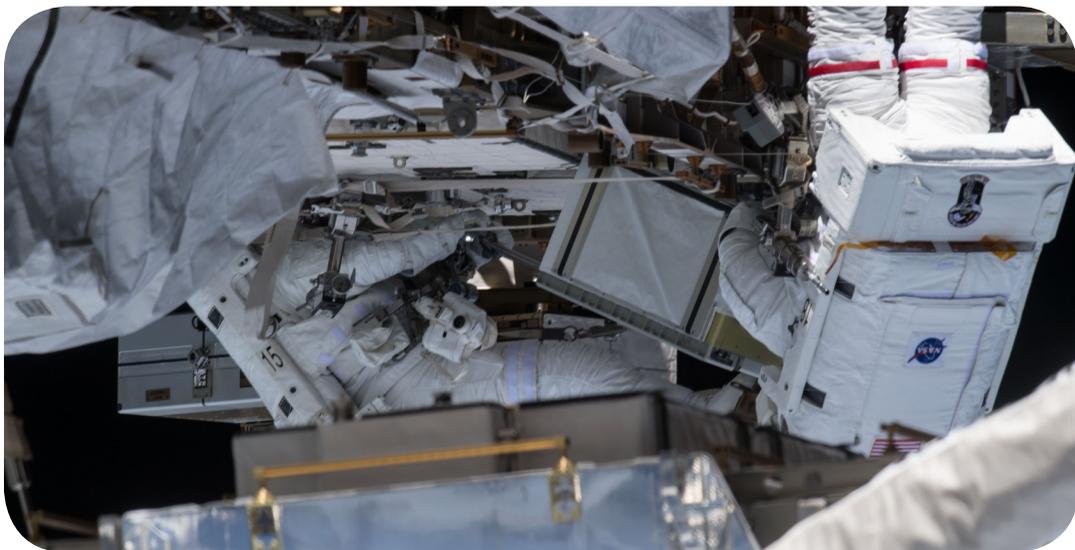
"Most kids probably dream of becoming an astronaut. I was just the one that never grew out of it," Koch said from the space station during a 2019 interview with *The News & Observer* of Raleigh, North Carolina.

"No one told me I had a crazy dream. No one told me I couldn't do it. And so that dream kept right on growing and growing."

Christina Hammock Koch graduated from the NASA Academy program at Goddard Space Flight Center in 2001. While there, she worked as an electrical engineer, then a research associate at Palmer station in the Antarctic program at the South Pole. In addition, she was part of a research tour in Greenland. And she designed instruments that became part of the probes that orbit Jupiter and Earth.

According to NASA, her astronaut candidate training included scientific and technical briefings, intensive instruction in International Space Station systems, spacewalks, robotics, physiological training, flight training, and water and wilderness survival training. Koch's first space flight, a long-duration mission on the space station, took place in 2018.

Before making history in space, Koch did so on land in 2013 as part of the first NASA astronaut class that was half female and half male.



Christina Koch, right, conducts a spacewalk at the Port-6 (P6) truss structure work site to upgrade International Space Station power systems. She and fellow NASA astronaut Andrew Morgan worked outside in space for seven hours and one minute to begin the latest round of upgrading the station's large nickel-hydrogen batteries.

## CHRISTINA KOCH, NASA TRAILBLAZER

**Education:** Graduated from the North Carolina School of Science and Mathematics in Durham (1997). She earned a bachelor's degree in electrical engineering (2001), a bachelor's in physics and a master's in electrical engineering (2002) from attended North Carolina State University in Raleigh.

**Awards and honors:** NASA Group Achievement Award, NASA Juno Mission Jupiter Energetic Particle Detector Instrument, 2012; Johns Hopkins University Applied Physics Laboratory, Invention of the Year nominee, 2009; U.S. Congress Antarctic Service Medal with Winter-Over distinction, 2005; NASA Group Achievement Award, NASA Suzaku Mission X-ray Spectrometer Instrument, 2005; Astronaut Scholar, Astronaut Scholarship Foundation, 2000 to 2001.

**On the cover:** Astronaut Christina Koch. Photo courtesy of NASA Johnson. 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@thompsonhospitality.com](mailto:marketing@thompsonhospitality.com). ©2020 Thompson Hospitality and Compass Group. Produced by Content Spectrum.

