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# EN ANDRES

25 TOP CHEFS

By Leah Stone, Donnell Suggs and Kamille D. Whittaker

They are heating things up in Atlanta's finest kitchens and took a beat to tell all.

**2**/ POWER FORWARD

By Donnell Suggs

Clark Atlanta University brings on an all-star to coach the Lady Panthers into a new era of scholar athleticism.

FOODIE TOWN
By Katrice L. Mines
The lay of Atlanta's culinary land.
THE MAIN DISH





Gifts for Dads, Grads and Cads

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By Brent Leary



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Born and raised in (Park Slope) Brooklyn, N.Y., Donnell Suggs has been a newspaper reporter and editor for over a decade. He is currently the Sports Editor at the Houston Home Journal in Perry, Ga. Along with his duties there, he also freelances for The Undefeated, the Atlanta Voice and Atlanta

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Moe Baker: "Congrats to the **Atlanta Tribune's**Men of Excellence at Zoo Atlanta

☑ Mo Ivory – Thank you for pulling me into the Men of Excellence celebration and allowing me to get some much-needed exposure for my campaign.

★ Adam Walker – Thank you @atlantatribune for honoring me along with Atlanta's finest 2017 #MenOfExcellence!

#### MOVING YOUR BUSINESS FORWARD | APRIL SESSION | MARTA

■ Shaun St. Hill – @streethill @atlantatribune thank you for having @LaVonLewis1 and @ViktoryR4 speak on branding @MARTASERVICE HQ #marketing #genius

## 2017 YOUNG EXECUTIVES ISSUE

▼ Carmen Davis – @carmen1908: I'm so proud of my friend @attymlilly! Get a copy of @atlantatribune to read about her & other rising power professionals in Atlanta!

✓ Loretta Parks – @Loretta12839613: @attymlilly
You are certainly a humble person whose
only regret would be you couldn't do more.
Congratulations and continued success!

▼ NBMBAA Atlanta – @ATLBMBA
Congratulations 2 our board member Jamel
DaCosta 4 making the cover of the
@atlantatribune & being recognized as a young
executive 2 watch!



F Craig Henry – Check out my boy Todd A. in the latest issue of **Atlanta Tribune** magazine. Definitely doing big things not just on a local level, but on the national stage as well. #thegrayimpact #purposework

#### AT.

I am so grateful that you allowed me to be a part of the Power Issue. The obstacles that our metro Atlanta youth face may be challenging, but it is a story that must be told in order to affect change. Thank you for telling my story, Future Foundation's story and the stories of the thousands of youth we serve. Together, we can level the playing field for these resilient children.

Qaadirah Abdur-Rahim



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#### THE EDITOR'S VIEW







tlanta is being called the foodie capital of the South. It's a moniker that wouldn't be difficult to reconcile on the strength of its soul food offerings alone. But, it's bigger than that because of a new era in Atlanta dining – thanks to the migration of some of the nation's top chefs to the southeast. What's drawing them? A chance to put their spin on what the region is known for: good old southern comfort food. No. 10 on Zagat's 26 Hottest Food Cities for 2016, the new kid on the block is quietly moving up the ranks of destinations for taste connoisseurs. While quantity has never been an issue, it's the quality of choice that has begun to make the metro area competitive with cities in the north and western portions of the United States. Enter: Empire South's Alabama Crab Salad with tepache, miners lettuce, garlic blossoms and pan di mie.

Chefs G. Garvin and Marvin Woods are lauded fixtures who have achieved national acclaim. But they aren't alone. This month, along with Garvin, we go deeper into the industry with chefs Deborah VanTrece, Marco Shaw and Todd Richards who share their culinary perspectives as well as their outlooks on the field at large.

Also, in this issue we take you through the city as foodies of every sort – from cooks to entrepreneurs, bloggers and eaters – guided us. And we're ready to eat.

I feel pretty confident in saying — if you're still deciding where you'll eat based on the best rendition of shrimp and grits, you've got some restaurant hopping to do.  ${\tt AT}$ 



Katrice L. Mines EDITOR kmines@atlantatribune.com



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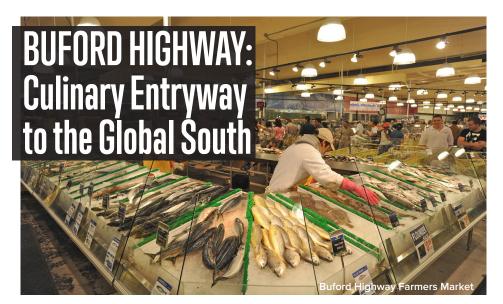
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#### **Our News This Month**

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ATLANTA has actual food neighborhoods — think Inman Park, which is spilling over with new and noteworthy restaurant launches seemingly monthly; and West Midtown, with culinary experiments like the Westside Provisions District that brings together high-brow shopping and culinary concepts that inspire. The Old Historic Fourth Ward has the Sweet Auburn Curb Market, Ponce City Market's casual Food Hall and soon, Smyrna will boast its own iteration.

But Buford Highway, old Atlanta Highway 13, has always been the city's mainstay culinary and cultural corridor that always has just what you have a taste for. Call it Buford Highway — or BuHi — it winds 30-odd miles from Buckhead all the way north to suburban Buford, linking three counties and hands down the most diverse concentration of communities in metro Atlanta. While many major cities are divided into distinct ethnic neighborhoods (Chinatown, Little Italy, Little Haiti, etc.), the Buford Highway international corridor takes a more communal approach: It is brimming with strip malls featuring native cuisines of varied immigrant populations, one next door to another. In a single plaza, you can find Vietnamese, Korean, Chinese, Mexican, Colombian, Indian, African and other ethnicities represented by shops, markets and restaurants. The businesses are everchanging, constantly rotating old favorites and new concepts. But you'll always be able to find the familiar — Chinese potstickers, Salvadorian Pupusas, Colombian Mojarra Frita and Korean barbecue. Together, new and changing immigrant communities are forging a more global South right here in Atlanta's culinary artery.

#### Newcomer:

Food Terminal: The Food Terminal has been packed since its March debut. It's a modern Asian food court with menus of noodle soups, bao, curries, and more.

Spice Bistro: Afro-Caribbean and Southern Fusion Cuisine

*Menu Favorites:* Beef Kabob, Braised Oxtail, Turkey Wings

## Beyond the Entrée: Marian Liou rethinks Buford Highway

"I moved to Buford Highway in July 2014 and I was sort of frustrated with the coverage of Buford Highway in the media, which was always how 'this is where you get good food.' But that's an incomplete narrative and I wanted to expand that. In particular, I really felt no one was really covering Buford Highway as just Buford Highway, so I started it just an Instagram account to tell that



Las Delicias De La Abuela



Shaking Crawfish

deeper and broader picture. We Love BuHi catalyzes and supports a livable, but still diverse, inclusive and thriving Buford Highway corridor. And with changing demographics, particularly with Asians and Latinos being the fastest growing ethnic populations in the Atlanta metro region, I think that's something we really need to start talking about and incorporating into the story we tell about Atlanta. I think it's very timely and essential that we start talking about diversity from a broader, multicultural perspective, and Buford Highway already encapsulates that for a lot of people." instagram.com/welovebuhi/

# Foodways: The Buford Highway Oral History Project

The Buford Highway Oral History Project, by the Southern Foodways Alliance, features the stories of first- and second-generation immigrants who brought the foods of their homelands with them and were often inspired by other traditions they encountered in Georgia. You'll learn about Eddie Hernandez, who received a gift of collard greens and ended up putting them on the menu at his Taqueria. Or Frank Ma, the grandfather of Chinese restaurants in Atlanta, who loves to eat at the Waffle House. And listen to Harold Shinn talk about the role produce plays in community-building along Atlanta's Buford Highway. AT



Asian Square

### **BEHIND THE SCENES**



# DR. INGRID THOMPSON-SELLERS FILLS PERMANENT POST

r. Ingrid Thompson-Sellers was named as permanent president of South Georgia State College in Douglas and Waycross in May, after serving as interim president since June 2016.

Under Thompson-Sellers's leadership, South Georgia State has established new initiatives to increase enrollment, reduce expenditures and increase investment in the technology infrastructure. Expanded online course offerings have resulted in 125 percent increase in online student enrollment in 2017. New technology systems for financial aid and recruiting, admissions and enrollment have been added to the technology infrastructure to better serve students. Additionally, the college underwent a reorganization that resulted in cost savings of over \$700,000, adding to the financial health of the institution.

"Ingrid has done an incredible job leading South Georgia State," said University System of Georgia Chancellor Steve Wrigley. "She has strengthened ties with the South Georgia community and worked to ensure the health and growth of the college. We are thankful for her vision and commitment to higher education in South Georgia."

Prior to the appointment as interim president at SGSC, Thompson-Sellers served as senior associate dean and professor of business information systems at Georgia State University as well as in a variety of roles at Georgia Perimeter College in metropolitan Atlanta since 1998, including interim vice president for academic affairs, business information systems faculty, department chair, dean of business, campus dean at Newton, Decatur, Clarkston and GPC Online. Before joining Georgia Perimeter College, she taught at Iona College in New Rochelle, N.Y.

Thompson-Sellers earned a bachelor's degree in physics, master's degree in telecommunications and a doctorate in instructional technology from Georgia State University in Atlanta. AT





# **ANSWERING THE CALL: NO DISCONNECTS**

How a Smith College Ph.D. Student Followed Iconic Footprints to Clark Atlanta University

Ponjonette N. Harrison, LCSW, knows that severe childhood trauma can imprison its victims. She also knows that healing, with appropriate treatment and support, is fully possible. That reality is much more than a career goal for the Smith College doctoral student, presently interning as a doctoral research assistant in Clark Atlanta University's Whitney M. Young Jr. School of Social Work. She has dedicated all of her energies to addressing issues of interpersonal trauma, mental health challenges and the adverse effects of criminal justice involvement for youth and women of color.

"I consider myself an advocate, a voice for individuals and families grappling with abuse, victimization and marginalization," she says. Harrison, who earned the bachelor's degree in social work at State University College at Buffalo and the Master of Social Welfare degree at State University of New York at Stony Brook, is in the final phases of completing the Ph.D. in social work at the prestigious Smith College School for Social Work in Northampton, Mass. Her desire to intern at CAU is, perhaps, associated with an earlier "disconnect" that shaped her perspectives on social work education.

"I entered undergraduate school with little support, resources or direction," she recalls. I became aware of the social work profession while taking an elective course, "Social Work with Minority Families." It sparked an intense range of emotions, and my passion for the field was instant and all-consuming. I knew this was my calling."

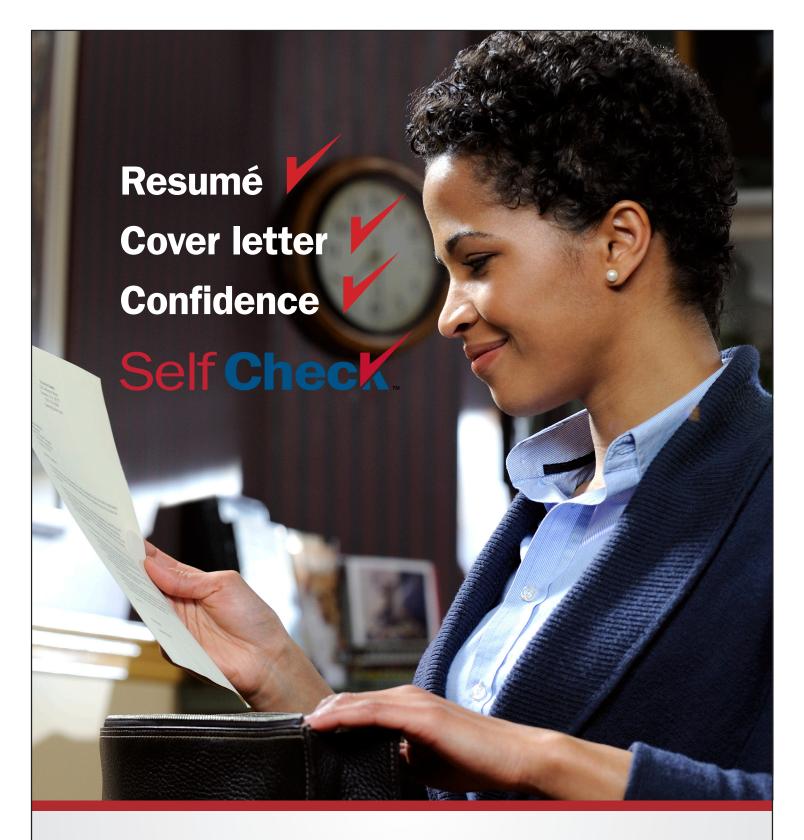
But a young Harrison faced one glaring hurdle. "Although my teachers were talented and committed to the student body, there was a disconnect because faculty often were not representative of the client [minority] population. Their theoretical perspectives significantly differed from my experiences and those in my community." That episode stuck with Harrison over the past 15 years. So, when time to satisfy Smith College's doctoral research internship requirement, she knew she wanted to do so on an HBCU campus.



"As a social worker, you can't stand in footsteps any more resonant than W.E. B. Du Bois and Whitney M. Young Jr.," Harrison says. "And both sets of iconic footprints lead you to Clark Atlanta University. W.E.B. Du Bois founded contemporary sociology on this campus, and activist and advocate Whitney M. Young Jr. was the School of Social Work's first dean. They are legends for anyone in this field, regardless of one's race. CAU is 'ground zero' for anyone who is serious about shaping the future of social work."

But is it necessary for an African American to connect with other minority clients? And does legacy translate

(Continued on page 17)



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(Continued from page 15)

into policymaking, Harrison's ultimate goal? Harrison says that not to immerse herself in the client population would be irresponsible. "African Americans are not a monolith. Clark Atlanta provides an opportunity, and central proximity to the metro Atlanta community, for me to advance my own research interests — exploring associations between betrayal trauma and criminal pathways of incarcerated women of color — immersed in diverse client subpopulations that have been or will be directly or indirectly affected by this issue based upon a number of factors, age, social identity and economics among them."

She also noted that while CAU's social work legacy is irreproachable, the value proposition that led her to the program is the School's multiple ties to the policymaking arena. "There is a pervasive, infectious sense of activism, of change agency here that challenges and fuels my own aspirations." Harrison's time at CAU isn't governed by self-interest. The published author, who is simultaneously completing a clinical internship at neighboring Spelman College Counseling Services, also is working with CAU Professor Joi G. Showell, Ph.D., to evaluate the licensure test results of the Whitney M. Young Jr. School of Social Work's MSW students, providing data that better allows school faculty and staff to facilitate licensure preparedness among graduates. She also looks forward to contributing to research efforts among other faculty and staff. Whitney M. Young Jr. School of Social Work Dean Jenny L. Jones, Ph.D., says Harrison's contribution to the program affirms the legendary foundation upon which the School's national reputation is anchored.

"What Ronjonette brings to the program reaffirms the character of our school and honors the standards of excellence set by our forebears, W. E. B. Du Bois and Whitney M. Young Jr.: a strong academic pedigree, an appreciation for innovative research and critical analysis, and a passion for transformative policymaking that creates meaningful change." It appears that Harrison has ruled out the possibility of another disconnect. The CAU doctoral research assistant also has been called to enliven CAU's motto, "A Culture for Service." AT

#### **TIDBITS**

# **BRIGITTE BALLEY,** New Fulton County Director of Customer Experience & Solutions

Brigitte Bailey has been named as the director of Customer Experience and Solutions for Fulton County Government.

Bailey will work with all Fulton County departments to improve the customer experience, including everything from customer greetings to the redesign of the County website. Her work will include assisting in the County's Digital government strategy, employee recognition programs, and establishing metrics to track customer service. She has served with Fulton County Government for 19 years. During her tenure, Bailey has held a variety of roles, most recently as Audit administrator in the Office of the County Auditor. Other roles have included assistant chief of Administration, Community Research analyst, Program Evaluation specialist and administrative coordinator.



"Brigitte is well respected by those who have worked alongside her as

a direct result of her tenacity and commitment, accompanied by her theoretical and practical knowledge within the public service arena," says Chief Operating Officer Todd Long.

County Manager Dick Anderson has emphasized customer service delivery since joining Fulton County in 2015, saying of Bailey's appointment, "Brigitte has the skills, institutional knowledge and commitment to make a real impact in shaping service delivery from the customer perspective. She has our full support as we continue our work to make Fulton County first in customer service."

Prior to her career in public service, Bailey served as a Trust and Investment Management officer for SunTrust Bank, Atlanta and worked in various financial coordinating positions for the Northern Trust Company and Citibank Illinois. She earned a master's degree in public administration from Central Michigan University and a bachelor's degree in psychology from Spelman College. She is a candidate for the Certified Public Manager Program where program completion is expected in September 2017. AT

## Tax**SMARTS**

# **Estimated Tax Payments: Q&A**

Estimated tax is the method used to pay tax on income that is not subject to withholding. This includes income from self-employment, interest, dividends, alimony, and rent, as well as gains from the sale of assets, prizes and awards. You also may have to pay estimated tax if the amount of income tax being withheld from your salary, pension, or other income is not enough. If you do not pay enough by the due date of each payment period you may be charged a penalty even if you are due a refund when you file your tax return.

## How do I know if I need to file quarterly individual estimated tax payments?

If you owed additional tax for the prior tax year, you may have to make estimated tax payments for the current tax year. The first estimated payment for 2017 is due April 18, 2017.

If you are filing as a sole proprietor, partner, S corporation shareholder, and/or a self-employed individual, you generally have to make estimated tax payments if you expect to owe tax of \$1,000 or more when you file your return.

If you are filing as a corporation you generally have to make estimated tax payments for your corporation if you expect it to owe tax of \$500 or more when you file its return.

If you had a tax liability for the prior year, you may have to pay estimated tax for the current year; however, if you receive salaries and wages, you can avoid having to pay estimated tax by asking your employer to withhold more tax from your earnings.

**Note:** There are special rules for farmers, fishermen, certain household employers, and certain higher taxpayers.

#### Who Does Not Have To Pay Estimated Tax?

You do not have to pay estimated tax for the current year if you meet all three of the following conditions:

- You had no tax liability for the prior year.
- You were a U.S. citizen or resident for the whole year.

- Your prior tax year covered a 12-month period.
- If you receive salaries and wages, you
  can avoid having to pay estimated tax by
  asking your employer to withhold more tax
  from your earnings. To do this, file a new
  Form W-4 with your employer. There is a
  special line on Form W-4 for you to enter the
  additional amount you want your employer
  to withhold.
- You had no tax liability for the prior year if your total tax was zero or you did not have to file an income tax return.

#### How Do I Figure Estimated Tax?

To figure your estimated tax, you must figure out your expected adjusted gross income, taxable income, taxes, deductions, and credits for the year. If you estimated your earnings too high, simply complete another Form 1040-ES, Estimated Tax for Individuals worksheet to refigure your estimated tax for the next quarter. If you estimated your earnings too low, again complete another Form 1040-ES worksheet to recalculate your estimated tax for the next quarter.

Try to estimate your income as accurately as you can to avoid penalties due to underpayment. Generally, most taxpayers will avoid this penalty if they owe less than \$1,000 in tax after subtracting their withholdings and credits, or if they paid at least 90 percent of the tax for the current year, or 100 percent of the tax shown on the return for the prior year, whichever is smaller.

*Tip:* When figuring your estimated tax for the current year, it may be helpful to use your income, deductions, and credits for the prior year as a starting point. Use your prior year's federal tax return as a guide and use the worksheet in Form 1040-ES to figure your estimated tax.

You must make adjustments both for changes in your own situation and for recent changes in the tax law.

#### When Do I Pay Estimated Taxes?

For estimated tax purposes, the year is divided



into four payment periods and each period has a specific payment due date. For the 2017 tax year, these dates are April 18, June 15, September 15, and January 16, 2018. You do not have to pay estimated taxes in January if you file your 2017 tax return by January 31, 2018, and pay the entire balance due with your return.

**Note:** If you do not pay enough tax by the due date of each of the payment periods, you may be charged a penalty even if you are due a refund when you file your income tax return.

The easiest way for individuals as well as businesses to pay their estimated federal taxes is to use the Electronic Federal Tax Payment System (EFTPS). Make ALL of your federal tax payments including federal tax deposits (FTDs), installment agreement and estimated tax payments using EFTPS. If it is easier to pay your estimated taxes weekly, bi-weekly, monthly, etc. you can, as long as you have paid enough in by the end of the quarter. Using EFTPS, you can access a history of your payments, so you know how much and when you made your estimated tax payments. **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.





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# Legal**SMARTS**

# Eleventh Circuit Panel: Title VII Does Not Protect LGBT Employees From Sexual Orientation Discrimination in the Workplace



The majority of a panel of Eleventh Circuit judges ruled that Title VII of the Civil Rights Act of 1964 does not protect LGBT employees against sexual orientation discrimination in the workplace. Notably, Title VII prohibits discrimination against employees on the basis of a host of factors, including sex and race. However, Courts throughout the country have wrestled with whether Title VII's prohibition against sex discrimination should be extended to include prohibiting discrimination on the basis of sexual orientation. The Eleventh Circuit, affirming prior precedent (e.g. case law in this Circuit), ruled that Title VII should not be extended to protect LGBT employees from sexual orientation discrimination in the workplace. In short, this decision means employers may deny LGBT applicants and employees' job opportunities and promotions and can terminate their employment on the basis of their sexual orientation without violating Title VII.

However, the Court did reiterate that an employer violates Title VII if it discriminates against an employee who does not conform to an employer's gender stereotype of how an employee of a particular gender should behave or present him or herself. Consistent with its previous opinion in Glenn v. Brumby decided under another federal statute, the Court held that such gender stereotyped bias would constitute sex-based discrimination in violation of Title VII. Thus, while an employer can discriminate against an employee on the basis of his or her sexual orientation (in the Eleventh Circuit) without violating Title VII, an employer does violate Title VII if it discriminates against an employee who fails to conform to the employer's stereotypical view of how a woman or a man, for example, should behave or act.

Let's use an example from the Evans case to illustrate the distinction. In Evans the employee, a lesbian, alleged she was discriminated against because she was gay and also because she did not conform to her employer's stereotypical view of how a woman should present herself in the workplace. The employee preferred wearing a short haircut and a "male" version of the work uniform and shoes. She claimed the employer treated her in a discriminatory manner because she did not present in a manner that was consistent with the employer's preferred stereotype of how a woman should dress. The Court held the employer would not violate Title VII if it discriminated against the employee for being gay, but that it could violate Title VII – on the basis of sex — if it discriminated against the employee for presenting in a manner that was not consistent with the employer's stereotypical view of how a woman should present in the workplace. In short, the employee could sue the employer if it discriminated against her because she did not conform to the employer's stereotypical view of how a woman should look in the workplace.

An important lesson for managers and employees to consider is that often work place policies seeking to ensure all employees are treated respectfully or equitably in the workplace are broader than Title VII's legal requirements. Thus, prudent employees and managers would be wise to know their employers' policies and to ensure they are treating their colleagues in a manner that is consistent with those employment policies and practices. Employees and managers failing to comply with an employer's workplace policy requiring respectful and equitable treatment of LGBT colleagues may nonetheless be disciplined and/or terminated from employment for such workplace misconduct. AT



Dionysia Johnson-Massie is a veteran litigator and shareholder at Littler Mendelson, P.C., the largest labor and employment law firm in the country exclusively representing national and international employers. Johnson-Massie may be reached at 404.760.3901 or djmassie@littler.com.

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# ATTORNEYS' CORNER

# CHRISNA JONES, ESQ.

### Nursing a Powerful Injury Practice



hrisna Jones, Esq. wrote the brief and conducted oral argument at the Georgia Court of Appeals in the landmark 2006 Cotten v. Phillips, a case of first impression on the interpretation of the then new O.C.G.A. section 24-9-67.1 promulgated as 24-7-702) as it pertains to medical expert testimony. She was successful in the appeal and the Court agreed with her interpretation of the statute. The victory defeated the attempts — by insurance companies and healthcare providers alike — to limit Plaintiffs' ability to engage medical experts on their behalf.

This case epitomizes the accomplishments and high level of work that Jones has enjoyed since she left a career as an intensive care unit registered nurse in order to return to school and ultimately become one of the state's top personal injury attorneys. Born and raised in Albany, Ga., by a family committed to educating her, Jones says she got her fight from her older sister Annette Jones White who "stood up for human rights, at personal sacrifice, as a staunch Civil Rights activist in the 1960s. She went to jail and suffered in other ways for the greater good. I grew up knowing her story and she inspired me." A Georgia State University (cum laude) and University of Georgia School

of Law graduate who loves scuba diving, British murder mysteries and Braves baseball games, Jones has been associated with prestigious Georgia personal injury and trial law firms on both the plaintiff's and insurer's side for two decades; and now helms Chrisna Jones Law LLC representing personal injury plaintiffs in Atlanta.

# 1. What are some of your strengths, and have these strengths resulted in you developing any niche in personal injury law?

My love for the law and experience as an ICU nurse are two strengths. I gained a tremendous amount of medical knowledge working both at Emory University Hospital and Grady Memorial Hospital. As an ICU nurse, I had to be composed in a crisis, think on my feet, and be unwilling to give up until every alternative was exhausted. One of my many roles as a nurse was also patient advocate. As an attorney, I employ all of those skills and remain an advocate for those who need a voice. As for a "niche," my medical background and litigation experience allow me to take on any case in which a person suffers bodily injury, but I am particularly qualified to handle medical malpractice.

#### 2. How does your nursing background and prior experience as an attorney representing insurers help "close the gap" in determining what an insurer should pay your client for their injuries?

As a former nurse, I understand mechanisms of injuries, disease processes, and treatments. This understanding allows me to advocate for my clients in a way that an attorney without a medical background could not. Having handled defense litigation for over a decade, I understand the defense perspectives and have a special insight into how insurers view injuries and compensation.

# 3. Do you believe it makes a difference to your clients, and insurers, that you have successful trial experience?

Yes, I believe it makes a difference. As a former defense attorney, I know that part of the pre-

suit evaluation includes whether the plaintiff's attorney is a trial lawyer. If insurers know the plaintiff's attorney is a capable trial attorney, they give more considered thought and effort to a pre-suit resolution. My clients know that I can take a case all the way to a jury. That fact seems to make them feel that they have a warrior on their side.

## 4. Give us an experience in your career that really made you, and your client, smile.

The victory at the Court of Appeals in the landmark *Cotten v. Phillips* case. My clients were both in their 80s and former educators. This was a case of first impression interpreting a new statute on medical expert testimony. When I told them the decision would have far-reaching affects, they smiled, told me to keep fighting, and if necessary, their estates would continue the fight with me. Fortunately, we were all able to savor the victory together.

### 5. Describe Chrisna Jones, Esq. in five words or less.

I hate describing myself. Bulldog, driven, tenacious, no-nonsense.  ${\bf AT}$ 



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.





# CHEF TALK









They are heating things up in Atlanta's finest kitchens and took a beat to tell all.







## CHOPPING IT UP WITH G. GARVIN

By Leah D. Stone

usinessman and restaurateur, Chef G. Garvin, has quickly become a household name on the food scene. An Atlanta native, Chef Garvin has seemingly done it all from writing bestselling cookbooks to hosting successful television shows. As a chef, he has traveled the world from Atlanta to Poland, and prides himself on having worked with some notables along the way.

"Cooking for presidents and having dinner at the White House, cooking with Halle Berry ... the highlights have been just the opportunity to work with amazing people," Garvin says.

It's a far cry from growing up in a single parent household where he discovered the love of cooking following his mother around the kitchen, but Garvin's star has shown no indications it will stop rising. We learned more when we sat down with him to discuss food, Atlanta and what's next on his horizon.

## AT: You describe yourself as a serial entrepreneur, what is your favorite part of your business?

**Garvin:** I'm a producer now. I just finished a nine episode series for Magic Johnson's network (ASPiRE TV) and I'm working on a new product line in addition to what I already have. I'm excited about being able to combine food and entertainment to continue growing my company while still learning to understand food in a way that is exciting for me.

#### AT: What do you love about the Atlanta eating scene?

**Garvin:** When you grew up in Atlanta in the '60s and '70s, you see what Atlanta has become — an absolute food explosion with great chefs who have taken the Southern region and really put it on the map. There's just an incredible mix of restaurants that are typically known for Los Angeles, Chicago and New York; and now you have to add Atlanta to that conversation.

## AT: What do you think is a must-try restaurant in Atlanta right now?

**Garvin:** O-Ku for sushi. Sushi is probably my all-time favorite [thing to eat].

## AT: If you weren't a chef, what would your profession be?

**Garvin:** Being a producer now for TV is pretty exciting to me because not everything is food related; but if I weren't in the business at all I'd be a firefighter because I believe in the service of helping people. When I was growing up in Atlanta, the firehouse was where we always went after school and hung out and they looked out for us; I've never forgotten that.

#### AT: What legacy would you like to leave behind?

**Garvin:** Oh that's easy. I just want to make the world a better place. [I want] better opportunities for African-American chefs, better opportunities for all children and I want my work to be represented not as a celebrity chef, but as one of the first African Americans to have his own primetime cooking show. I want to let people know it's possible even though it's difficult. I want my legacy to be hope, courage and excitement.

#### AT: Tell our readers a little known fact about you.

**Garvin:** I'm a closet writer. Scripts, stories ... currently I'm writing something that may end up being a book of small quotes to the people I love.

#### AT: What's next for you?

**Garvin:** I want to continue growing in the restaurant business, but the biggest thing for me right now is to get more African-American chefs on television. I'm in the business of food and entertainment and still very busy with making sure the integrity of the African-American segment in food is looked out for. I want to continue creating opportunities for the young chefs that may not get that break. **AT** 

# FOOD AS **ART**

By Kamille D. Whittaker





Т

he other day, Chef Deborah VanTrece made neck bones.

"My mom and dad would make neck bones and potatoes with cucumbers, tomatoes and raw onions. So I thought, what could I do to make this dish beautiful? I cooked the neck bones traditionally, but then I bought tri-colored petite potatoes, and I had teeny weeny carrots, so skinny they looked like needles. And instead of just cucumber I had a chutney of onions, cucumber and tomatoes to go on top. I took the broth and made nice sauce. Fusing and twisting it all together opens up your mind. The tastes are familiar – I don't necessarily change a lot of the basic recipes – but I am going to change the look of it. With soul food, our food can look pretty."

With constant vacillating between innovation and the familiar, the concept of a signature dish, then, is fleeting.

"My favorite dish is the one I didn't do today. I'm always trying to figure out what else can I do. I'm always on the search for more. What's next?"

VanTrece is widely known for her gourmet catering company, Edible Art Cafe, which she started in the late '90s and was at the time an innovative preparation and presentation of soul food. When she opened Twisted Soul Kitchen and Bar in Decatur in 2015, she had the opportunity to expand on her culinary concepts. Her concept of soul food is more than being from the south. She has traveled internationally and had the opportunity to cook and learn from local cooks and chefs. "My soul food is about the 'soul' that is put into food no matter what part of the world you come from."

It's food as fellowship.

"It is something we all do. No matter where you are in the world, you eat. Food brings people together and for the most

part it brings people together in a positive experience. I've learned what's familiar to other people and what brings them back to family. It's not just about putting a twist on a traditional African-American dish, it's putting a twist on a traditional dish that a family would eat anywhere in the world ... comfort food. There's not too much I do that is not invoking some memory or stories."

Her second consideration, like with the neck bones: How can she make her creations beautiful? "What would be just a little different but the same? Let's not use rice let's use risotto. Or, let's use orzo pasta. What I do ... it's not for everybody. I like diners who are open minded to the experience. The reason it wasn't accepted years and years ago is because we weren't taking the time to explore just a little bit more. Culinary artists are doing that now."

And now there is social media with food critics, bloggers, Yelp and Food Network to help evangelize along the way. "Now all of a sudden, food is huge and it's like another Hollywood – it's Foodiewood. Even to be a part of the game you have to change the game plan. It's not just about how creative you are and how well you cook. It's now about the personality behind it, you have to be known. There's a lot more to it now, so you can't just focus on cooking."

A delicious byproduct: Soul food is taking its rightful place in foodways history.

"As an African-American chef, there are times I felt slighted that the southern food that I'm seeing get all the accolades and recognition is really the soul food that my grandmother was cooking for me. Now we are getting to a place where southern isn't as hot and soul food is coming into its own. It has been incredible to see even though it has taken a while. We're going back to African-American chefs who have already written the bible on soul food. Now, it really belongs to African Americans." AT





### CHEF TODD RICHARDS

By Donnell Suggs

hef Todd Richards stepped out of the kitchen at Richard's Southern Fried, a storefront-style restaurant amongst the many other dining options at Krog Street Market wearing a thin, tan jacket, T-shirt and jeans. Formerly the executive chef at White Oak Kitchen and Cocktails, and before that, holding similar positions at the Ritz-Carlton Buckhead, The Shed, and The Pig and Pearl at Atlantic Station, Richards, from initial impressions, comes across as a man very comfortable with his surroundings. Recently married, he is focusing his energies on Southern Fried, which opened in the summer of 2016 and is doing guite well. "Business is fantastic. Krog Street is a really unique place. It's really a food-focused place. In terms of food halls, it is a true food hall." says Richards. "You come here for food. you come here to eat and to socialize and be with your friends, and as far as Richard's Southern Fried — it's one of those unique things that can go anywhere."

But the signature chicken sandwich offered at Southern Fried is one of the unique experiences that can only be had there. With pimento cheese, chow chow, lettuce and pickles, this is not your ordinary chicken sandwich. In fact, nothing on the menu at Southern Fried is traditional. "I am a modernist in the truest sense of the word," he says. "I wanted to start anew with something familiar and chicken is one of those foods that speak to all cultures," says Richards of why he opened his own shop — a fried chicken restaurant in the south of all things. "Name a culture without a chicken dish," he says. I can't. There is also the fact that the chicken at Richard's is gluten-free, something that he worked on to satisfy his customers, the ever-changing eating habits of Atlantans and his personal sensibilities.

Richard's fried chicken recipe was developed during his time as the executive chef at the Ritz-Carlton in 2011, where he and his staff won consecutive fried chicken competitions. "Well, this recipe must be pretty good," muses Richards. The clamor for his recipe grew so great that he eventually started having a "Wednesday night fried chicken night." Richards credits the popularity of his fried chicken to its versatility. "It pulls from a lot of different nationalities. It doesn't matter if you're Scandinavian, Black, Mexican, from Vietnam everyone has that kind of feeling from it."

Originally from the Midwest, Richards came to Atlanta in 1993 inspired by the late chef Darrell Evans and other local chefs. "In the beginning, Evans was the probably the biggest influence," says Richards of the Columbus, Ga.-born Evans who was famous for, amongst many things, being the first African American to represent the United States Culinary Olympic Team as well as his time as the executive chef at Spice, Anthony's and at the Occidental Grand.

Richards credits his early culinary leanings to watching cooking shows as a kid on Saturday mornings with his grandmother like 'Iron Chef' and shows starring Julia Childs, Justin Wilson and the Galloping Gourmet. "There has been a food culture in our family for quite a long time," says Richards.

He wasn't always going to be a chef. His mother, a biologist, and father, a data processor, always pushed education and worldliness with Richards, who later became a semi-finalist in 2013 for the James Beard Award Best Chef Southeast. "I think my dad always wanted me to be more of a litigator. But my parents were both creative people and being a chef is both about having that analytical mind and understanding numbers and science, and also the creative mind of seeing how things react, how food works and how things taste."

There is a new restaurant opening in metro Atlanta every month; some might say every week. By most accounts, that means there is one closing at nearly the same rate. Richards, who has a new cookbook, "Soul: From Collard Greens," plans to have one of the restaurants in the city that remains open. "We can be more diverse in our approach," he says of the ever-changing Atlanta eating culture. "it's starting to evolve out of being just a shrimp and grits town while starting to give a voice to many voices." Buford Highway restaurants, he explains, are equally celebrated as Busy Bee's Cafe and Bacchanalia.

"There's a little bit of wait and see at this point," says Richards in regards to possibly expanding the Richard's Southern Fried brand to further swell the city's diverse offerings. "With expansion you have to be careful," he says. As to expanding to cities out of state Richards says, "I don't put limits on anything." **AT** 

# **CHEF MARCO SHAW**

By Kamille D. Whittaker





arco Shaw could eat Maryland Blue Crabs every day for the rest of his life. A native of Washington, D.C., with stones throw proximity to both the Eastern Seaboard's bounty and familial roots – food is the beginning and end of all conversations.

"My whole family is in D.C., and so I got to spend a lot of time with my great-grandmother who cooked a lot. I was there every day after school for about eight or nine years. So, being there with my great-grandmother influenced my desire to eat and always be around food."

And soon, it became his career. After receiving a bachelor's degree in psychology from Randolph-Macon College, he decided to take a year to work in a restaurant before beginning medical school.

"I loved everything about working in a restaurant. I loved the energy in the building, I loved how it felt like every day, we were throwing a party – weddings, birthdays, engagement announcements. I loved the whole feel. And that's what initially changed it for me. I decided after that that I wanted to own a restaurant."

Shaw talked to the chef and the owners about what they felt was the best path to restaurant ownership for him.

"They suggested that I should learn how to cook and learn how to manage a restaurant by the book and not take on people's bad habits. They told me to take classes on restaurant management and learn how to operate a restaurant the way they would teach you to run it in school. So I learned how to run a restaurant that way instead of learning from someone's shortcuts."

Shaw began a three-year American Culinary Federation apprenticeship at the Tobacco Company Restaurant in Richmond, Va., while also pursuing a second degree, this one in culinary arts and hotel/restaurant management. He went on to cook at restaurants in New Orleans, New York, Santa Fe and Portland, Ore.

"I traveled around the country and cooked for different people. I knew eventually that I wanted to do different styles of Americana cuisine. I picked different types of people who were doing different types of regional Americana and I would go work for them anywhere from six months to two years."

The draw of Americana cuisine: "It's a melting pot."

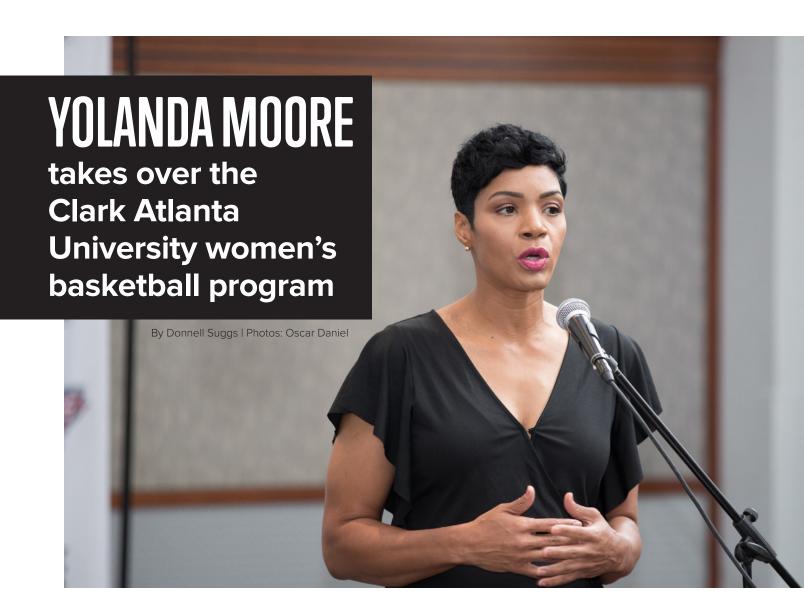
Shaw opened his first restaurant, Fife, in Portland in 2002, hiring Kevin Gillespie as a sous chef in 2006. When Gillespie left Portland for Atlanta, he and Shaw remained good friends. In 2010, Shaw and family moved back East to Durham, N.C., partnering in his third and fourth restaurants where he was the chef at Piedmont Restaurant. When Gillespie decided he wanted to expand his company from an Atlanta base, Shaw was his first call. Shaw joined the Red Beard Restaurants Company at its launch in 2015. And now Atlanta is home.

"There's a young creative class that either stayed here or moved here the last 10 to 15 years and it has given Atlanta this new subculture of people who go out and dine. There are a lot of young people who are excited about the south and the proximity to farm land. As a cook, there are very few places you can live in where you can eat at a fine dining restaurant and it won't break the bank. And you can eat Russian food and Ecuadorian food, Guatemalan, El Salvadorian and Soul Food all within the same city."

With 20-plus years of experience in all facets of the restaurant industry, Shaw is able to relate to all of the company's employees and works hard to help them determine the roles for which they are best suited. As the vice president, Shaw is tasked with helping steer the company and making the visions of the Chief Ideas Man – Gillespie – come to life.

"Kevin comes up with ideas about concepts, and I create the form and function of how we do certain things with the systems we have in place. I make the ideas that he has come to life and I oversee the day to day operations of all seven of our entities."

The good side of his shift to the operational side of the culinary industry, a full circle moment to his enjoying his great grandmother's meals as he came of age, is that his family now gets the best of his culinary skills consistently. "My kids eat well. Before, I was only able to do one night a week cooking at home and the other nights I spent cooking for hundreds of others. Now they get me at home five nights a week." AT



olanda Moore took to the podium at the Thomas W. Cole Research Center for Science and Technology on the campus of Clark Atlanta University with the same level of bravado and posture that she had when she would go to the free-throw line or drive to the basket as a member of the Ole Miss Lady Rebels or the Houston Comets basketball teams. Moore was being presented as the next head coach of the Clark Atlanta University Lady Panthers and she didn't mince words on what she was planning to accomplish. "I'm a basketball coach on paper but I'm also in the business of knowing people," says Moore. "As a coaching staff, our job will be to make sure these student-athletes, when they leave here, have their degrees and have all of the knowledge and skills to be able to go out in the world and compete."

Moments earlier, Clark Atlanta president Dr. Ronald A. Johnson and director of Athletics J. Lin Dawson each

took turns gushing over their new hire and her decades of basketball playing and coaching experience. Though the former All-American, All-SEC selection and two-time WNBA champion comes to the CAU family with a decorated collegiate and professional playing career along with high school, junior college and Division I coaching experience, her story doesn't stop there; not even close. Moore's journey as a woman and a mother is the backbone of what has made her who she is and what is soon to make Clark Atlanta University basketball better for having her. "Basketball and sports are such a small part of who we are," says Moore. "Success cost what it cost, there are no discounts or coupons."

A mother of four, including a set of adolescent twins, Moore brings a level of basketball expertise to CAU that, along with current men's head coach Darrell Walker, gives Clark Atlanta one of the best men's/women's combinations

in regards to professional playing experience in the country. Name a school with two professional championship ring-wearing head coaches in men's and women's basketball simultaneously on staff; currently, there are no others. This unique opportunity to create a basketball program like no other is exactly what Moore has been looking for. "I don't take lightly the opportunity to coach student athletes and young women," said Moore.

"I won't ever play a game, it's up to you to apply what you learn and use it on the court," saysMoore, directing the comment to the 10 Lady Panther players who sat in the front row during the press conference. "Everybody in this room, we all had our time and now it's all on you. Starting today, our season will be whatever you want it to be."

In her first season as a collegiate head coach after three seasons as a high school coach — one as an assistant and two as the head girls coach at Heritage Academy in her native Mississippi — Moore led the Louisiana State University Eunice Lady Bengals during the 2013-14 season, a National Junior College Athletic Association Division II program in Eunice, La., to a 26-3 record and a top-10 national ranking. That success led Moore to

take over the head coaching position at Southeastern Louisiana University in Hammond, La. She coached the Lady Lions for two seasons from 2014 to 2016 before leaving coaching for a year.

She spent three seasons in the WNBA, winning two championships as a member of the Houston Comets during the 1997 and 1998 seasons before being selected by the Orlando Miracle in the 1999 expansion draft. She holds degrees from The University of Mississippi and Alcorn State University, is a member of the Ole Miss Sports Hall of Fame and has done post-game radio for the Memphis Grizzlies.

The Lady Panthers were 10-17 (4-11 in SIAC) this season, losing 70-55 to Claflin University in the second round of the conference tournament.

Moore will have the benefit of having a number of starters and key returnees on the roster next year, including rising seniors, guards Kiyanna Johnson and Marissa Mandeldove and forwards Lauren Turner and Naquaisha Rattray.

The beginning of the Yolanda Moore-era has officially begun at Clark Atlanta University. **AT** 





EAT HERE ATL

# Bringing The Community Back to The Table

organ Bryant initially thought Atlanta was a food desert, compared to what she knew. What she was used to was the Bay Area — where you could culinarily experience the melting pot of African-American, Asian, and Latino cultures by just walking down the block.

While there is no shortage of food destinations in Atlanta, to get the most of the scene, one has to be a skilled navigator. So in 2015, the Atlanta transplant started exploring and posting Instagram photos of the best meals she could find. "I noticed the reaction it was getting. I knew that I liked to eat good food, and other people appreciated my opinion. That's how Eat Here ATL was born."

Founded as a social media platform to encourage locals to support their local economy by eating local and trying new restaurants, Eat Here ATL serves as a friend's guide to the ever changing food scene.

"I started Eat Here ATL in January 2015 as an online guide to my favorite places to eat in and around Atlanta. There are a lot of food bloggers in such a large city but I found that many focus on reviews and that's not what I wanted to do. I figured there are enough people who jump on Yelp and leave negative comments about how they didn't like the restaurant decor or how the paella took 30 mins. My Instagram and Blog only focus on the positive. Even as a millennial, I understand that the experience of sitting with friends and enjoying good food should take time."

Along with the growing online community behind the brand — her Instagram followers are nearing 25,000 — Bryant places the brand's Eat Here ATL logo decal at restaurants, coffee shops and bars in and around Atlanta as a stamp of approval. The decals let the community know that the business' food, atmosphere and service is worthy of their patronage — a striving to be a more relatable Zagat for people who really love food.

Then the one-woman show became three.

"About 7 months ago I put an ad up on Instagram looking for interns, the response was more than I expected. I got about 28 emails and from that I found two of the sweetest women in Atlanta. Arielle Kleinman and Ashleigh Byrne. I wasn't exactly sure



what I needed them to do especially because I had no money to pay them but I know I wanted EHATL to be bigger than me. More pictures, more restaurant experiences, more food. Since joining the team they have been instrumental in sharing new places to eat with our followers and connecting the dots in the ever growing food scene here in Atlanta."

The brand's reach extends beyond picture posts online. Her online platform features interviews with local chefs, restaurateurs and small business owners. Bryant also promotes brands and restaurants she believes need a larger platform. For example, although the decal isn't just posted at black-owned businesses it's still very important to her that she support them.

"Like most cities, gentrification has a strong hold on the city of Atlanta but because of our civil rights past we refuse to be shut out."

How to get the coveted decal and be in Bryant's good graces?

"To capture Eat Here ATL's attention, you have to create moments for patrons," she says. "A moment is created when you provide great service in a carefully curated space with a powerful aesthetic. Patrons need to know when they leave their home that they're going to get something they can't find anywhere else." AT

Twitter & Instagram: eathereatl



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## TAMARA ECKLES, Jem of the South



amara Eckles is a dessert enthusiast who has an affinity for dessert and business - plain and simple. Eckles married her delight of sweet treats which includes 20 years of baking experience and a passion for entrepreneurship to start her media company, Jem of the South, the place where you "Discover Something Sweet." Jem of the South is the home of Jem Radio, a monthly on-line radio show highlighting small business owners in the dessert industry, Rare Jems TV and Jem of the South Events and Workshops. She is also the author of the e-book "7 Sweet Recipes for Dessert Business Success" as well as two dessert guides. Eckles, who's working on her first cookbook, has become a go-to resource for discovering sweet dessert businesses and dessert trends.

#### Why baking?

I used to think I wasn't very creative. I thought creative people were artists. I've always been a great baker and did it as a way to relax. Once I decided to start Jem of the South, I realized that baking was indeed an art and a way for me to create. Baking is also amazing because we all associate dessert or baking with happy occasions and great memories. I bake to encourage people to create happy memories with their family and friends.

## If you could only eat one food every day, what would it be?

Ice Cream. I absolutely love ice cream and would eat it every day, if I could.

#### **Favorite Atlanta sweets spot?**

CamiCakes is my favorite spot because cupcakes of course and she has ice cream now!

## Can you give us a tease of your upcoming cookbook?

My upcoming cookbook is titled, "Let's Have Brunch!" I have some family favorites in the cookbook as well as some newer recipes that I've developed. The cookbook will be ready for purchase during the Thanksgiving holiday season. I am doing all of the recipe development and photography, and self-publishing. It's been a labor of love so I hope everyone orders it when it comes out.

#### Who's your culinary inspiration?

My inspiration for Jem of the South and baking was my maternal grandmother Janie Harrison. She was an amazing baker. Also, my paternal grandmother, Mary Eckles, was a great cook so you'll see a lot of her influence in my first cookbook. I am also inspired by the many talented food bloggers out there doing awesome work in the food space. AT

Twitter & Instagram: @Jemofthesouth



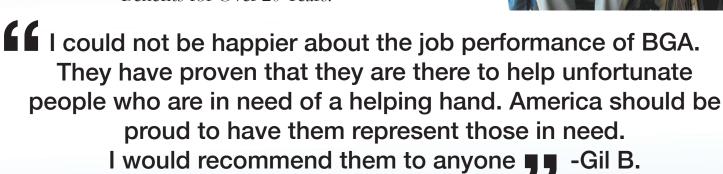


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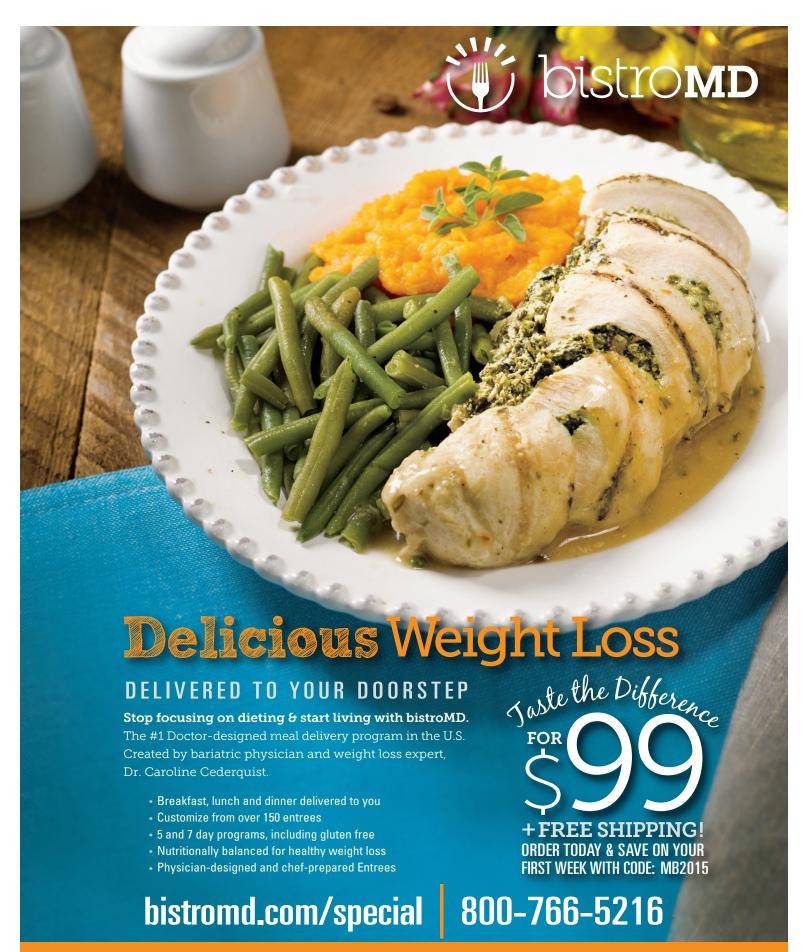
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# Breakfast



### Le Petit Marche

Pastries and sweet goodies share the menu with savory hot breakfasts at the popular Le Petit Marche. The Little Market started as a true market complete with fresh breads, cheeses, pestos, unique locally-made pantry items and flavor-packed sandwiches, soups and salads. Since, the Kirkwood neighborhood cafe has become every diners' home away from home. For first meal of the day lovers, breakfast is served all day, every day. Try the Croquettes: A house-made wild-caught salmon croquette atop creamy grits, scrambled cheese eggs, grilled wheat toast and their own lemon-dill butter; or the French Toast Sandwich — vanilla-rum battered French toast, scrambled eggs, with your choice of bacon, Delia's chicken sausage or veggie sausage all drizzled with warm buttery syrup. Or the Signature Spicy BLT — toasted whole-wheat filled with crisp bacon, tomato, ripe avocado, crisp greens and a spicy mayonnaise. Bon appétit!

1984 Hosea L. Williams Drive NE | Atlanta

## American Ouisine

## Suite Food Lounge

In the heart of Atlanta, Suite Food Lounge is well situated for your next gathering. Wood paneled walls and ambient lighting complement incomparable bites inspired by classic American cuisine and lively interpretations of southern comfort foods. The menu, created by Chef Michael Stevenson, features small sharable plates, wood-fired pizzas, and signature entrees like Springer Mountain Brined Half Chicken (brined for 24 hours and served with seasonal vegetables and garlic whipped mashed potatoes with chicken jus). Three bars boast a robust list of boutique-style wines and Suite Kraft Kocktails — all perfect for an experience that could take you from Suite's first floor main bar or lounge to the Miami-themed Penthouse bar

#### 375 Luckie Street NW | Atlanta





## Seafood

## Sweet Auburn Seafood

To start — a Gumbo of crawfish, chicken sausage, seasoned with creole trinity, file powder and Jasmine rice. Our main, a whole lobster tail with potatoes, celery and carrots — Lobster Pot Pie. Now, that we have your attention. One of historic Auburn Street's newcomers Sweet Auburn Seafood features a mouthwatering and eclectic menu of freshwater offerings difficult to pass up. Modern and southern-style seafood ... Grab a crab cake lover and go.

171 Auburn Ave NE | Atlanta

## Ethiopian Guisine

## Desta Ethiopian Kitchen

is a blend of authentic flavors, high quality ingredients and a hearty taste of Ethiopian culture. Vegan or gluten-free needs? No problem. Its menu is packed with delicious options for restricted palates. Enjoy dishes like lamb, potato stew and rice or Kitfo (Ethiopian styled steak tartar, freshly minced extra lean beef, seasoned with mitmita and Ethiopian spiced butter) with gomen in a laid back patio dining experience. Desta features a full bar with ample options of wine, beer and more, no dress code and the choice of carry out. The bonus: Breakfast and brunch. Perfect.

**3086 Briarcliff Rd NE | Atlanta** 



Food photo is not representing actual dish from the re





# 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

# Most Small Businesses Still Don't Believe They Need Landing Pages

anding page design may be more important than ever, but many small businesses still aren't using them. I recently had a chance to speak about this with Bob Jenkins, manager of Education Content for landing page design platform Leadpages. Below are a few of the important takeaways of our conversation.

## What are some of the biggest challenges small businesses face in creating pages that actually convert?

**Jenkins:** First, it's knowing that they should have a landing page. We have a report that finds most small businesses don't even think they need a landing page. A lot of people think they need a website that has all the

bells and whistles; but then none of their pages actually have a way to capture a lead. But the difference between a regular webpage and the landing page is that idea of focusing on conversion.

Now, once they have a landing page, what they need to remember is that people don't care about your product, they care about their problem being solved. So, in your landing pages, make sure you're communicating what's the number one problem you're solving, and describe enough of the solution to make them want to say yes to knowing more. Whether that's giving their email address or buying a product; don't overwhelm them with all the details and information until they've said at least one yes along the way.

## Are there any other important aspects of landing pages that are overlooked?

**Jenkins:** One is to make sure that your ability to convert is easy to find with call-to-action buttons. They need to be of high contrasting color. They need to be above the fold. You don't have to scroll for it, you don't have to hunt for it. And there's another one lower down so if you have a landing page that has a couple of scrolls worth of page content, have at least one other button on the page. A lot of people overlook that.

The idea of design is also overlooked. We give you a lot of templates not just designed to look good, they're designed to convert. Having that is a real advantage; have



it look good but make sure that all things are pointing toward those call to action buttons so people take the action.

## What are some of the things they have to do from a mobile perspective?

**Jenkins:** Facebook has about 1.8 billion users; 1.2 billion access it monthly on the phone. That gives you 60 to 70 percent of people accessing landing pages on their phones. So everybody has to have mobile responsive pages. Unfortunately, that's not the case.

You want to make sure that it's responsive and even more than that, optimized. We introduced a few months ago the ability to hide or show sections based on what kind of device people are using. Not only are they responsive and look okay, you can read them; you don't have to scroll left and right or zoom in and zoom out.

#### Talk a little about speed.

Jenkins: If your page isn't loading in two seconds, Google is going to penalize you. We want to get ours under one second and that's the kind of thing we strive for. Sometimes it's a little longer or shorter depending on image sizes and things like that but it's a concern; not just on your mobile device through high speed internet but how does it look on 3G. How does it look internationally when you're in places that might not have high speed Internet. You want to make sure it's under three or four seconds as much as possible. AT

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## **The Main Dish**

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#### RECIPES





Jehan Can Cook

(Photos by Jehan Powell)

#### Ingredients:

2 cup salted Cod fish, soaked overnight

2 cloves garlic

½ medium onion

1 tsp thyme

1 tbsp cilantro

1 scallion, finely chopped

1/4 scotch bonnet pepper, seeds removed

1 cup all purpose flour

1 tsp baking powder

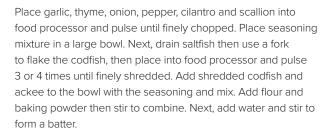
½ cup ackee

3/4 cup water

Canola oil

#### Method:

Place saltfish in a bowl and cover with water, allow to soak overnight to remove the excess salt.

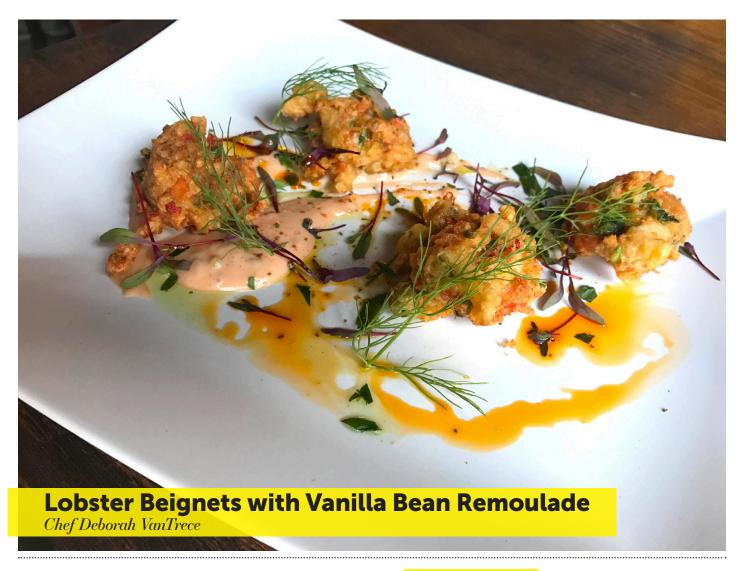


Place canola oil in a deep sauce pan. The oil needs to be about 3 inches deep. Heat oil over a medium fire and when the oil is hot, use a small spoon to drop spoonfuls of batter into hot oil.

A food lover who lives to cook, bake, eat and explore new foods, Jehan Powell — chef and food blogger — writes about cuisine from Guyana and the Caribbean to fill the void of authentic recipes online. Powell says, "Our grandmothers and mothers cooked with a pinch of this and a handful of that; there were no real measurements which made it virtually impossible to recreate the dishes we grew up on." Thus, she shares both faithful recipes that her elders would make and as well as modernized versions.

Twitter & Instagram: @Jehancancook





#### Ingredients:

1½ pound cooked Lobster Meat, chopped

2 eggs beaten

3 bunches green onions, chopped

½ cup fresh red pepper, chopped

2 teaspoons melted butter

½ teaspoon Lawry's Seasoning Salt

½ teaspoon Old Bay Seasoning

½ teaspoon granulated garlic

 $\frac{1}{2}$  teaspoon granulated onion

¼ teaspoon cayenne pepper

½ cup flour, sifted

Vegetable oil for frying

#### Method:

Combine lobster, egg, seasonings, spices in a large bowl. Gradually add flour, and stir until well blended. Fill a medium skillet halfway with oil for frying. Place over medium heat and bring oil temperature up to about 375 degrees. Drop tablespoons of batter in to the hot oil, being careful not to over crowd the skillet. Fry until brown on both sides. Remove from skillet once golden and drain on paper towels. Makes about three dozen.

#### **REMOULADE**

#### Ingredients:

1 cup mayonnaise

2 whole vanilla beans, split and scraped

1/4 cup ketchup

1/4 cup sweet pickle relish

1/4 teaspoon of tarragon, chopped

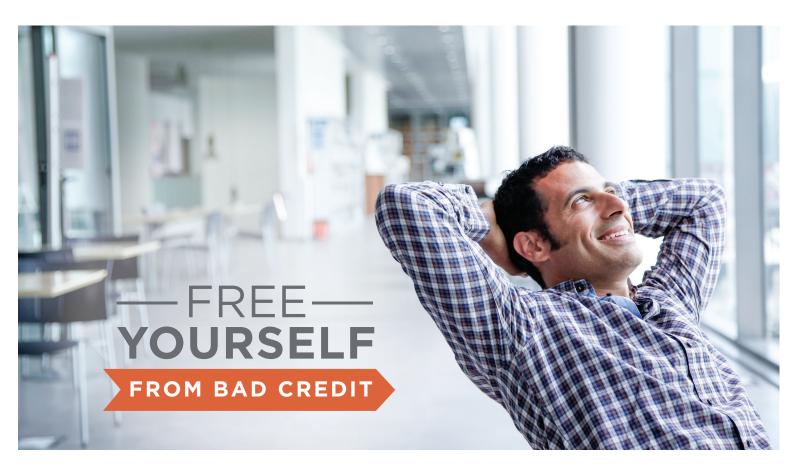
Drop of lemon juice

Pinch of salt

#### Method:

Combine mayonnaise, and vanilla bean. Allow to sit for five minutes. Add ketchup, relish, tarragon and a couple drops of lemon juice to taste. Finish with a pinch of salt. Makes about 1 cup.

Read more about Deborah VanTrece on pg. 28



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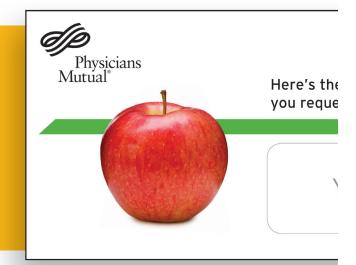


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<sup>\*</sup>Individual plan.



# 2017 HYUNDAI IONIQ: Superior Hybrid

by Brian Armstead

igh technology is rapidly shaping the automobile industry's present and future. Powerful V8 engines, once a staple in cars sold in the United States, have been replaced with turbocharged, six and even four-cylinder engines, some with V8-like performance. So what's behind the trend towards smaller, turbocharged engines? The simple answer is they get better fuel economy.

It's widely known that one day planet Earth will run dry of fossil fuels, so there's been a bit of a mad dash over the past decade to develop gasoline-free technology to power tomorrow's cars, trucks and SUVs.

Keeping with the inevitable, Hyundai Motor America has introduced the 2017 loniq (rhymes with 'bionic'), a vehicle with three electrified low and zero-emission powertrain choices.

Choose between Hybrid, Plug-in Hybrid, and Electric power for the new loniq. Though all three have impressive stats, the loniq Hybrid 'Blue' model has an EPA-estimated 58 mpg combined rating — currently the highest rating of any non-plug-in hybrid vehicle sold in the United States.

During a recent press introduction in Durham, N.C., I drove the Ioniq Hybrid (Ioniq Electric and Plug-in will be introduced a bit later this year), and came away from my 200 mile-drive very impressed. Why? Because the Ioniq drives like a normal, gasoline-powered car.

In the 2017 Hyundai loniq, the switch between gasoline and electric power is seamless. There are no untoward noises or clunky transitions to indicate the fuel saving symphony going on under the lightweight aluminum hood.

And small outside does not mean small inside, as Hyundai engineers have done an impressive job of blending passenger interior room with hatchback utility suiting an active lifestyle. Even large folks will be comfortable in Ionia.

Handling and ride comfort are impressive in this hatchback that features a MacPherson strut front/multi-link rear suspension.

With safety as a priority, Ioniq comes with a raft of standard safety gear (depending on trim level) including Blind Spot Detection with Rear Cross-traffic Alert and Lane Change Assist, Forward Collision Warning, Lane Departure Warning and more.

My test vehicle was a top trim level loniq Hybrid Limited, with an MSRP of \$27,500. Air conditioning, power glass sunroof, leather seating surfaces, heated front seats, Bluetooth, Proximity Key entry with push-button start, BlueLink telematics, wireless 'Qi' phone charging, 7-inch touchscreen navigation, Android Auto/Apply Car Play, and a high quality audio system are among Limited trim standard gear.

Is the 2017 Hyundai Ioniq a solid buy? I say 'yes' without reservation.

AT

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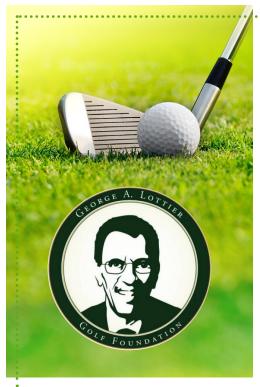


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morehouseatl.org/hof/



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## Blissbehavin' in

# OLBIA (SARDINIA), ITALY

by Regina Lynch-Hudson

Photography by Courtland C. Bivens III







here's no lazier a luxury than lounging on the dock of the bay in Olbia, a sluggish-moving coastal town located on the Italian island of Sardinia.

The celeb-scape of Sardinia, the second largest island in the Mediterranean, has been a longtime hideaway for luminaries. Sardinia's enchanting towns and breathtaking backdrop earn its moniker "the pearl of the Mediterranean." While most jetsetters board private aircraft and boats bound for the more exclusive enclaves of Sardinia, recently, the allure for Sardinia's entry hub of Olbia has heightened — enticing laidback tourists to what was once the isle's pit stop. Known for its airport and ferry port, Olbia is overshadowed by Costa Smeralda's 35-mile stretch of epic coastline, and other outlying crown jewels. Olbia vies to stake its claim as an affordable and appealing alternative to the region's ritzy rival villages. A captivating hamlet chockfull of boutiques, bars, bistros and a buzzling city center, Olbia offers an oasis of traditional culture and rustic charm.

Ships Ahoy: Many travelers visit Sardinia via ship, and Olbia lends the area's largest and most popular cruise and ferry port, with connections to the mainland. Cruiseliners spotted in the harbor included, Carnival, Holland America, Oceania Cruises and Regent. The entry port is positioned roughly a mile from the city — with major sights easily navigated by foot. Olbia railway station (Stazione di Olbia) links with train stations throughout Sardinia.

**www.boomerangcharter.com** provides private or group sailings and yachting options to neighboring areas on an assortment of boats.

**Effortless Olbia:** You can easily view the highlights of Olbia in a day, at a snail's pace. Olbia is an authentic and unspoiled settlement that still bears the scab of the Roman conquest of Italy. Architectural marvels include the Romanesque church of San Simplicio sited at Piazza Regina Margherita, constructed in the 12th century. Remains of Roman baths dot Olbia, even today.

The Archaeological Museum of Olbia, near the port, is crammed with intriguing ancient artifacts. A must-do tour is the totally renovated San Paolo Church, built in the 17th century. Throughout Olbia, we delighted in the melodic Italian language, but in major touristic spots we welcomed the familiar chorus of English.

Most tourists opt for jaunts to more established hotspots on the island. Worthwhile dashes include the seaside resort of Pittulongu, four miles north of Olbia. Pittulongu presents pastimes such as bird watching,



sunbathing and sailing. Or, the natural beauty of Costa Smeralda awaits 20 minutes away — a paradise of water-based activities.

We chose to wander aimlessly, taking in the surprising quietude and panoramic photo opps, before settling in a sandy front row spot by the sea

Paradise Found: Hotel Cala di Volpe, found 25 minutes north of Olbia, is situated in Costa Smeralda (Porto Cervo). The quaint property unfolds ocean-view rooms and 21 suites — set in an environment of spectacular rock formations and sparkling emerald waters — a lure for snorkelers and scuba divers, and solitude-seekers like us. www.caladivolpe.com AT





*Blissbehavin' In* covers top bliss destinations where busy executives 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** 



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## WEEKENDER

## **VEGAN STRIP**

The West End has the vegan scene on lock. Go meatless for a weekend.



## Viva La Vegan

1265 LEE STREET SW ATLANTA, GA 30310

Run by a brother and sister team, this new vegan haven near Capitol View is all about vitality. They aim to preserve the comfort in comfort food — serving up classics with both soy and soy free options for chicken and waffles, Philly cheesesteaks, salmon burgers, and chicken gyros, tacos, chicken sandwiches, chimichangas and raw collard wraps — all sided with crispy, garlic French fries. Super flavorful.

## Tassili's Raw Reality

1059 RALPH DAVID ABERNATHY BLVD. ATLANTA, GA 30310

Raw, vegetarian eatery fixing up an array of wraps, salads and main entrees. Crowd pleasers: Mixed Spicy Kale Wrap and Naked Tacos; Sweet Coconut Corn, Pad Thai Noodles and Black-eyed Pea Hummus.

## KarbonStar Vitality Vegan Café and Juice

1542 RALPH DAVID ABERNATHY BLVD. ATLANTA, GA 30310

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879 RALPH DAVID ABERNATHY BLVD. SW ATLANTA, GA 30310

### Healthful Essence

875 YORK AVE. SW ATLANTA, GA 30310



## techbyte

# FOOD TECH

ood Technology describes how technology can improve agriculture and food production, supply chain, distribution and consumption. It's a rapidly-expanding field that has the potential to combat hunger and environmental issues, and with a new grant from the Economic Development Administration, Clark Atlanta University will soon be leading the city's food tech innovation pack.

The University received \$400K as part of a \$15 million investment grant from the EDA's Regional Innovation Strategies Program which will fund its STEM urban farming project: CREATE. The historically black

university is one of only 35 organizations (out of 215+ applicants) to receive RIS funds and the first Southern HBCU in the program.

"Project CREATE will support entrepreneurs in using STEM technology and innovations to build healthy local food systems along with collateral entrepreneurial ventures in Southwest Atlanta," says Clark Atlanta president Ronald Johnson. "My team and I understand the value of community collaboration on the Westside and I decided to approach



and gentrification of property that is coming to that neighborhood. This a natural fit for the ecosystem we seek to develop."

According to Johnson, CREATE will initially focus on three urban farming innovations: A high-powered mobile self-flushing portable water filtration system developed at Clark Atlanta University; an efficient biofuel conversion system that converts used cooking oil into biofuel; 15 high-volume three-dimensional (3D) printers using PLA, metal, glass, ceramic and other highly durable materials.

The program will assist cohort entrepreneurs and urban growers in product testing, business strategies and ultimately, help them implement their new food tech innovations in their communities. Innovations may include purification units to clean city and storm water for agricultural use, miniature biofuel heaters for raised beds, and farming hand tools and water-level sensors for agricultural

"As 'stewards of place,' we have an obligation to outreach to the

the Russell Center for Innovation and Entrepreneurship, Truly Living Well and the United Negro College Fund."

CREATE will utilize the expertise of these three non-profit organizations, from their research experience to the urban farmers' network, and help transform local food systems in southwest Atlanta and beyond. For the duration of the three-year long grant, CREATE will host five cohorts of 10 entrepreneurs each from four project partners — including students from the Atlanta University Center and TLW community volunteers.

"Urban farming is booming in Atlanta and across the country from Boston to Detroit to Portland, Ore.," says Johnson. "However, the development of tech-related agro businesses in this sector is somewhat lagging. Both the EDA and CAU recognize the need to develop and grow a sustainable entrepreneurial ecosystem in Southwest Atlanta, especially in light of the new stadium and all of the commercialization

community around us, to ventures already supporting the community like TLW and to historic groups like the Russell family and their prolific entrepreneurial track record not only in the Atlanta African-American community but in similar communities throughout the U.S. Add the mission of UNCF in support of HBCUs and this all fits very naturally," says Johnson.

Clark Atlanta University will also provide educators from their Center for Innovation and Entrepreneurial Development, as well as professors in the Computer Science, Engineering and Entrepreneurship programs, as resources for program participants.

"We hope to be a model for other HBCUs and communities who can collaborate to develop sustainable entrepreneurial ecosystems capable of growing entrepreneurs, providing jobs and bringing disadvantaged neighborhoods into the innovation," says Johnson. AT

# **Eating Healthy When Dining Out**

No need to scuttle your healthy food commitments when you dine out. Here are some tips to help make dining experiences both tasty and good for you.

**1. HAVE IT YOUR WAY.** Be assertive and ask for modifications on the menu. If an item comes fried, ask for it grilled. Or, ask for smaller portions of protein and larger portions of vegetables.

#### 2. ASK HOW THE FOOD WAS PREPARED. For

instance, cholesterol-free does not mean fat-free; the dish could still be dense with calorie-dense oil. Neither does "lite" necessarily mean light in calories or fat. In general, select foods that are: Steamed in their own juice (au jus), broiled, baked, roasted, poached or lightly sautéed.

**3. BEWARE OF THE LOW-CARB OPTIONS.** Low-carb offerings are all the rage, but low-carb doesn't mean low-cal.

**4. BOX HALF OF YOUR ENTRÉE BEFORE IT EVER GETS TO THE TABLE.** Or split an entrée with your dining partner. Restaurants often serve two to three times more than food labels list as a serving.

**5. DECIDE WHAT YOU'RE EATING BEFORE YOU LEAVE HOME.** Most chains post their menus on their Web sites. Decide early and defer the temptations later



**6. KNOW THE JARGON.** Any menu description that uses the words creamy, breaded, crisp, sauced, or stuffed is likely loaded with hidden fats — much of it saturated or even trans fats. Steer clear of: buttery, sautéed, pan-fried, au gratin, cheese sauce, scalloped, and au lait, à la mode, or au fromage (with milk, ice cream, or cheese).

**7. PASS (ON) THE BREAD.** If you must have something to munch on while you wait for your order, ask for a plate of raw vegetables.

**8. DRESS UP TO DINE OUT.** If you view eating out as a novelty you likely won't eat out as often — a win from both a health and a cost standpoint. **AT** 

### **TIDBITS**

# Charmaine Ward has been named Corporate Relations director for Georgia Power -

responsible for building and maintaining key state and national relationships with diverse organizations and opinion leaders. Her efforts will focus on forming strategic alliances with various segments of the company's 2.5 million customers, corporate partners and civic organizations to garner support and promote advocacy for important industry and company issues. She will also work closely with internal executives and community leaders to develop sustainable initiatives aligned with the company's business goals and corporate philanthropic strategies supporting its mission to be a citizen wherever we serve.

Ward joined Georgia Power from Georgia-Pacific where she was senior director of community affairs since 2014. In this role, she was responsible for the development and implementation of strategic corporate social responsibility initiatives, employee volunteerism and the management of more than \$6 million in foundation grants. Ward joined Georgia-Pacific in 2003 as director of marketing communications before being named director of community affairs in 2007. She also held leadership positions at John H. Harland Company, Bank of America, Showtime Networks and IBM.

Ward holds a bachelor's degree in economics from Clark Atlanta University and an MBA from Kennesaw State University.

In the community, she serves on numerous boards, including the national board of the National Black MBA Association, the Atlanta Business League, National Black Arts Festival, and Kenny Leon True Colors Theatre. She is a member of the Links Inc., Delta Sigma Theta Sorority and Coalition of 100 Black Women. She is also a graduate of Leadership Atlanta, Leadership Georgia, the Education Policy

Fellowship Program and United Way VIP.

A native of Chicago, Ward is an avid reader, loves the theatre, and enjoys international travel. Her personal mission is to be a CATALYST, creating positive change in individuals and organizations through servant leadership.



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f this year's solstice doesn't carry enough of a bang to convince you that summer has officially arrived, then the seasonal, sweltering heat will surely offer a not-so-gentle reminder. And almost as fast as I welcome the season, I will characteristically begin seeking a refreshing sip to usher in a much needed cool down.

While running my weekend errands, I stopped in one of my favorite stores and landed upon the inspiration for this beautiful and oh so good drink: rich, sweet blackberry syrup and sparkling dry ginger. My wheels instantly began turning and the resulting mocktail was born. I couldn't resist garnishing it with stunning blackberry king ice cubes, for added flair, and topping it off with a couple of splashes of club soda.

The punch from the ginger, coupled with the sweet blackberry essence and fizzy soda, makes this the perfect drink to toast the season — and it should definitely be in rotation in your sipping and entertaining repertoire. It's a casual, pour-as-you-like, non-recipe of sorts, so make it your own, leading with the ginger as the base and accented with blackberry syrup and club soda to finish.

## **BLACKBERRY GINGER SODA**

#### Ingredients:

Sparkling Dry Ginger (or ginger ale), chilled Blackberry Syrup Club Soda Blackberry Ice Cubes

#### Method:

Fill glasses with ice cubes. Pour desired amount of ginger into glass, followed by a few drizzles of the syrup. Top with a couple splashes of soda. Stir to combine and enjoy! **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.

# GIFTS FOR DADS, GRADS AND CADS



### BLACK+DECKER DIGITAL POWERCRUSH BLENDER WITH QUIET TECHNOLOGY

While a fresh smoothie is a great addition to your morning ritual, a rude awakening from a noisy blender is not. If the overpowering hum of a blender at work is preventing you from whipping up iced cocktails or on-the-go shakes, there's a solution. And just because it's quiet, doesn't mean it's any less efficient — a 900-Watt motor and QuadPro Blade create a powerful blending vortex, making quick work of ice and frozen ingredients. **\$49.99**, blackanddeckerappliances.com



# BLACK+DECKER 7-QUART PORTABLE DIGITAL CHALKBOARD SLOW COOKER

Personalize your favorite slow cooked meals and cooker with an exterior chalkboard surface that lets you get creative. Label it for potluck dinners, write down recipes for easy meal prep, or draw on it to liven up your kitchen. The 7-quart stoneware pot is perfect for roasts, soups, chilies, and so much more. Just add in the ingredients and let the low, constant heat go to work. **\$49.99, blackanddeckerappliances.com** 



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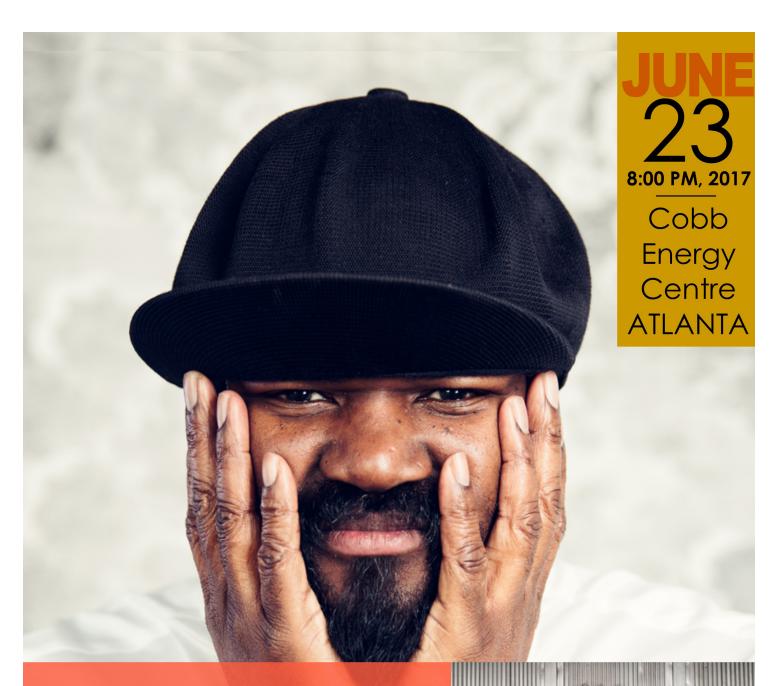
The versatility and convenience of the removable plate system let you create a multitude of delicious meals in no time. Use the two ceramic grill plates for traditional grilling, then swap in the griddle plate to create tasty breakfast fare. Premium features help turn everyday mealtime into a culinary experience: a 500° searing burst for restaurant-quality results; digital time and temperature controls for precision cooking; and an adjustable hinge that accommodates thick cuts of meat, vegetables, and sandwiches. \$99.99, GeorgeForemanCooking.com



### SUNCAST GOLF ORGANIZER

Keep your golf equipment from winding up propped up in a corner or kept in the trunk of a car, taking up valuable space. The metal frame on the organizer is sturdy, the adjustable foot rests allows the storage unit to rest on uneven surfaces, the open top allows for storing bags with varying heights, and the lip-bar at the bottom ensures that the bags will not slide off of the rack floor. Side shelves are perfect for shoes, golf balls, extra tees, golf towels, or whatever else you typically bring along

on an outing. \$71.99, suncast.com







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