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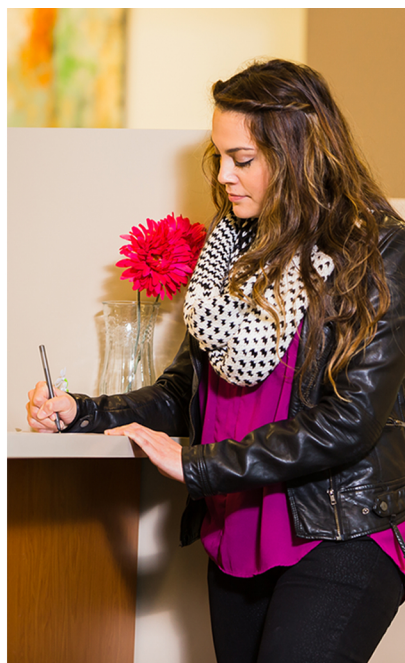
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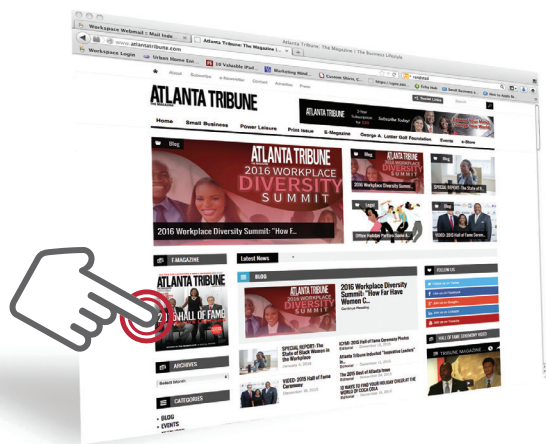
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Contributors



Dawn M. Richards is the founder of the food and lifestyle brand, D.M.R. Fine Foods. With her food passion leading the way, Dawn shares recipes, travel stories, fashion, entertainment and lifestyle features on dmrfinefoods.blogspot.com and other media outlets, while maintaining a career as a *FORTUNE* 500 legal executive.



Veteran automotive journalist **Brian Armstead** writes FastLane for **Atlanta Tribune**, bringing readers the best of what's new from the auto industry. Got a car question? Email him at autosense@comcast.net.



Alex Jones is a corporate/editorial photographer and has photographed some of Atlanta's business elite for **Atlanta Tribune: The Magazine**, **BLACK ENTERPRISE**, and many corporate publications and websites. His work can be seen around town in publications, as well on the walls of the newly renovated SCLC Women's Headquarters on Auburn Avenue. See his work online at www.businessphotographyatlanta.com.



Leah D. Stone is a marketing professional who has worked in brand management with Procter and Gamble, and Kao Brands Company for more than 10 years. She is currently freelance writing and enjoys writing on a variety of topics, including business, social issues and entertainment.

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Every month this magazine inspires me to be greater!

— @MrsJWhite



I love the new cover. Nice! — **Shed Jackson**, WCLC



I have been out of town and out of pocket so I just recently saw the magazine. I feel so humble that you would include me among those fabulous women.

— **Beverly Thomas**, Kaiser Permanente



Very nice article. Congrats. Loved Dr. Cyril Moore. Smartest man I have ever met. — **Tanjela Jackson Buckley** on Dr. Joy Jackson-Guilford



I remember as a freshmen seeing her on campus at Morris Brown. She was always so well put together and about her business. I am so proud to see that she discovered a career path that enriches her both personally and professionally. — **OD Almagro** on Dr. Joy Jackson-Guilford



Awesome article!! We spent every weekend hollering, screaming and cheering for our kids on the basketball court ... I had no idea we were in similar industries. Congrats on your accomplishments Dr. Guilford!!!

— **Jamilah McMillan**

on Dr. Joy Jackson-Guilford



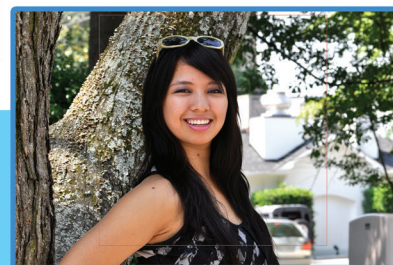
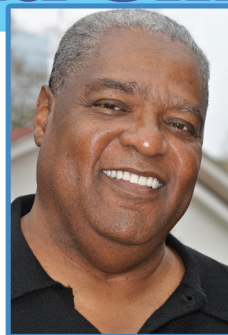
I am very humbled by this, and to be a part of this with some amazing women who I look up to and have gotten advice from in the past is a true blessing. I will keep uplifting people of all colors and being a voice of the next generation. BE the change you care to see no matter the industry you work in. Thank you

Atlanta Tribune: The Magazine.

— **Autumn Bailey-Ford**

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At Your BEST



Americans are given an average of 15 days off annually. Last year, workers took 11. This is according to Expedia.com's 2015 Vacation Deprivation® study, a yearly survey of vacation habits among 9,273 employed adults across 26 countries in Asia Pacific, Europe, North America and South America.

Now that I have your attention about the four paid off-days you may just be leaving on the table each year, what I really want to talk about revolves around your wellness habits. In every issue, you'll find us relaying what it took for some of the many successful African-American executives in metro Atlanta to get where they are today. You can open any issue and you're guaranteed to glean that whoever graces our cover has given up something in their pursuit of the top. So often, by default — it is a professional's demanding schedule that causes them to not just take fewer vacation days than they've been allotted, but also spend less hours exercising, eat on-the-go and get the minimum hours of sleep each night.

We're here to help you change that this month.

While the health and wellness tear-outs this month were curated especially with our male readers in mind since this issue is celebrating our 2016 Men of the Year, the tips we're offering can be used by anyone. For instance, dinner tonight ... Consider a recipe that features a fatty fish such as salmon

to get a heart-healthy dose of omega-3 fatty acids. And your water intake; have you had your eight glasses yet? If not, we have a few tips to help you hydrate the right way. Are you sitting down? Good. Because that's actually how we should be stationed when drinking water. One rule of Ayurveda — one of the world's oldest holistic (whole-body) healing systems — is that we should sit down to drink (just as you should sit down to eat).

So, dig in and let us know what jumps out at you by emailing us or posting on our Facebook or Twitter pages. We're all about living our best lives and hope you are, too. And while we're talking about "bests," our annual Men of the Year roundup features some of the best across a range of industries from finance to entrepreneurship, entertainment, medicine and more. Their stories are inspiring. So, we've covered all bases — mind and body. **AT**



Katrice L. Mines
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Congratulations TO THE 2016 **SUPERWOMEN**



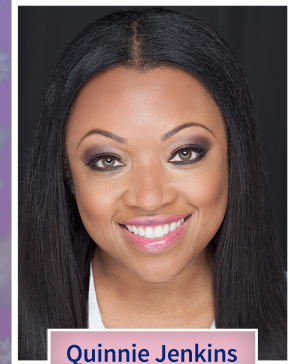
Mary Leftridge Byrd



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Arlethia Perry-Johnson



Teri Plummer McClure



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Pamela Sturdivant
Stephenson



Beverly D. Thomas



Charmaine Ward



Tanya Hairston-Whitner

Special Thanks to the gracious host of the
Superwomen's Recognition Reception.



Everett Butler, General Manager

Visit the Atlanta Tribune: The Magazine Facebook page to see photos from the event.

Eat to Live: Sample Meal Plans

A tailored meal plan can help you sidestep the side effects of any condition.

For Diabetes** (1,400 calories)

Breakfast

Asparagus and cheese omelet
1 cup green tea

Morning Snack

1 cup Cantaloupe Melon
½ cup raw almonds

Lunch

Grilled Shrimp Skewers over White Bean Salad
1 Whole-Wheat Pita Bread, small
1 Cup Skim Milk

Afternoon Snack

2 Tablespoons Hummus
3 Ounces Celery Sticks

Dinner

½ Cup Cooked Brown Rice
North African Spiced Carrots
Tomato-Herb Marinated Flank Steak

Evening snack

½ Banana, small

***This diabetic-diet meal plan avoids refined grains and limits added sugars. Each meal and snack is planned to help you keep your blood sugar in check and steady throughout the day. Carbohydrate requirements and regulations differ for Type 2 Diabetes.*

For High Blood Pressure (1,200 Calories)

Breakfast

Hard-boiled egg
1 or 2 slices Turkey bacon
6 ounces tomato juice, low-sodium

Lunch

Tuna Salad
Cherry tomatoes
Lemon and cucumber-infused water

Dinner

Crispy Grilled Chicken
1 cup (or more) mixed carrots, broccoli, and cauliflower blend, steamed
Romaine blend salad with oil and vinegar dressing

For High Cholesterol (1,200 Calories)

Breakfast

1 serving Melba peach and mango smoothie with almond milk
2 slices whole-grain bread (make sure 100% whole-wheat flour is the first ingredient listed)
2 teaspoons light almond butter spread

Lunch

1 cup lemon- or orange-flavored seltzer
1 serving Tomato Spinach Soup
1 serving grilled chicken and kale salad tossed in olive oil and vinegar

Snack

10 red or green grapes, seedless

Dinner

1 cup decaffeinated flavored iced tea
1 serving low fat chicken, asparagus, and quinoa salad



Read more about men's health and wellness on page 48.

People

APRIL

2016



Ann-Marie Campbell

Ann-Marie Campbell has been appointed the head of The Home Depot's U.S. stores as executive vice president. In this role, she leads the company's three U.S. operating divisions comprised of nearly 2,000 U.S. stores and the bulk of the company's nearly 400,000 associates.

Campbell learned her first lessons in retail from her grandmother in Jamaica, a successful retailer in her own right. And after more than 30 years with the company, Campbell brings a deep understanding of The Home Depot's operations, culture and customers.

During her career at the company, she has served in a variety of positions, including cashier, store manager, district manager and regional vice

president. She has also served as vice president of operations, vice president of merchandising and special orders, vice president of retail marketing and sales for Home Depot Direct, vice president of vendor services and, most recently, president of the Southern Division of The Home Depot.

Campbell is a graduate of Georgia State University, where she earned a bachelor's degree in philosophy and a master's degree in business administration. She is a member of Beta Gamma Sigma, an international business honor society, and the National Scholars Honor Society.

She currently serves on the boards for Georgia State University's Robinson College of Business, Barnes & Noble and Potbelly Corporation.

Brandi Knox

Ogletree Deakins associate Brandi Knox has been named to the Warrick Dunn Charities' Philanthrogers Advisory Committee. In this role, she will help facilitate brand awareness, fundraising and innovative-thought leadership for Warrick Dunn Charities. Knox has extensive experience in all areas of U.S. immigration law, including employment-based, family-based and naturalization. She has worked for corporate law firms housing full-service immigration practice groups. Knox represents domestic and multinational employers before the U.S. Homeland Security, U.S. Department of State and the U.S. Department of Labor in connection with U.S. immigration-related employment issues. She received a Bachelor of Arts degree in English Literature from Spelman College and a Juris Doctorate degree from Tulane University School of Law.



MaKara Rumley

MaKara Rumley, senior advisor at the U.S. Environmental Protection Agency, has been appointed to the Southface Board of Directors as an "At-large" board member. As an environmental justice attorney and coordinator, she focuses on community organizing, fundraising, and environmental justice considerations in conjunction with clean air and water litigation. Her interest in the links between human rights and the environment began with her work with Amnesty International and The National Geographic Society. Rumley earned a bachelor's degree from Spelman College and a juris doctorate from George Washington University Law School. **AT**



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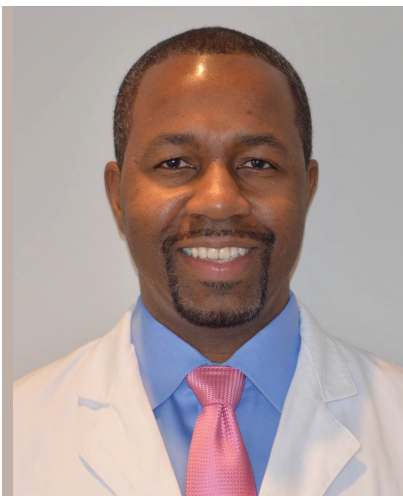
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We salute Dr. Brown's outstanding contributions
through his excellent leadership and patient care, and
his dedication to serving the communities of Atlanta

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Clark Atlanta University Announces \$1 Million Coca-Cola Alumni Matching Challenge With Coca-Cola Foundation



Clark Atlanta University president Ronald A. Johnson announced the launch of the university's Coca-Cola Alumni Matching Challenge, made possible by a \$1 million alumni matching grant from The Coca-Cola Foundation.

The Coca-Cola Foundation will match, dollar for dollar, any alumni contribution above and beyond a donor's level of giving for fiscal year 2015 (July 1, 2014, through June 30, 2015). The match translates into \$2 million in critical resources for the institution as it mobilizes for the future.

"This is a pivotal, course-changing moment for us," Johnson says. "This clearly affirms Coca-Cola's intent to honor our institution's rich history and legacy and, more importantly," he adds, "it constitutes a tremendous vote of confidence in our national alumni base, strengthening the foundations of our alumni engagement and

significantly bolstering the impact of their individual and collective giving."

According to interim vice president for advancement Marilyn Davis, the goal is not only to encourage alumni giving, but also to strengthen connections and spark a renewed sense of pride as CAU 'Mobilizes for the Future.' "Our history is unique in that we have alumni who represent Atlanta University, Clark University, Clark College and, of course, Clark Atlanta University," notes Davis. "This is a wonderful opportunity for all of us to come together and propel the university forward."

The Alumni Matching Challenge highlights historic connections between CAU and The Coca-Cola Company. For example, the first African-American woman to appear in Coca-Cola advertising was Mary Cowser Alexander, a graduate of Clark College. **AT**

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ATTORNEY JOSHUA DAVIS

– Carving His Own Legal Niche

At a recent entertainment awards and charity event in Atlanta, among the special guests sought after for interviews on the red carpet included a rising star – Joshua Davis. A graduate of Morehouse College with a Bachelor of Arts degree in political philosophy and Howard University School of Law where he earned his J.D., Davis has distinguished himself by building a successful law practice in a challenging area – housing law justice.

Born in Muskegon, Mich., and raised in Detroit, Davis developed an entrepreneurial edge as the son of an attorney who still has his own personal injury law practice to this day. The younger Davis found himself gravitating towards representing people who were assumed to be “underdogs.”

After interning under legendary criminal justice attorney Mawuli Davis (no relation) through a Gate City Bar Association program and working as an associate at a consumer banking rights law firm, Davis launched his own law firm J.G. Davis & Associates LLC in 2011, seeing great opportunities to serve consumers still recovering from the Bush era recession and housing market crash. A proud member of Kappa Alpha Psi Fraternity Inc., Davis resides in the Atlanta area with his wife, Dr. Jamie D. Davis, a high school history professor, whom he calls “my steady support structure, who also is the most beautiful woman in the world to me,” and their 1-year-old daughter.

Tell us about your practice specialties and how you broke into these areas.

J.G. Davis & Associates LLC specializes in wrongful foreclosure law and eviction defense. We also have strong personal injury practice. My first job out of law school was with a firm that pursued wrongful-foreclosure claims against banks. It was an area of law that grew out of the needs of the people. Many foreclosed homeowners are unaware of their rights and how to adequately pursue them in Court. Despite the current growing economy, many Atlantans still face foreclosure and eviction every month. My personal injury practice arose out of personal experience, as I was a victim in a car collision, which involved my car rolling-over. It occurred right after I graduated from law school, so I had to spend part of time in physical therapy and the other part studying for the Georgia Bar.

Why aren't there more foreclosure defense attorneys?

Foreclosure Defense is a practice that is often ignored by attorneys because of the perceived challenges in taking on the resources of a large bank. That said, with adequate training and competence, it can be a successful practice as I have learned and, moreover, it has a significant impact on the lives of my clients. I also have been able to successfully defend and educate hundreds of tenants in eviction actions. As a result, I keep people in their homes, prevent unnecessary financial judgments, and remind landlords that they must follow the law when renting or face financial penalty. This is very enriching and rewarding for me professionally, and a good combination with my personal injury practice where I enjoy the potential for large monetary settlements and judgments.

How do you distinguish yourself and get the word out?

Necessity and word-of-mouth have been two of the biggest marketing pieces for me. But once I have that client, I would like to think that I distinguish myself by giving my personal attention to each and every client that signs up, as if my own family's interests are hanging in the balance. That's the type of representation I would want for myself, and, therefore, that is the type of representation that I am committed to delivering.

What are your long-term goals as a lawyer?

I want to increase my practice size, increase my outreach, and impact the law. I enjoy conducting seminars and educating people on what I do, so that they can strive to avoid situations where they must hire an attorney. That said, if they have to hire an attorney, I hope they choose me. **AT**



Brian D. Poe, Esq. is managing partner of Brian Poe & Associates, Attorneys, PC and director of a national legal search firm. He can be reached at 404.880.3318 or via e-mail at brian@thesigningattorney.net or brian@esquire-connect.com.



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Health Flexible Spending Arrangements in 2016

Eligible employees should begin planning now to take full advantage of their employer's health flexible spending arrangement during 2016.

FSAs provide employees a way to use tax-free dollars to pay medical expenses not covered by other health plans. Because eligible employees need to decide how much to contribute through payroll deductions before the plan year begins, many employers this fall are offering their employees the option to participate during the 2016 plan year.

Interested employees wishing to contribute during the new year must make this choice again for 2016, even if they contributed in 2015. Self-employed individuals are not eligible. Also, employers are not required to offer FSAs. Accordingly, interested employees should check with their employer to see if they offer an FSA.

An employee who chooses to participate can contribute up to \$2,550 during the 2016 plan year. Amounts contributed are not subject to federal income tax, Social Security tax or Medicare tax. If the plan allows, the employer may also contribute to an employee's FSA.

Throughout the year, employees can then use funds to pay qualified medical expenses not covered by their health plan, including co-pays, deductibles and a variety of medical products and services ranging from dental and vision care to eyeglasses and hearing aids. Interested employees should check with their employer for details on eligible expenses and claim procedures.

Under the use or lose provision, participating employees often must incur eligible expenses by the end of the plan year, or forfeit any unspent amounts. But under a special rule, employers may, if they choose, offer participating employees more time through either the carryover option or the grace period option.

Under the carryover option, an employee can carry over up to \$500 of unused funds to the following plan year — for example, an employee with \$500 of unspent funds at the end of 2016 would still have those funds available to use in 2017. Under the grace period option, an employee has until 2 1/2 months after the end of the plan year to incur eligible expenses — for example, March 15, 2017, for a plan year ending on December 31, 2016. Employers can offer either option, but not both, or none at all. **AT**



Steve Julal is a principal with VAAS Professionals. He is a certified public accountant and a member of the Georgia Society of CPAs as well as the American Institute of Certified Public Accountants. Julal can be reached at (404) 223-1058, or via e-mail at steve.julal@vaasprofessionals.com.

LegalSMARTS

Independent Contractor Employee – EMPLOYER BEWARE

Every employer must face and resolve the question of whether its labor force is comprised of employees or independent contractors. Misclassifying employees in the wrong category has significant and dire consequences. Failing to properly classify workers subjects an employer to civil penalties, class actions, fines and the assessment of back taxes, among other consequences. Additional costs can also arise when misclassified workers, who would otherwise be entitled to employee benefits, haven't been provided those benefits.

Why would any employer risk misclassification by choosing to classify workers as independent contractors? The appeal of the independent contractor status is best understood by evaluating the benefits of utilizing independent contractors.

Using independent contractors relieves the employer from responsibility for payroll taxes, workers compensation insurance, social security, Medicare and other withholdings. For certain employers, the use of independent contractors may also reduce the company's obligations under OSHA. An employer is responsible for these obligations when its workers are classified as employees. Employees will also be entitled to Title VII protections and can sue an employer for discrimination.

How should an employer proceed given the risk of misclassification? What is the test? There is no one single factor that determines whether a worker is an employee or an independent contractor. Using an independent contractor agreement may be helpful in proving a worker's independent contractor status, but it is not conclusive. Adding to the complexity, is the fact that the IRS, the U.S. Department of Labor, varying state agencies and legal precedent have all weighed in with slightly different tests.

This is an area of the law where employers are advised to seek the advice of competent legal counsel to assist the company with this very important decision. An ounce of prevention here will more than justify the potential cost of the cure.

Among the factors considered in making the determination is the amount of control exerted by the employer over the worker. Increased control makes the worker more likely to be an employee.

Does the worker determine what materials and equipment are used? Do they determine the methods and techniques used? If the employer provides all tools and equipment and/or controls the methods and techniques used to perform the job, this suggests that the more likely result is that the worker is an employee. The length of the job, and how the individual is paid are additional factors.

Does the worker work elsewhere, in addition to the employer in question? Does the employer pay for training of the individual? Does the employer set the hours of work? Can the work be terminated without violating



the terms of a contract? Is it possible for the worker to lose money? Employees, of course, don't generally face the risk of losing money.

In contrast, indicators of an independent contractor often include: having an established business, advertising services via electronic or print media, use of business cards and business stationary, providing services concurrently for other businesses, carrying insurance, determining one's own schedule, etc. A painting contractor is a common example given as an independent contractor.

These lists of tests and factors, however, are not exhaustive. Misclassification is one of the hottest topics in employment law and employers must give serious consideration to these and other factors in making the right choice as to the correct classification of workers. **AT**



Thomas A Cox Jr. is an attorney in the Atlanta office of Fisher & Phillips LLP, a national labor and employment law firm representing management in labor and employment matters across the country. Thomas represents corporate employers in all facets of labor and employment litigation defense, counseling on Affirmative Action and EEO Compliance and corporate training. He can be reached at (404) 231-1400, or via email at tc Cox@laborlawyers.com. Please follow Thomas on Twitter @employeradvisor.



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Atlanta Tribune Human Resources Roundtable

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Most of us are careful to guard our privacy and expect no less from our employer. Supervisors need training on how to stay on solid ground when dealing with employee privacy issues. Employee privacy is not a clear-cut area of the law. Many federal, state and local laws govern how employers treat private information of their employees. In this seminar, Human Resources personnel will learn what is and what is not considered private and how far the law protects employees with regard to privacy at work. We will also look at the impact of social media on employee privacy in the workplace.

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About the Presenter



Thomas Cox is a seasoned "AV" rated trial attorney and counselor who concentrates his practice in the areas of labor & employment law and litigation. Thomas has had significant firm experience, with Partner level labor and employment experience in a strong regional firm, as well as two AmLaw 200 firms.

For questions, please contact Stacey McReynolds at smcreynolds@laborlawyers.com or (404) 240-4280.

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ATLANTA TRIBUNE
THE MAGAZINE

MEN OF THE YEAR 2016

By Katrice L. Mines and Kamille D. Whittaker
Photography by Alex Jones



JOHN JACKSON

University of Georgia business policy professor, the late Curtis Tate Jr., didn't believe in giving A's, but took a liking to John Jackson, nonetheless. Then a McDonald's restaurant employee, Jackson would work a short 4:30-7 a.m. shift and rush to campus for Professor Tate's 8 a.m. class. He made it on time every day, McDonald's uniform and all, and sat in the front row. It was for that reason — his promptness, his consistency, and presence — that the professor later recommended him for a career in banking offering a letter of reference to a friend in the industry — *the beginnings*.

Professor Tate wasn't the first to nudge Jackson in the direction of distinction. Jackson spent 15 years with Bank South in Atlanta, focused on retail banking, consumer lending, mortgage lending and commercial lending before seizing an opportunity with SouthTrust Bank in Jacksonville, Fla., in 1991. A few months in, he began to regret his move, concluding that he had moved from Bank South to SouthTrust Bank prematurely, and didn't consider himself ready for the change in responsibility that came with the SouthTrust Bank position. When the head of SouthTrust Bank caught wind of Jackson's misgivings, he asserted: "If you are as good as they say you are, you should stay here and you won't regret it. If you are not as good as they say you are, you need to go back to Bank South now." He now calls his SouthTrust Bank run the best 15 years of his more than 30-year tenure in banking. His leadership responsibility grew from regional manager of East Metro Atlanta in 1991, managing an \$800 million loan portfolio, to regional president.

Following his departure from SouthTrust in December 2004, the DeKalb County native returned to Atlanta to co-found Bank of Atlanta after receiving key counsel from H.J. Russell, his mentor, about sufficient capital funding. As president and CEO, Jackson built the bank into a profitable, \$230 million operation. In 2014, Bank of Atlanta was acquired by the \$3 billion State Bank and Trust; and there, Jackson currently serves as executive vice president and market president, in addition to serving on the boards of the Winship Cancer Institute, Covenant House of Georgia, the Carter Center Board of Councilors and Kaiser Permanente.

Do you notice anything different about yourself now, substantively, from who or how you were when you first started out in the banking industry over 30 years ago? Conversely, what about you has remained constant?

Time has a way of giving one a more mature perspective about things. My parents would call it good old fashion wisdom. I've come to a keen understanding of my strengths as well as my weaknesses. Throughout my career, I never compromised integrity. I never wavered from treating everyone with respect and kindness.

How have your definitions of success and failure evolved over your career span?

My definition of success has not changed. I believe in setting goals; goals that you have to push yourself to achieve. Then, I believe in giving maximum effort to achieve them. It's amazing what one can achieve with some hard work.

Your conversation with H.J. Russell before launching your bank was pivotal in launching Bank of Atlanta. He advised you that given the impending economic recession, you'd need to raise almost three times more capital than you initially planned. It's one thing to seek wise counsel, but what were/are some of the dynamics in play that would inspire one who seeks to actually heed as well?

Experience has taught me when asking for advice to always consider: How long have I known the person and does he or she have my best interest at heart? Do they have proven track record in the area that advice is needed? Do they understand why their advice is needed? Do they care about me? Do they understand my strengths and weakness?

Mr. Russell was my mentor for many years and he truly cared about me. It was an easy decision to embrace his advice.

How does one learn overtime to recognize when decisions, acts or thoughts are ego driven — how did you manage to temper your ego at the key moments of transition in your career?

Growing up the youngest of seven (all boys and one girl) quickly taught me about ego! I have embraced being a servant leader and that if you don't care who gets the credit, great things can be accomplished. Whenever I'm making decisions, I embrace what is right and not who is right.

If Professor Tate didn't nudge you in the direction of banking, or the head of SouthTrust Bank didn't discourage you from retreating into your comfort zone, what would the trajectory of your life look like, knowing what you know about yourself, your values and your motivations?

Given the support that I always received from my parents and siblings, I always felt that something special was in store for me. The mentoring that received from so many people was just an affirmation to never stop reaching for the stars.

What was the subject matter of the last conversation that inspired and invigorated you?

The last words that my father shared with me before his death were: Take care of your mother and always do the right thing. **AT**



MEN
OF THE YEAR
2016



DR. WILLIAM A. COOPER

There wasn't one specific attribute about the heart, or cardiovascular medicine generally, that led Dr. William A. Cooper to make it a cornerstone of his practice; rather, it best suited a personal desire to see the immediate impact of his work. And when it emerged as the only specialty in University of Missouri-Kansas City's medical school that figuratively raised his *own* heart rate the most, his mind followed.

He completed postgraduate training in general and cardiothoracic surgery at Emory University and served there as chief resident in cardiothoracic surgery and a professor of surgery before being appointed medical director of cardiovascular surgery at WellStar Health Systems in Marietta, Ga., in 2004.

Under his more than decade-long tenure as medical director, the cardiovascular surgery program at WellStar has been rated among the top 15 percent of cardiac surgery programs in the United States, having achieved a 3 out of 3 star rating from Consumer Reports, the National Quality Forum and the Society of Thoracic Surgeons. Among the standout qualities, WellStar Cardiovascular Surgery is the only heart surgery program in the state of Georgia and one of only two in the entire United States to hold Joint Commission on Accreditation of Hospital Organizations Disease Specific Certification in heart valve and coronary artery bypass surgery, a reflection of Dr. Cooper's particular interest in strategic alignment, integration, healthcare quality, safety and appropriate use of medical resources.

Paralleling his medical practice state-side and fellowships with the American College of Cardiology and the American College of Surgeons, Dr. Cooper has served more than 30 years in the United States Army Reserve and has completed three tours of duty in support of Operations Iraqi Freedom and Operation Enduring Freedom. His military awards include the Army Service Ribbon, National Defense Service Medal, the Global War on Terrorism Medal, the Iraq and Afghan Campaign Medals and the Army Commendation Medal.

How did the medical profession change you?

I am not much different as a person, but I have grown to realize that although I chose to go into cardiovascular surgery, I had no idea that it was all part of the divine plan

to have me fulfill my purpose in life. As I now know through my family history, of deaths from heart disease, cancer, diabetes and AIDS, I have been called to do all that I can to educate, communicate and empower others to take better care of themselves and live their best lives today.

What's a current project or area of research that you're enthusiastic about?

In terms of projects, I am working with a team of physicians and administrators on the acquisition of Tenet Hospitals by WellStar Health Systems. I am extremely enthusiastic about the impact this can have on the health of citizens in Metropolitan Atlanta.

Secondly, although no particular area of research, I am excited about the explosion of transformation in healthcare driven by market forces, the Affordable Care Act and technological innovations. In particular, the use of technology to change how we communicate deliver health, wellness, healthcare and medical services.

What was the last book that left an imprint on you?

The book "Silence: The Power of Quiet in a World Full of Noise" by Thich Nhat Hanh, a Buddhist Monk, speaker, teacher, author and sage that spent his lifetime teaching the power of mindfulness and meditation.

And the book: "The Spontaneous Healing of Belief," by Gregg Braden.

How do you keep yourself balanced, rested, healthy, inspired, at peace?

I eat appropriately, exercise regularly, read a lot, get plenty of rest and I meditate twice a day.

What are you doing when you consider yourself to be "at your best"?

In the operating room with a life on the line or speaking in front of a large crowd. **AT**

STEVE EWING

Steve Ewing's personality is larger than life. A stroll through his sprawling Ford dealership will leave you certain that it has been to his advantage. And moreover, that success, in general, is second nature to him. A native of Montclair, N.J., Ewing purchased his first automotive dealership Crossroads Ford located in East Orange, N.J., in 1989, after having excelled in leadership roles within Ford Motor Company — ascending the ranks from salesman to sales manager and eventually general manager. He operated Crossroads until 1992 when the Ford Motor Company purchased the franchise from him. In turn, Ewing accepted a position with the automotive giant as an interim operator where he was responsible for managing franchises that Ford owned. But, interim was very much a literal station for him along the progression of his career as his entrepreneurial spirit wouldn't allow him to stop there. In 1993, he moved on to open Champion Fordland and quickly grew the new dealership with the support of Ford Motor Company's Dealer Development Program. Because of its fast success, Ewing was able to pay off Ford's stock in his dealership within four years, and open a second dealership, Champion Nissan in Scranton, Penn., in the fifth year of business. By 1999, he was opening a third dealership in Hazelton, Penn., and operated all three simultaneously until 2002, when he moved to Georgia.

His next stop — Wade Ford — as the first African-American owner of the 83-year-old dealership — offering new, pre-owned, and fleet vehicles from three properties on South Cobb Drive in Smyrna, Ga. And the rest is history in the making as Ewing continues to distinguish himself and his dealership among the best of the bests. Between 2002-2014, he was the recipient of multiple national minority dealer top profit awards and received the President's Award every year but one between 2003 and 2009.

In his free time, the husband and father of two makes space for community work — supporting organizations like Campbell High School Athletics Program, Kennesaw State University, Clark Atlanta University, Sophia's Voice Foundation (Spina Bifida research), Center for Family Resources and Atlanta's Young Generation Movement.

Can you name a person who has had a tremendous impact on you as a leader? Maybe someone who has been a mentor to you? Why and how did this person impact your life?

The people who had the most tremendous impact on my life are my mother and father who supported me when I first had the dream of becoming an auto dealer, and sacrificed their home to help me fulfill my dream.

Playing college football taught me about teamwork. Many different people during my life at Delaware State University pushed me and taught me how to lead one of the first African-American auto dealers. [One] by the name of Bill Shack took the time to teach me and mentor me in the early days of being a car dealer.

What is one characteristic that you believe every leader should possess?

One characteristic that I believe a leader should possess is the ability to make other people believe in the task at hand. [A leader should] humble themselves to always remember that it takes a team and all of us need positive encouragement regularly.

When did you consider yourself a success?

I'm in constant growth mode so considering myself successful is not something that I do. I'm constantly trying to improve myself and the people around me to achieve the best we can.

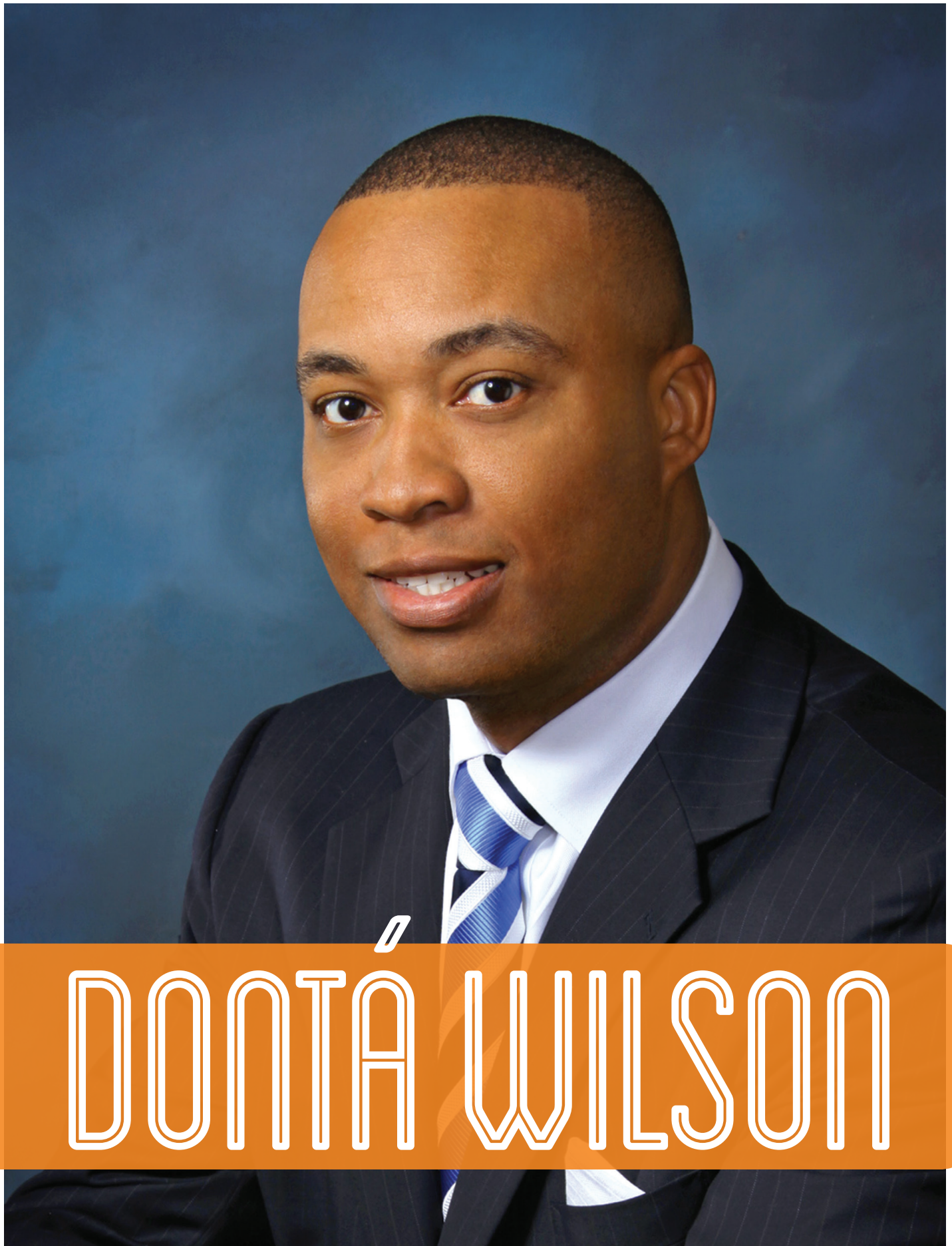
What are your success habits?

My success habits are to constantly learn as much as I can about my profession, go to seminars, and listen to other people who have done and are doing my same role and have achieved a level of success. [Also,] to let the employees know that I'm never too important to not be able to help them do their jobs in all departments.

What is the best compliment you've ever received?

I've been very fortunate to be complimented for many things that I've accomplished in my life, but the best compliment of all is the love from my children who have seen me work late and long hours but yet they understand why; and to have my family acknowledge all of the work that I put into trying to make their lives better. **AT**





DONTÁ WILSON



Dontá Wilson's personal maxim is straightforward: Believe. And it was enough to carry him to a purpose he long foresaw for his life. In his young impressionable years, Wilson recalls an unwavering eagerness to be the best at whatever he was involved in from captain of the basketball team to student government and everything in between. Moving across the world in his youth — 12 times, to be exact, including living in Europe — before the 10th grade presented him an opportunity to formulate his worldview on a broad scale and a keen focus on the contribution he'd work to make. By 13, he already knew he would dedicate his life to educating the world in the area of finance. Wilson was driven then, and he's driven now.

The BB&T-Branch Banking & Trust Co. Group/State president in Georgia hasn't done bad. He joined BB&T in 1995 while in college, and held several key operational, business development and management roles in retail and commercial banking from 1995 to 2005. Spending most of his banking career leading mergers and acquisitions, he was selected in 2002 as part of the leadership team responsible for merging several acquired banks in the Greater Washington, D.C., and Virginia markets. In 2005, the founder of I Am My Brother's Keeper — an inner city mentor program — and graduate of University of North Carolina at Charlotte, the Tuck School of Business at Dartmouth and the BB&T Banking School at Wake Forest University was appointed as regional president of the Northern Virginia Battlefield region, leading the integration and business operations of two recently acquired banks. In 2009, with the acquisition of Colonial Bank by BB&T, Wilson was selected to lead the company's largest acquisition (FDIC takeover) and was promoted to Group/State President of Alabama. In 2014, he was appointed to his current post.

As passionate about community as he is about the realm of finance, he serves on the boards of the Ron Clark Academy, Georgia Chamber of Commerce, YMCA of Metro Atlanta — among others, and is a member of Kappa Alpha Psi Inc. and 100 Black Men of Atlanta.

What mindsets helped make you successful?

Mindsets are very interesting and important to understand. The mindset that is clearly the fundamental driver of any success that I have been blessed to have achieved is that of a growth mindset. A growth mindset is one that reflects the formula of belief multiplied by enthusiasm multiplied by action: belief x enthusiasm x action = success.

Are you a starter or a finisher?

I am definitely a combination of the two. However, I am probably more wired as a starter. A starter to me is a

visionary that is able to ignite progress. Most starters are very good delegators to finishers and do a great job of demonstrating servant leadership as they inspire finishers to ultimately complete the task or the mission. Yet, I am very comfortable being a finisher as I appreciate executing and getting task and/or missions across the finish line. I was taught early in life that vision without execution is hallucination.

What are you incredibly good at?

I believe that I am incredibly good at inspiring and leading people to achieve accomplishments that may even be beyond their own confidence level and/or current abilities.

What's one thing you're deeply proud of — but would never put on your résumé?

I am most proud of being a great father and I would happily put it on my resume if resumes allowed for it. Fatherhood is one of the greatest gifts that I have ever received and I treasure the opportunity daily to father my sons. I am proud of how I have balanced work success with also being very engaged in my sons' lives. I am very proud of the very close connected relationship that my sons and I enjoy.

If you could have given yourself a piece of knowledge or advice when you started out professionally, what would that be?

Take more risks. Of course being a banker, I am talking about calculated risks.

What are you most grateful for, right now, in this moment?

My faith and spiritual walk are the 'in the moment,' 'right now,' 'most grateful' treasures. I have truly been blessed and I have had favor over my life. The foundation for all of the blessings that I have earned and inherited personally and professionally are birthed out of my continued focused relationship with God. I am grateful that in spite of any and all success, I have not lost that very important understanding and appreciation.

What's the title of your future memoir?

P-3 ... A Life of Purpose, Passion, and People

What is one characteristic that you believe every leader should possess?

Integrity. **AT**



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(Continued on page 47)



JOHN THOMAS GRANT JR.

Celebration Bowl, ESPN Events

John Thomas Grant Jr. was named executive director of the Celebration Bowl, Atlanta's newest college football postseason bowl game owned and operated by ESPN Events, in August 2015. Having worked in the Atlanta market for more than three decades, Grant joined ESPN from 100 Black Men of Atlanta, where he was the CEO. He garnered a reputation among his Atlanta-chapter colleagues for his ability to obtain "blue-chip" corporate sponsors and successfully manage their investments in the organization.

He joined Airborne Express in 1979, and just two years later was promoted to area operations manager in Greenville, S.C. In 1985, he relocated to Atlanta, where he served in several areas including leading the operations, customer service and sales organizations.

His personal achievements led to numerous company awards, including several National Sales Awards for the highest growth ranking among his peers, Sky Courier District Sales Manager of the Year, and the company's first and only Humanitarian Award in 1997. He also led the development of the company's internal mentoring program.

In 1988, three years after migrating to Atlanta, Grant became the

youngest member to join the 100 Black Men of Atlanta at the age of 30. He was voted its Man of the Year in 1989, after leading the organization's flagship program Project Success; and was elected as secretary of the Board of Directors 1990. He served as an elected member of the Board until his selection as CEO in 2001. Grant also served as chairman of the Atlanta Football Classic, the organization's largest fundraiser from 1999-2001. Under his leadership, the event set record attendance and revenue levels each year and grew it into one of the top three recurring sporting events in the state.

Grant currently serves on several boards including, Atlanta Convention and Visitors Bureau, Central Atlanta Progress, Atlanta Sports Council, and the Executive Committee of the National Wildlife Federation. He also served on the working committee and now the Advisory Board for the Center for Civil and Human Rights and the Early Learning Commission for the United Way.

Grant is a graduate of Leadership Atlanta 1992, Leadership Georgia 1995, and The Diversity Leadership Academy 2002. Grant also is a recipient of the Atlanta Technical College's Bridge Builder Award, which is given to outstanding community and business leaders. **AT**



DR. MARCUS L. BROWN

Northside Hospital

Dr. Marcus L. Brown is a native of Sandersville, Ga. A toy microscope that his mother bought him for Christmas in the 7th grade served as a catalyst for his interest in science and medicine; using this he began observing the organs and body parts of insects and frogs that he dissected. After graduating from Washington County High School in 1988, Dr. Brown joined the Army National Guard to help pay for college and serve his country. Little did he know in 1991, this would afford him a “vacation” to Saudi Arabia during Operation Desert Storm.

He obtained a Bachelor of Science degree with honors in biology and chemistry from Georgia State University in 1994, and attended Morehouse School of Medicine where he received multiple honor awards, including the Alpha Omega Alpha Medical Honor Society Award of Academic Excellence, McGraw-Hill Award of Academic Excellence, and numerous departmental academic awards. Dr. Brown was the first recipient of the Louis W. Sullivan Academic Achievement Award at Morehouse School of Medicine, graduating magna cum laude from Morehouse School of Medicine in 1988. He accepted an internal medicine internship and residency at The Johns Hopkins Hospital in Baltimore, and afterwards practiced internal medicine as a solo practitioner in Moultrie, Ga., for four years before pursuing a fellowship at the University of Alabama at Birmingham in general and interventional cardiology.

Dr. Brown is a board-certified general and interventional cardiologist and currently practices at Northside Cardiology in Atlanta. He is chief of Cardiology at Northside Hospital, as well as director of Cardiac Rehabilitation Services. In addition, Dr. Brown is an adjunct clinical associate professor at Morehouse School of Medicine and a clinical preceptor for the University of Alabama at Birmingham and Emory University. He is principal investigator for Northside Hospital in two research studies involving patients who have heart attacks.

Dr. Brown has lectured at many conferences, schools, and churches in the Atlanta area as well as participated in health screening programs; served as a mentor for many students interested in a career in medicine; and established an academic scholarship at Robins Springs Baptist Church in his hometown of Sandersville.

He is a fellow of the American College of Cardiology and a fellow of the Society for Cardiovascular Angiography and Interventions; a member of the Johns Hopkins Medical and Surgical Association, the Alpha Omega Alpha Medical Honor Society, the National Medical Association and the Association of Black Cardiologists; and a member of Kappa Alpha Psi Fraternity, Inc.

He currently resides in Alpharetta, Ga., with his wife and two daughters and is a member of St. James United Methodist Church. **AT**



DR. MICHAEL McDANIEL

Peachtree Women's Clinic

Dr. Michael McDaniel, a native of Dayton, Ohio, is truly a wolverine at heart. He completed his undergraduate work at the University of Michigan, and in a bold move, went to The Ohio State University for medical school where he met and married the love of his life, Cecily.

Dr. McDaniel traveled further south and received the Chairman's Award for Excellence in Residency upon completion of his training in Obstetrics and Gynecology at Duke University Medical Center. Following his training, he moved to Atlanta where he joined Peachtree Women's Clinic, a member of the Atlanta Women's Health Group Consortium. He has excelled in his field, and is a recognized leader in women's health.

Locally, he has served as chairman of both Perinatal Services and Quality Improvement at Northside Hospital. In addition, in his office, he is the supervisor for nuchal translucency and first trimester screening for chromosomal disorders.

However, his true passion is for people, and his commitment to women's health allows him to develop and maintain lifelong relationships with his patients and their families. When he's not at Peachtree Women's Clinic, he has served with his wife at St. James United Methodist Church as a youth ministry leader and they currently co-chair a dynamic Couples Ministry that is changing lives and saving families.

Dr. McDaniel embodies the tenants of Kappa Alpha Psi Fraternity Inc., striving for achievement in every field of human endeavor. Abroad, he has volunteered as a medical liaison on two missions to Haiti. He considers himself a lifelong learner.

His wife, Cecily, and two children Brennan and Laine mean the world to him and he enjoys nothing more than spending time with his family. He enjoys music, fitness, cinema, and most recently he has been spotted flying his new drone. **AT**



MICHAEL RIGGS

American Family Insurance

Michael Riggs is the inaugural director of Sales for American Family Insurance in Georgia, a regional leading *FORTUNE 300* mutual insurance company. Appointed to lead the organization's expansion into Georgia in 2007, he has hired, recruited, and is currently managing a 400 person agency sales force, District Management and Administration team, adding to his 20-year tenure with the company.

With an unwavering commitment to the community and supporting diversity programs to increase opportunities for people of color and African-American youth, he has overseen several corporate partnerships in the Atlanta region. He's a current board member of the Robin Latimore Foundation, past board member of the Atlanta Urban League, and current member of the 100 Black Men of Atlanta, Atlanta Business League, Atlanta Chamber of Commerce, Atlanta Hispanic Chamber of Commerce, National Sales Network, and M.A.L.E mentor and Real Men Read programs at area APS elementary schools. The Kansas City, Missouri native is also a distinguished member of Alpha Phi Alpha Fraternity, Inc., and received an engineering degree from the University of Missouri-Rolla.

Riggs is the proud father of two young children, Amani Marie and Malcolm David. In his free time, he enjoys spending time with his children, reading, networking, working out, traveling, attending live music events, supporting the local Atlanta Pro Sports organizations and attending Elizabeth Baptist Church. **AT**



SAM MATCHETT

King & Spalding

Sam Matchett is a partner in King & Spalding's Atlanta Labor and Employment Practice Group and has three decades of experience. He concentrates on employment matters, with an emphasis in employment law litigation in both state and federal courts, governmental agencies and arbitration tribunals; and is panel-approved for the handling of individual and class action employment cases. Matchett routinely defends clients in litigation involving federal statutes like the Civil Rights Acts of 1866 and 1964 (Title VII), the Age Discrimination in Employment Act, the Americans with Disabilities Act, and employment-related state law claims. *Chambers USA: America's Leading Lawyers for Business* recognized Matchett for his extensive expertise in civil rights, and discrimination litigation. In addition to his litigation practice, Matchett provides client advice on the avoidance of employee-related problems, and he presents seminars concerning various aspects of employment law. He is admitted to practice before the United States Supreme Court, several appellate courts, and all state and appeals courts in Georgia.

Career highlights include serving as lead defense counsel in obtaining a complete dismissal with prejudice as to all claims for a Saudi Arabian Company sued in the Eastern District of Virginia's "rocket docket." Again as lead counsel, Matchett favorably resolved via ADR a triple-threat (EEOC pattern and practice claim,

private-party class action, and threatened picket/boycott by national civil rights organizations) against one of the Southeast's largest retailers; defended a major mortgage lender in an FLSA multi-jurisdiction collective action and defended the City of Atlanta in an off-the-clock overtime collective action. He also won summary judgments for a large manufacturer, which were both affirmed by the Eleventh Circuit, in cases involving claims of disability discrimination based on (a) alleged perceived disability, and (b) office environment hypersensitivity.

Matchett has served as a faculty member for the Institute of Applied Management and Law, National Business Institute and Federal Publications. He formerly served as a member of the Board of Trustees for the University of Georgia Foundation, president of the Atlanta Legal Diversity Consortium, and is a current member of the Board of Governors for the State Bar of Georgia. He is a recipient of the State Bar of Georgia's Commitment to Equality Award, a member of the Gate City Hall of Fame, and serves as chair of King & Spalding's Diversity Committee.

Matchett graduated from Morehouse College with a Bachelor of Arts degree in 1981. He received a J.D. from the University of Georgia in 1984. **AT**



DR. THOMAS MENSAH

Georgia Aerospace

In his effort to motivate African-American children in STEM-related fields, **Dr. Thomas Mensah** organized a STEM Best Practice Forum at Howard University, on behalf of the National Newspapers Association Foundation. There, he invited the two black scientists who designed the Rover Lander that was sent to Mars by NASA to join him as he introduced 40 high school and elementary school kids to robotics, engineering inventions and science.

Dr. Mensah is currently the president and CEO of Georgia Aerospace, a company that manufactures nanocomposites for defense applications including, drones or unmanned area vehicles and missile systems. Prior to his work at Georgia Aerospace, Dr. Mensah was one of the four inventors and innovators of fiber optics at Sullivan Park Research Center in Corning, NY. His pioneering contributions to laser-based fiber optics technology have led to the worldwide replacement of copper media used in connecting computers, tablets and mobile smart cell phones to the Internet platform. For his innovations, he was awarded seven pioneering patents/inventions in a short six-year time frame. Dr. Mensah's innovations reduced the cost of fiber optics to the same level as copper, leading to the spread of fiber optics as a transmission platform for the modern day Internet in the United States and around the world. He later moved to AT&T Bell Laboratories where he led a team that developed the Fiber Optics Guided Missile System that was tested

at Mach 1, the Speed of Sound with great accuracy.

Dr. Mensah is a fellow of the American Institute of Chemical Engineers, associate fellow of the American Institute of Aeronautics and Astronautics and one of the three blacks out of 167 inventors inducted as a fellow of the National Academy of Inventors at Cal Tech this year.

He is the recipient of the 2015 Mark Dean Lifetime Achievement Award, from Black Tech Inc., the Percy Julian Plenary Lecture and Award, NSBE Golden Torch Award, AIChE MAC@25 Award, AIChE 100 the Centennial Anniversary Award, Trumpet Award, and the 2015 International Business Award from *African Leadership Magazine*, to name a few.

Dr. Mensah has served on AIChE Board of Directors and as chairman of MESD in 1987; and currently serves as a trustee of AIChE Foundation, and director of Nanoscale Engineering Forum. He is a member of AIChE's Publications Committee and founding co-chair of the MAC Eminent Engineers Forum. Dr. Mensah served on the visiting committee in Chemical Engineering at MIT in 1988-1992. An established author with three published books in his repertoire, he is the editor in chief of the forthcoming "Frontiers of Nanotechnology," to be published by Wiley and AIChE. **AT**



CARLOS A. FOSTER, MBA

Nationwide

Carlos A. Foster is program director for Nationwide's retirement plans business, responsible for leading a team across two states that helps public-sector workers prepare for and live in retirement, and resides in Metro Atlanta. He is a 15-year Nationwide associate, holding various leadership roles across the organization with increasing responsibilities throughout his tenure.

The Philadelphia native has a passion for community service, financial literacy and leadership. With an ongoing dedication to philanthropic causes, Foster has been active throughout his career in a variety of local and national organizations. He has provided volunteer support to The American Red Cross, Atlanta Community Food Bank, Habitat for Humanity, Safe Kids, United Way, Economic Empowerment Initiative and Nationwide disaster relief efforts across the country.

He currently serves on the board of directors for The American Red Cross Atlanta Chapter Blood Services and has also served as the vice chair of the Atlanta Community Food Bank Advisory Board (2010-2015) where he chaired the Hunger Walk/Run 2012.

In his spare time, this active father of two young sons can be found volunteering as a youth sports coach. **AT**



HAROLD E. FRANKLIN JR.

King & Spalding

Harold E. Franklin Jr. is a partner with King & Spalding and practices in the firm's Tort Litigation Practice, which was selected by *The American Lawyer* in 2012 as one of the top three in the United States. Having joined the firm in 2000, his national litigation and trial practice focuses heavily on complex and high-stakes product liability litigation and has also included business disputes and internal investigations. Franklin has represented a number of the country's largest automotive, pharmaceutical, beverage, and package delivery companies and has been actively involved in handling a multitude of matters throughout the continental United States and abroad in "bet-the-company" litigation.

He has utilized his fluency in Spanish in his law practice in matters in Puerto Rico, Europe and South America; and has litigated and also managed the defense of a broad array of cases in both federal and state courts across the country and also currently serves as one of two national written discovery counsels for one of the world's largest automotive manufacturers.

Franklin is a 1990 graduate of Emory University, where he received a Bachelor of Arts degree in economics and Spanish. He received a Juris Doctor from Georgia State University School of Law in 1999. During law school, he served as a Student Judicial Clerk to the Supreme Court of Georgia for now retired and former Chief Justice Leah W. Sears and also served as a judicial extern with the Federal Reserve Bank. In addition, he studied international law in the 1997 Transnational Comparative Dispute Resolution Program at the law school at Johannes Kepler University in Linz, Austria.

In 2007, Franklin founded the Gate City Justice Robert Benham Law Camp ("Law Camp"), the organization's first institutional outreach program. The three-week long institutional program (a collaborative effort with the Georgia State University College of Law and Clark Atlanta University) is designed to foster and increase diversity in the legal profession by exposing local high school students to the study of the law and career opportunities in the legal profession.

Franklin has lectured locally and nationally on both legal and pro bono related topics ranging from evidentiary issues involving product liability law, to deposition strategy/best practices, to Voting Rights and Non-Partisan Election Protection initiatives, to Ethics in the legal profession.

In 2009, Franklin was selected by the Georgia United States Congressional Delegation to serve on a 13-member Federal Judicial Advisory panel to the delegation regarding Presidential appointments to selected judgeships on the U.S. District Courts, U.S. Attorneys and U.S. Marshals in Georgia. He recently received the Justice Robert Benham Award for Community Service.

He is a member of organizations including the American Bar Association, American Bar Foundation, Atlanta Bar Association and the Gate City Bar Association.

Franklin and his wife, Cynthia, are the proud parents of four young children. **AT**



MAURICE BAKER

Georgia Natural Gas

Maurice Baker serves as manager of community relations at Georgia Natural Gas in Atlanta. Since joining the company in 2002, he has been responsible for planning and executing many of the company's award-winning external community outreach programs. He developed its signature TrueBlue Community Awards which annually recognizes non-profit organizations throughout Georgia with grants and awards. He also developed the company's TrueBlue Crew employee volunteer program, and has been a spokesperson for Georgia Natural Gas commercials and on local and national television broadcasts.

'Moe' Baker — as he is casually known to colleagues — began his early career at WSB-TV/Radio, supervising the Consumer Action Center. Following that, he was promoted to WSB-TV News/Special Projects, originating numerous consumer stories and special investigative series. His career later progressed in advertising and marketing at Atlanta-based agencies. He has worked in print, direct mail, radio and television. Over the years, his accounts have included some of Georgia's leading energy companies, including Georgia Power, Southern Co. and Atlanta Gas Light.

Other important accounts have included nationally and internationally known nonprofits like Save the Children, American

Red Cross and Salvation Army.

Committed to community service, Baker has served non-profit organizations extensively. Recently, he served as board president of the Corporate Volunteer Council of Atlanta. Currently, he serves on the board of trustees of A.G. Rhodes Health & Rehab, the board of directors of the Arthur M. Blank Family Youth YMCA (recognized as Metro Atlanta YMCA Volunteer of the Year in 2005), the advisory board of the Woodruff Arts Center's Alliance Theatre, and co-chair of the Atlanta Partners for Education through the Metro Atlanta Chamber of Commerce. In addition, he has organized development campaigns and raised funds for organizations like the United Way of Greater Atlanta, where he has served as the utility chair.

The Boston University graduate is a member of several professional organizations including the American Association of Blacks in Energy, where he serves on the scholarship committee. He is also a graduate of the Atlanta Regional Commission's Regional Leadership Institute.

In his spare time, his interests include international travel. Jackson has travelled extensively across every continent except for Antarctica — which he is saving for retirement someday. **AT**



LARRY JACKSON

Coca-Cola Company

Larry Jackson counts as his greatest personal strengths his creativity, drive and leadership skills. He invests these talents broadly in his personal, professional and communal life. It is his persistent aim to identify venues in which both his strengths and his activities merge to foster connections on behalf of those whose lives he seeks to impact. Professionally, Jackson is a national account executive with the Coca-Cola Company, working specifically within the National Retail Sales Division. He has worked at Coca-Cola in various management capacities since 2000 as regional manager, southeast and mid-Atlantic; director, southeast; and national account executive covering 18 states. Prior to his time with Coca-Cola, Jackson earned a Bachelor's of Science degree from the University of Illinois at Urbana-Champaign, and worked in the strategic business development and marketing sectors with several national and multinational brands.

Amid his busy professional activities, he is a passionate and committed exponent of the value of community service. Jackson

has taken special interest in projects that positively impact the lives of children of low income, single-parent households. Through the Brian Jordan Foundation, where he serves as a board member, he has volunteered significant time to mentoring opportunities throughout the Greater Atlanta area, serving as a shepherd, sponsor and tutor to multiple young people as they find their ways in an oft challenging world. Since 2012, he has nurtured partnerships with corporate stakeholders in a drive to sponsor area youth summer camps, and the Brian Jordan Foundation's celebrity golf tournament. His efforts have resulted in thousands of dollars in contribution to scholarships targeted at disadvantaged youths. Further, Jackson has donated significant capital toward endowing scholarships granted to young students enrolled in various colleges and universities across the United States. He has generously forwarded these contributions in the name of his father and late grandmother, Mrs. Mamie Jackson, whom he credits as the source of his commitment to investing in the lives of the young.

AT

Timely Advice from Amazon.com's Original Website Designer

By now we all know how Amazon has changed the way we shop, read, and even create businesses with its Amazon Web Services arm. But in the early days of eCommerce, it was far from a sure success. As I'm in the process of writing a book on how Amazon has changed the rules of the game for customer engagement, I recently had the distinct pleasure of speaking with one of the people responsible for leading the design of Amazon's first site.

Rick Ayre, Amazon's vice president and executive editor from 1996-2000, shares some of his experiences during the early days of the business. Ayre was responsible for the editorial content and design of the company's first website.

How did you go about designing the Amazon.com website experience in order to get people to buy?

Ayre: We had an explicit set of goals. Some of them we vocalized, and some of them we didn't. Our feeling was that, unlike Walmart, we didn't have to try and convince the customer to buy a product.

No matter what book page you were on, we didn't have to convince you to buy that book. Instead, what we wanted to do was entertain you and get you to click on a few more pages. In other words, intrigue you — and then once you were on a product page, we wanted to create the perfect context to make a buying decision; that decision could be to buy the book or not.

We didn't want you necessarily to buy the book. We wanted to be sure that you were in an environment where you had the information you needed to decide whether that was the book you wanted to buy, and if you did make the decision to buy that book, that you were happy with that decision.

It started from that point, and it continued until you had the book and were more than satisfied with it. Otherwise you wouldn't come back, and we needed everybody to come back.

What role did content play in getting people to buy books in the beginning?

Ayre: We did make a conscious decision to try and distinguish our site with the content that was on it, and we worked hard to hire people. Jeff [Bezos] wasn't sure why we needed page designers. And in fact, we made it the convention that we didn't want a highly designed site. But, we did want a site that was warm and welcoming and made people happy and intrigued at the same time, so they would come often and stay late.

It was clear one of the differences between ours and almost every other eCommerce site was the quality of the content — and that was a big differentiator.

What role did customer engagement play when Amazon was just beginning?

Ayre: From the very beginning, customer reviews were a critical part of the content that we built on the site, and they were a point of contention, but something that we encouraged. Kevin Kelly, who's a famous prognosticator in the Internet space used to say in the 1990s, 'If you give people the space and tools they need to build a great Internet site, they'll build it for you.' When it came to things like customer reviews that certainly was true.

As many people have said, it got us into a lot of trouble because an editor, publisher or a writer would come and say, 'Look, this is a negative review under my book, and you're a bookseller. Aren't you trying to sell my book?'

And we'd say, 'Yes, we're trying to sell your book to every person who really wants to buy it. But we're not going to try and convince them that they should buy it. We're going to try and help them make the decision about whether it's the book they want to buy.'

These seem like logical points today, but they definitely weren't 18 years ago. But, as in many things, these fundamentals still apply in today's business world. Amazon still lives by them today. Look how it's worked out for them. **AT**

About the Author:

Brent Leary is a partner of CRM Essentials. He is co-author of "Barack 2.0: Social Media Lessons for Small Business." You can follow him on Twitter at twitter.com/brentleary

GADGETS *for Men*

(Continued from page 35)



5 Incipio Ghost 220 Qi Wireless Charging Base

Incipio's ultra-powerful Ghost 220™ Wireless Charging Base offers Qi technology to wirelessly charge up to three devices simultaneously. Simply place two Qi-enabled devices on the base to experience fast, effective wireless charging. Compatible with iOS and Android devices.

\$69.99

INCIPIO.COM



6 Grillbot

Put an end to scrubbing, brushing and scraping a dirty grill! The Automatic BBQ Grill Cleaning Robot tackles your charred, dirty grill, whether it's hot or cool — in robot movement back and forth over your grill with three powerful motors.

\$129.95

GRILLBOTS.COM



7 Google Nexus 9

Designed with you in mind, a soft grip back and subtle curves, the Nexus 9 tablet strikes a slim profile that's light and comfortable for work or play. With the 64-bit processor, easily move between tabs to check email, watch videos, and tweak docs — all at once.

\$290

AMAZON.COM

CONVENIENT FITNESS

Need to integrate fitness and healthier habits into your busy schedule? We can relate so we canvassed the health and wellness landscape for a few alternative strategies to improve you sooner than later.

For your consideration: Customized online fitness training

BodBot

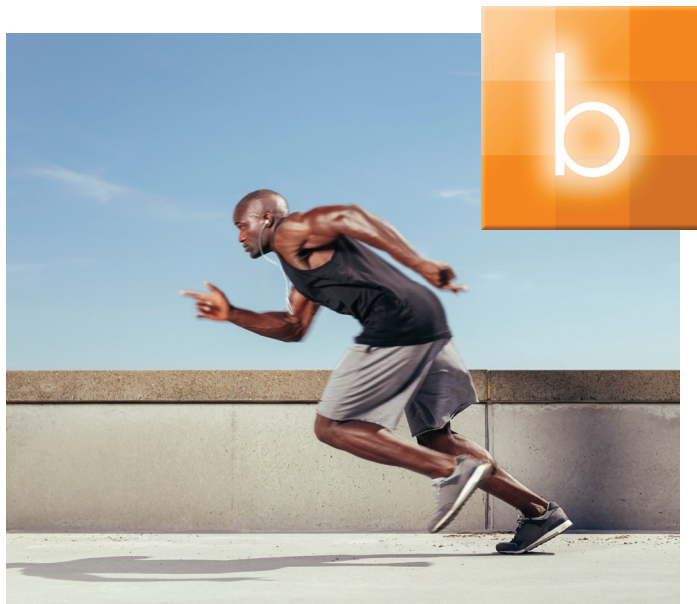
Whether you simply want to lose fat, gain muscle or be healthy — or you want to work on a specific sport or combination of goals — BodBot will tailor your workouts to accommodate; working with you to find an appropriate training volume, intensity, and frequency, and will select exercises and progressions to get you where you're going efficiently.

And with BodBot, your workouts adapt with your progress making your choice of plan fluid. If you surpass the average rate of progress, or hit a lull in your training, BodBot's algorithms will adapt your workouts to your pace.

The app can fit your workouts into any combination. Busy weeks, but free weekends? Done. Half-hour on Monday, but an hour on Wednesday and Friday? No Problem. Miss a workout? Have a new 30-minute window? No problem, it'll adjust as necessary.

Bonus

You can also use the app and site to optimize and track your nutrition. All of your nutrition targets are tailored to your specific goals and body. The nutrition requirements of gaining muscle, improving health, or optimizing athletic performance are all very different, and BodBot will recommend both macro and micronutrient targets accordingly.



Do you hydrate optimally? Probably not.

It may sound cliché to hear that you should drink eight ounces of water each day, but it's pretty close to accurate. Experts say the target is actually closer to half your body weight in ounces. And the benefits are plentiful. Water lubricates and cushions your joints, protects your spinal cord and other sensitive tissues, and transports wastes from your body through perspiration, urination, and bowel movements. Being hydrated helps with memory and cognition; it also helps to improve your mood and immune function. Benefits aside, make sure you're ingesting it properly to enjoy the payoffs.

The Ayurvedic way to drink water:

1. First off, sit down to drink (just as you should sit down to eat).
2. Take sips, not full-glass chugs. Small sip, swallow, breathe. Repeat.
3. Sip water throughout the day. If you chug too much water at once your body doesn't actually absorb all of it. Most of it will run right through you.
4. Drink at least room temperature water. Warm is even better. Cold and iced water literally douse the digestive fire.

Other ways to hydrate.

Although water is top of mind when we think of hydrating, foods like watermelon, carrots, grapes, cucumbers, and spinach have very high concentrations of water. And the added bonus is that you're also getting health benefits like fiber, vitamins and minerals.



Meals on wheels

Healthy meal delivery services have been around since the '90s, but you may have believed them just an option for dieters. Think: Nutrisystem.

Well, things have changed. A \$1 billion industry of home-delivered options right to your door proves that. Here are a few of our favorites.

Good Measure Meals

Good Measure Meals ensures lots of variety and adheres to a science-based, healthy balance of approximately 22 percent protein, 30 percent healthy fat and 48 percent consistent health-promoting carbohydrates. Offering Healthy Selection Meal Plans, Vegetarian Meal, Diabetic Meal, Healthy Selection (No Seafood), the service would run you just about \$410 per month (before taxes and fees) for three meals per day, five days a week.

If you chose Good Measure Meals, you could be enjoying a vegetarian breakfast of Apple Quinoa Bread, Vegetarian Sausage Patty, and Fresh Pineapple, served with Smart Balance.

Goodmeasuremeals.com

Fresh 'n Lean Delicious & Health Meal Service

Fresh 'n Lean was created with the purpose of delivering a product that focuses on people's overall health and well-being. It's not meant to be a quick fix or a fad diet that comes and goes and does more damage in the end than when you started. They do not eliminate carbs or restrict

and count calories, what they provide is healthy nutrition to keep you healthy and strong. The company prides itself in providing real food made by real people and offers two types of plans — the Fresh 'n Lean Standard plan and Low Carb plan.

\$559.80 per month (before taxes and fees) will get you three meals a day, five days a week — with selections from Mediterranean, to Continental, Asian, and South American cuisines.

www.freshnlean.com

If you have time to whip up the meal but want to spice up your recipe options, **Blue Apron** was created with you in mind. Joining will give you access to exciting, seasonal recipes created by its culinary team and renowned guest chefs and specialty ingredients that are fresher than the supermarket; ingredients are perfectly pre-measured so there's no waste; and meats naturally raised on antibiotic- and hormone-free diets. Ingredients are delivered nationwide in a refrigerated box for meals between 500 and 700 calories per serving. Think: Hoisin and Shiitake burgers with Miso mayonnaise and roasted sweet potato wedges.

Get three recipes per week to serve two for \$59.94.

www.blueapron.com



TIP SHEET FOR MEN

Chronic inflammation plays a significant role in many diseases, including type 2 diabetes, autoimmune diseases, and the three top killers in the United States for men: heart disease, cancer and stroke. Researchers are also exploring the link between inflammation and brain disorders, including Alzheimer's disease and dementia. The good news is that diet, combined with consistent exercise and lifestyle changes can diffuse inflammation, and here are eight ways to start.

1. Let fruits and vegetables make up at least half your plate at meals. Take care to regularly fit in fresh, frozen or dried berries and cherries; and be sure to eat a variety of vegetables, including leafy greens such as kale, chard and spinach.
2. Opt for plant-based sources of protein including beans, nuts and seeds.
3. It's time to give up bleached and refined grains like white rice and white bread and replace it with brown, black or wild rice, whole oats or barley and whole-wheat bread.

4. Pick heart-healthy fats like those found in Olive oil, avocados and almonds.

5. Choose fatty fish such as salmon, sardines and anchovies to get a heart-healthy dose of omega-3 fatty acids.

6. To pack a flavorful and antioxidant-rich punch, season your meals with fresh herbs and spices like basil, parsley and cilantro, and forgo the table salt.

7. Eat a half a clove of garlic daily. It works great for swollen joints according to the *Arthritis Research and Therapy* journal and also encourages optimal gut health.

8. Besides reducing your risk of heart disease and cancer, green tea works like liquid veggies as it stages an anti-inflammatory fight inside your body, according to researchers at UPMC. Hot or cold, add some lemon juice to perk up the tea's flavor and kick the antioxidants up a notch. **AT**



A CLOSER LOOK AT ZUCOT GALLERY

By Leah D. Stone



When you consider investing, stocks, bonds and real estate are often top of mind as the most lucrative ways to secure your assets. However, if the owners of ZuCot Gallery have anything to do with it, art will soon top that list. Located in Atlanta's historic arts district, Castleberry Hill, ZuCot Gallery is a full-service art business focused on promoting original pieces primarily by living African-American artists. It is the largest African-American gallery in the Southeast, according to gallery manager, Mariah Heilpern.

The effort is the brainchild of H&T Art Partners, a collective formed between brothers Onaje and Omari Henderson of Premier Arts Inc., and Troy Taylor, founder of ZuCot Gallery. The Henderson brothers' inherited their love of art from their father, a lifelong artist who did not pursue the craft full-time until his sons had secured college scholarships. Even then, the pair took an indirect path to the art business, starting out as engineers working in corporate America; but began using their funds to rent gallery space and exhibit work from African-American artists.

"We grew up in Atlanta and were always into art, but it wasn't until about eight years ago that the business got big enough [and] one of us had to make the choice to leave our job," Onaje says.

Since Omari had a growing family, Onaje began to focus solely on moving the company forward working with several businesses in the Atlanta area to curate art and beginning a series of "Art Tastings" that would soon become the crux of their future endeavors.

"Art Tastings are a way to cut down on the intimidation factors that keep many African Americans out of galleries and exhibits," Onaje explains. "We teach people how to collect, why to collect, but not what to collect."

"Patrons can connect with the artist to talk about their work and learn more about collecting in an intimate gallery setting," Omari expounds.

Through these events, the pair met Taylor who was busy focusing on dealing in narrative art meant to evoke a thought and go beyond the picture on the wall. Even the gallery name, ZuCot, is focused on honoring the history of Taylor's great grandmother, who was the first

woman to open a marketplace in the British colonial town of St. Kitts.

"As the lone woman in a marketplace dominated by men, she had to stand her ground and became known to be as wild as a zoo cat; ZuCot is a modernized version of that," Taylor shares.

While ZuCot is a traditional gallery that exhibits and sells art, the partners know many of their clients may be first-time art collectors and, as such, have created programs like art leasing and "Virtual Views."

"Since we are engineers, we took the idea outside of the box and created a program where you take a picture of the place you'd like to hang your artwork and we help you visualize what it would look like in the space," Onaje describes.

The trio is also working to share the love of art with the next generation through a series of programs with local Atlanta schools that have sacrificed art programs due to budget cuts. As an extension of the lost curriculum, ZuCot can teach students about the many facets of art.

"It's not just about art, you can teach all aspects of curriculum through visiting the gallery — from the math of the pricing, to the science of chemical composition of paints like gouache," Omari reasons.

"Visual artists aren't often appreciated while they are living, and pairing artists with children could change a child's life while the artists receive compensation," Onaje says.

ZuCot plans to continue to foster the love of art with private collectors as well as corporate clients over the coming years and also use the gallery as a host to a range of events both public and private, from cultural to organizational.

Ultimately, the partners encourage patrons to explore art as a reflection of their own personalities and the legacy they would like to leave behind.

"Artists are historians and part of collecting is being a steward of that story and taking it on to the next generation; quality art will outlive all of us," Taylor explains. "Seventy years from now, your legacy will truly live on." **AT**



Troy Taylor



Omari J. Henderson

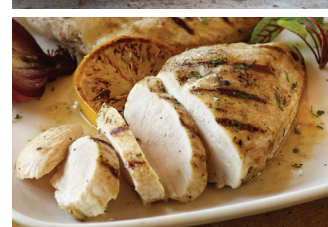


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Welcome to your downtime

WEEKENDER

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Getaway to Montage PALMETTO BLUFF

By Katrice L. Mines





Photos provided by Montage Palmetto Bluff



Montage Palmetto Bluff feels far-flung; like I'd traveled a ways to get to the private resort along the May River in Palmetto, S.C. I hadn't. I arrived at the sprawling front porch of the Inn an easy four and a half hours after leaving my own doorstep.

Greeted from the turn off May River Road onto Old Palmetto Bluff Road by the sense that something extraordinary awaited ahead, every sight stirred a bit of renewal.

Montage Palmetto Bluff is set in the Lowcountry of South Carolina between Hilton Head Island and Savannah on an opulent 20,000-acre development — complete with a nature preserve, walking trails, vibrant village, marina, restaurants, and a Jack Nicklaus Signature Golf Course, the accessories to its spacious cottages, guest rooms, suites and village homes that all pay homage to the region's rich heritage.

Formerly The Inn at Palmetto Bluff, the oasis resort, bordered by serene forests, features 50 Southern-style waterfront and forest cottages with well-appointed furnishings, screened-in verandas, deluxe bathrooms with steam showers and soaking tubs, vaulted ceilings, pine floors and fireplaces.

This fall, Montage Palmetto Bluff will debut an expansion, featuring a new Inn with 150 new guest accommodations, a lobby lounge and octagon bar with sweeping lagoon views; a 13,000-square foot Spa Montage with salon and fitness center; and an additional resort pool with bar and grill. The new developments will complement existing resort amenities, resulting in eight dining options, two wedding chapels, four distinctive retail boutiques and two state-of-the-art fitness centers with separate movement studio. Montage Hotels & Resort, which acquired the management in December 2013, understands that here more is more.

Though the resort bustles throughout the warmest of warm-weather months, passersby echoed each other in their sentiment of the waning summer as "perfect" in the Bluff. I acquiesced.

In the just beyond sultry, yet warm fall of South Carolina, an evening candle-lit dinner at River House restaurant on the enclosed porch of the Inn is the perfect way to complete the day. The May River, Carolina coast, and South — the collective muse of the resort's chef, cuisine is farm fresh and elegantly presented. Executive chef Nathan Beriau creates unique dishes updated with a contemporary flair for an extraordinary dining experience, incorporating the freshest organic and seasonal ingredients, many sourced from local markets and farms. For dessert, the Caramelized Banana Cream Pie is something of a phenomenon.

(Continued on page 62)



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2016 BMW 640i xDrive Gran Coupe: **BAVARIAN SNOWMOBILE**

By Brian Armstead

Winter is my least favorite season. This year's treacherous winter was epitomized by "Snowmageddon" a Nor'easter fired storm that paralyzed nearly the entire eastern seaboard.

Obviously overwhelmed, it took local authorities time to clear the roads, as major roads were the priority. Luckily, after my trusty snowblower cleared the driveway, my test 2016 BMW 640i Gran Coupe was at the ready. I know, BMW's are not normally known for snow and ice prowess, but this Bimmer was outfitted with xDrive, BMW's hi-tech All-Wheel Drive system.

Once the roads were cleared so that just a few inches remained, I ventured out in the 640i to see what xDrive was all about. At first, things did not seem to go well, as those few inches were pretty much an ice pack, and the 640i's driveline seemed to shudder a bit as if it was seeking traction. What I didn't realize is that it performed exactly as it should have. The xDrive system, reading inputs from the Anti-Lock Brake and Dynamic Stability Control systems, pulsed the brakes at each wheel while the computer determined which had optimum traction. After xDrive sorted out the parameters, I was smoothly on my way. And this was on ice. During snow driving, xDrive performed flawlessly, with no noticeable input from driveline computers as I traversed roads that were still in pretty poor condition.

Finally, near the end of my weeklong loan of the 640i, I was able to

test drive the car on dry roads. The car performed like the BMW it is. Enough said. If you don't get the "Ultimate Driving Machine" moniker that accompanies all BMWs, then boogie on down to your local dealer for a test drive.

On-road performance is powered by BMW's 3.0-liter twin scroll turbocharged six cylinder. Power output is 315 horsepower.

And the 640i doesn't just handle well and go like stink, it also looks great. Because while this "coupe" is in actuality a four-door sedan, it does have gracious, curving lines like its coupe brethren, the 640/650i.

Inside, it's all business in the 640i. No flash, but lots of luxury and convenience items are standard. From beautiful Nappa leather to available trim including metal and wood, there's much to be desired about the 640i interior.

The 2016 BMW 640i xDrive Gran Coupe does everything at a very high level, and even returns 20 mpg city/29 mpg highway, an amazing number considering its prodigious performance capabilities.

Priced at \$81,800 base, and \$89,350 as tested, this road burning, snow carving, leather laden Bavarian masterpiece is certainly a "buy." **AT**

WEEKENDER

MEN OF ART

Brilliant in concept; breathtaking in person.



BASQUIAT: THE UNKNOWN NOTEBOOKS

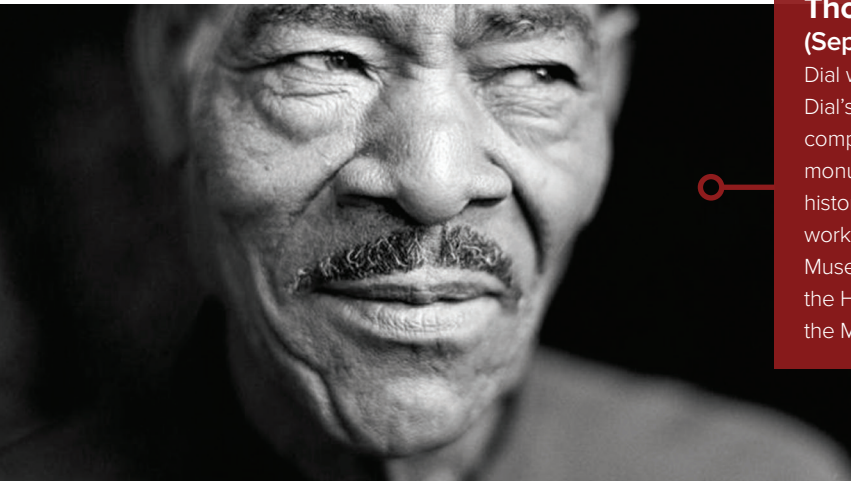
High Museum of Art Atlanta
Through May 29, 2016

This exhibition features rare notebooks created by Jean-Michel Basquiat, offering an intimate look at the life of the influential contemporary artist who died tragically at age 27. Filled with Basquiat's handwritten texts and sketches, the 160-page unbound notebook is presented along with 30 related paintings, drawings and mixed-media works drawn from private collections and the artist's estate, as well as a Basquiat painting from the High's collection. high.org

TO PASS THROUGH AND BE GONE

Hammonds House Museum
Through May 31, 2016

To Pass Through and Be Gone: Works from Private Collection of William Arnett features the work of seven vernacular artists, all self-taught: Thornton Dial*, Thornton Dial Jr., Richard Dial, Lonnie Holley, Ronald Lockett, Charles Lucas and Joe Minter. hammondshouse.org



Thornton Dial

(September 10, 1928 - January 25, 2016)

Dial was a pioneering artist who came to prominence in the late 1980s. Dial's body of work exhibits formal variety through expressive, densely composed assemblages of found materials, often executed on a monumental scale. His range of subjects embraces a broad sweep of history, from human rights to natural disasters and current events. His works have been acquired by the Museum of Modern Art, the Whitney Museum of American Art, the Smithsonian American Art Museum and the High Museum of Art in Atlanta. Ten of Dial's works were acquired by the Metropolitan Museum of Art in 2014.



FAHAMU PECOU: TALKING DRUM

The National Center for Civil and Human Rights
Through August 20, 2016

Atlanta-based artist Fahamu Pecou focuses on the music that undergirded the Civil Rights Movement from 1965 to 1975 and keys in on three distinct locations — the street corner, the pulpit, and the stage. The exhibit creates mini replicas of each space, incorporating sound.

civilandhumanrights.org

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BLISSBEHAVIN' IN BARCELONA

By Regina Lynch-Hudson/Photography by Courtland Bivens III



Casa Batlló, with Nancy Daum Dalley



The world famous La Sagrada Familia church

Barcelona ranks on a short list of European metropolises that I'd relocate to in a heartbeat. The buzzing cruise port town is the gateway to the Mediterranean, and a melting pot of diversity and culture. I was entranced by Barcelona's 'live and let live' vibe — from its harmonious congregation of ethnicities to its mesmerizing mix of modern and Gothic architecture.

Annually, approximately 27 million tourists flood Barcelona, a city of 1.6 million residents.



Fanciful park Parc Güell by Antonio Gaudi

WOWed at the W: Reigning over the Barceloneta boardwalk gleams the surreal silhouette of the W Hotel, by far the most dazzling of Barcelona's 600-plus hotels. As the destination's unrivaled eye-candy address for luxury lodging, the five-star W Barcelona resembles a spectacle that you'd expect to find in Dubai. My quarters — a chicly decorated fishbowl cocooned by the ocean — took my breath away. The whale-shaped façade encases the only hotel in Barcelona with direct access to the beach. From a window seat running the full width of my suite, I could gaze at the Mediterranean for as far as the eye could see.

<http://www.starwoodhotels.com/whotels/property/overview/index.html?propertyID=3183>

Built-for-Bling: The Euro-city intrigues like no other and is a virtual nonstop circus of art — with architect Antonio Gaudi as the quirky ring leader. A typical eight-hour rendezvous with our private guide and translator, Nancy Daum Dailey of Enchanted Barcelona Tours (www.enchantingbarcelonatours.com), included countless sites, shopping and marveling at Gaudi's whimsical architecture.

The multi-day tour began with pickup at our hotel and left no stone unturned. We canvassed the city's most celebrated artery, the nearly-mile long La Rambla, and every backalley and nook of the most popular of the city's 10 districts, including the Gothic Quarter and the El Born District.

Gaudi's park, Parc Guell, epitomizes fantastical design with its wildly colorful mosaic tiles, wavy tiled seats and domed-towers. In Casa Batlló, another of Gaudi's masterpieces, Nancy pointed out detail in the glazed ceramic tiles, curly roof lines, and curvy stylization that characterize Gaudi's controversial structures. Another edifice constructed by Gaudi was Casa Milà (La Pedrera) — or 'the quarry' — a nickname that Barcelonians gave to the total monstrosity of a building. Upon arrival, I fell madly in love with Casa Milà's fantastically twisted wrought iron entry doors.

The architect's most famous work, La Sagrada Familia, is a church, still under construction nearly 90 years following Gaudi's death. Nothing prepared me for the experience of a lifetime. We spent hours pacing through the sanctuary, a cross between cathedral, castle and cave, combining Gothic and Art Nouveau forms. <http://www.sagradafamilia.org/en/>

Famed Eats: Guide Nancy's well-plotted jaunts also granted entrée into Barcelona's most legendary eateries. Imagine dining at Picasso's hangout, the renowned 4 Gats Restaurant. (www.4gats.com/en/) More carefree, but equally as epic, was an elbow-to-elbow feast at Boqueria Market, an open-air international food bazaar.

Bag Lady: Meandering the narrow medieval streets of the Gothic Quarter to find Barcelona-made creations was an exhilarating highlight. Designing custom handbags with the aid of Carmen and Rafael of Taller Artesanal Barcelona, with my trusty translator by my side, yielded elegantly crafted leather goods that will last a lifetime. So will the memories. **AT**



The five-star W Barcelona



Sightseeing with Nancy Daum Dailey



Blissbehavin' In covers top bliss destinations where busy executives go indulge in leisure activities. Publicist/travel writer Regina Lynch-Hudson has developed articles, and destination marketing concepts for countless airlines, venues and tourism boards. www.thewritepublicist.com

(Continued from page 55)



While it would conceivably be enough to experience the resort needing little more than a relaxing breeze in your cottage or touring the property on a cottage bicycle, adventurous travelers have access to Longfield Stables' programs and activities for guests of all equestrian disciplines within a rural landscape as well as the smooth and scenic waterways for fishing, kayaking or canoeing. Palmetto Bluff makes available watercrafts for rental and private charters, including the meticulously restored 1913 yacht Grace — a marvelous way to experience the Carolina waters. If being on the water is what moves you, the options are vast from boat tours to historic Daufuskie Island, and full and half days on the water tubing and skiing to scenic dolphin tours and paddleboarding.

Remember, here — more is more. **AT**



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11:30 am - 1 pm
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Free



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HEAD OF HOUSEHOLD

Keeping a close eye on your financial health means taking action sooner rather than later if you are having trouble paying your debts. Here are some steps to take to avoid financial ruin in the future.



1. Review each debt.

Make sure that the debt creditors claim you owe is really what you owe and that the amount is correct. If you dispute a debt, first contact the creditor directly to resolve your questions. If you still have questions about the debt, contact your state or local consumer protection office or, in cases of serious creditor abuse, your state Attorney General.

2. Contact your creditors.

Let your creditors know you are having difficulty making your payments. Tell them why you are having trouble, perhaps it is because you recently lost your job or have unexpected medical bills. Try to work out an acceptable payment schedule with your creditors. Most are willing to work with you and will appreciate your honesty and forthrightness.

3. Budget your expenses.

Create a spending plan that allows you to reduce your debts. Itemize your necessary expenses (such as housing and healthcare) and optional expenses (such as entertainment and vacation travel). Stick to the plan.

4. Try to reduce your expenses.

Cut out any unnecessary spending such as eating out and purchasing expensive entertainment. Consider taking public transportation or using a car sharing service rather than owning a car. Clip coupons, purchase generic products at the supermarket and avoid impulse purchases. Above all, stop incurring new debt. Leave your credit cards at home. Pay for all purchases in cash or use a debit card instead of a credit card.

5. Pay down and consolidate your debts.

Withdrawing savings from low-interest accounts to settle high-rate loans or credit card debt usually makes sense. In addition, there are a number of ways to pay off high-interest loans, such as credit cards, by getting a refinancing or consolidation loan, such as a second mortgage. Be wary of any loan consolidations or other refinancing that actually increase interest owed, or require payments of points or large fees.

You can regain financial health if you act responsibly. But don't wait until bankruptcy court is your only option. **AT**

Source: VAAS Professionals LLC



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SIMPLY THE BEST: Roasted Tomatillo Salsa

There are some flavor profiles that I simply cannot get enough of. And one of these happens to be the flavors of one of my absolute favorite sauces: Roasted Tomatillo Salsa. I began making this bold, tangy, bright and ever-so-scrumptious treat years ago as my go-to accompaniment to fish tacos — perfect for drizzling over crispy or grilled fish and for dipping with tortilla chips. But, I soon realized that this treasure shouldn't be limited to my taco and tortilla combos only, and instead could be enjoyed on just about anything, from eggs, to steak, to enchiladas, to any way you please. Including a big spoonful straight up.

I especially savor this recipe because it yields a warm salsa that's somehow more delectable than the traditional — a byproduct of the roasted vegetables. Effortless to bring together, there is every reason for this to become a part of your condiment repertoire forever. Forever.

Happy Eating!

ROASTED TOMATILLO SALSA

Ingredients:

1 lb. tomatillos, husked and rinsed
1 large white onion, quartered
4 garlic cloves
2 jalapeno peppers
1/2 cup cilantro
1.5 teaspoons kosher salt
2 teaspoons ground cumin
Juice of 1 lime
1 tablespoon white wine vinegar

Method:

Pre-heat oven to 400 degrees F.

Place vegetables on a baking sheet and roast in pre-heated oven for 12-15 minutes. Remove vegetables from oven and add to blender or food processor, along with salt, cumin, lime juice, vinegar and cilantro.

Using the pulse function, blend to desired chunky texture. Check for seasoning, serve and enjoy!

(Cook's Note: If a mild salsa is preferred, halve the jalapeno peppers and remove the ribs and seeds before using.) **AT**



Dawn M. Richards is the founder of the food and lifestyle brand, D.M.R. Fine Foods. With her food passion leading the way, Dawn shares recipes, travel stories, fashion, entertainment and lifestyle features on dmrfinefoods.blogspot.com and other media outlets, while maintaining a career as a *FORTUNE* 500 legal executive.

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That's how MENAJI Advanced Men's Skincare kicked off 2016 — introducing The Gregory Beauty Travel Kit, into its suite of affordable premium men's lifestyle products. Designed to be the ultimate luxury beauty travel set for a man who cares about his image and understands nature needs a little undetectable help, The Gregory Beauty Travel Kit includes three hard-to-find luxury beauty products — HDPV Sunless Tan, a Kabuki brush to apply it, and MENAJI'S breakaway hit, the Urban Camo™.

The MENAJI Urban Camo™ is the original undetectable concealer for men created in 2000, and is all-natural, cruelty-free, paraben-free, chemical free, fragrance-free, rich in anti-oxidants, with skin nourishing grape seed oil and natural Vitamin E.

"We all have something to hide," said MENAJI President Pamela Viglielmo. "The Gregory Beauty Travel Kit makes it easy to conceal dark circles that make men look tired and old, and gives them a healthy-looking boost in color during winter months for a safe tan."

The Gregory Beauty Travel Kit is part of the MENAJI Fleet Collection of unique bags for today's global explorers as well as grooming products such as Deep Cleansing Masque, 911 Eye Gel, Eraser, Aftershave Hydrator and Lip Balm Agent.

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