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# ATLANTA TRIBUNE

THE MAGAZINE

MARCH 2018  
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Fashionistas: [Front row] Rebecca Jones, Michelle Davis, Vicki Palmer, Steve and Millie Smith (John Palmer, not pictured)

[Second row standing] Louise Sams, Todd Hoyles – Neiman Marcus, Title Sponsor, Lauren Amos, Ginny Brewer, Darrell and Tara Mays

Photography: @BenRosePhotography

## Thursday, March 15, 2018; Neiman Marcus

If you love art and fashion then you won't miss the 12th Annual Fine Art + Fashion benefit hosted by Title Sponsor, Neiman Marcus. This year's Event Co-Chairs are Lovette Russell and Jack Sawyer. NBAF will honor Cindy and Bill Voyles as Honorary Co-Chairs, *fashionistas making a difference*, Emerging Talent student fashion designers, a visual artist and a fashion designer extraordinaire.

Celebrated within and outside of Atlanta, NBAF is the oldest multidisciplinary arts and cultural organization in the United States that focuses exclusively on the art and the artists of African descent. The event raises funds to support NBAF stellar programs for artists of all ages, our in-school arts education and youth development and engagement programs for middle and high school students.

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# 22nd Annual George A. Lottier Scholarship Golf Tournament

Monday, June 4, 2018 | 10am - 5:30pm



Come and enjoy prizes and contests on every hole as well as a continental breakfast, a silent auction, a golf clinic for beginners, box lunches, and a 19th hole reception where our scholarship winners will be introduced.

The purpose of the George A. Lottier Golf Foundation is to assist qualified minority journalism marketing, and graphic design students in enriching their education.



#### **Tournament Schedule:**

10 am - Breakfast | Golf Seminar  
11 am - Check-In (Golfers)  
11:45 am - Shot Gun Start | Lunch  
12 pm - Golf Clinic  
4:30 pm - 19th Hole Reception



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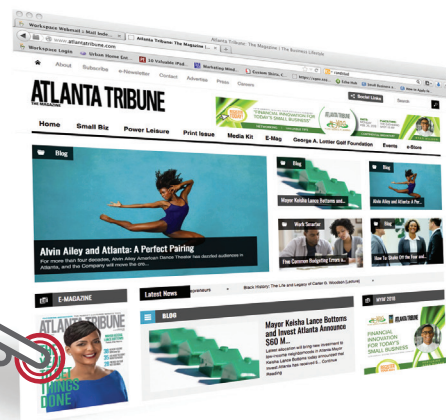
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## BLACK HISTORY CELEBRATION

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\* Complete list of Honorary Chairpersons provided on back of flyer.





# What You're Saying...



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Thanks for helping us debut our new cohort of trailblazers @atlantatribune! #soar2018

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#Franchisee sisters Carisse and Eboni were featured in @atlantatribune! Check out the article to learn about their plans for expansion across Georgia. <http://bit.ly/2n49CLK> #famoustoastery

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# SAVE THE DATE



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# Quick: What was the last gadget you purchased?

If you haven't purchased anything recently, good for you. Just about every other commercial on television or advertisement we see and hear in passing is one for the newest phone, computer or voice-controlled device to "make our lives a little easier." I've been baited. I have an iPhone 6 — still. But, an upgrade is approaching. I recently ordered a Macbook (I worked my old laptop into the ground). I have the Amazon Echo Dot. I wear an Apple watch and use a Fitbit during workouts. A ring light for my cellphone just arrived, thanks to my Amazon Prime penchant. I also have camera lens attachments for my iPhone that allow me to take great travel photos.

You get where I'm going with this. Before I listed out the tech accessories above that I use, I wouldn't have described myself as a gadget geek. On second thought, I'll admit — I'm slightly into technology. And now that I really think about it, I really do use all the things I've mentioned regularly.

- My iPhone is ubiquitous. I use it for my alarm in the morning. Keep my entire schedule on its calendar and don't know where I'd be without the reminder alerts that I'm constantly setting. I have a password-protected password app that has saved me too many times to count. When I don't travel with my tablet, I watch movies on it in flight with Delta's free entertainment app.
- Island hopping has caused me to have a great affinity for the sound of waves crashing against the shore. The Echo Dot handily delivers a simulation of that sound as I'm winding down in the evenings.
- I've talked about my family's wellness challenge here in the past. It includes weekly step contests (we each endeavor to walk a minimum of 10,000 steps daily) and I'm very competitive. I love my Apple Watch but I've become dependent on my Fitbit for an accurate step count.
- Probably the handiest of the tech accessories I've gotten in the past few years has been the cellphone camera lens attachments that expand my photo-taking capabilities with wide angle and zoom options.

My work tote and carry-on bag are always a little heavier because I carry many of these things with me daily. They've become such a fixture in my routine that though I do remember making do just fine without them, I really do appreciate their usefulness. I feel the same way about the companies we're shouting out for their impact on the technology sector here in Atlanta.

Technology is changing the world so vastly and so quickly that each year when we come around to an entire issue dedicated to the industry at-large in Atlanta, the news feels like years since the stories that preceded.



Of course, I believe every edition of the magazine is one you'll want to file away for future reference. But, there are a few that I suggest to pick apart, take notes in and even pass around to friends and colleagues. This is one of those issues. Atlanta's black tech arena just keeps getting more solid. **AT**



Katrice L. Mines  
EDITOR  
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# SAVE THE DATE



This year, Atlanta Tribune: The Magazine will continue their tradition of celebrating Superwomen in business by partnering with AtlantaDailyWorld.com in hosting the Women of Excellence Awards Ceremony. This highly anticipated event will take place on March 29th at the Fairmont and will recognize Atlanta's most accomplished and influential African-American women.

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6:00-9:00 PM

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#WOEATL18



# ON OUR RADAR: BLACKTECH WEEK

*Tech enthusiasts unite.*



Now that we have your attention ... Is BlackTech Week a staple on your professional enrichment agenda? It should be.

An immersive week-long series of events, BlackTech Week attracts the most innovative young minds, creative influencers and thought leaders of color to learn from the best, exchange ideas, increase investor deal flow and address common challenges through engaging workshops and social interchange. This days-long cultural celebration highlights cutting-edge technologies and entrepreneurial innovation.

## Who

BlackTech Week brings together founders, corporations, and the community to create a valuable six-day national experience for investors, entrepreneurs, and techies of every kind. Since its inception in 2014, the initiative has convened more than 2,700 participants, 150-plus speakers, and three pitch competitions.

## What

The “must-attend fam reunion” is a minority centric ecosystem-building festival based in Miami. BlackTech speakers are top-tier across public and private sectors; premier entrepreneurs, CEOs, politicians, artists, and innovators. Well-considered speakers ensure the programming at the conference is first-rate while organizers meticulously curate powerful talks and provide space for networking and “mingling without pretension.”

## A snapshot of this year’s conference

- Richard Gibbs presenting **mini-pitch session** w/ BlackTech Week Exhibitors
- **Keynote Address** from Dr. Renita Weems
- **Dismantling Innovation Deserts through Radically Inclusive Smart City Design** – Fallon Wilson and Atyia Martin
- **Bridging Communities: Data, Tech, Activism, and Church 4 Black Lives** – Dr. Fallon (mod), Jasmen Rogers, Yeshimabeit Milner, Ayori Selassie and Tiffany Thompson
- **Digital Content Creators Roundtable and Workshop** – Startup/Founder John D. Saunders, Diamond William, Courtney McKenzie Newell, Maxene Terrimetris, Benoni Tagoe, Deena McKay, Jacques Bastien & Dahcia Lyons-Bastien, Anthony Clarke

## Why

Code Fever Miami, which powers BlackTech Week, endeavors to “end innovation deserts and stay hungry for substantive change.” In that vein, the economic development not-for-profit organization focused on inclusive innovation and competitiveness for highly motivated members and communities of the emerging majority, intends — through this forum — to accelerate the building of asset- and talent-filled spaces in Black communities where innovation and economic competitiveness can thrive by focusing on drawing resources, training, networks, funding, and instituting inclusive policies.

## Be there

This year’s conference took place the week of Feb. 8-10. Set yourself a reminder to be ready for 2019. **AT**

# Atlanta CEO and Trinidad native brings foundation of diversity as he assumes leadership of one of city's oldest nonprofits



Deke Cateau assumed the role of CEO at A.G. Rhodes Health & Rehab, one of Atlanta's oldest non-profit organizations — bringing 15-plus years of long-term care industry experience to this post.

A.G. Rhodes provides therapy and rehabilitation services, short-term recovery and long-term care at three metro Atlanta nursing homes. Cateau has served in various leadership roles with A.G. Rhodes — including chief operating officer, chief of Strategic Implementation, and administrator of the organization's flagship location near Grant Park.

A native of Trinidad, which is often referred to as a “plural society,” the University of the West Indies alumnus was born into a culture of diversity. In his new role, Cateau not only represents that diversity, but also leads a workforce of approximately 600 employees serving more than 1,100 seniors each year — all of whom reflect all walks of life and a wide range of ethnicity and culture.

Cateau inherits a culture of compassion and respect at A.G. Rhodes that's been ingrained since 1904, where employees treat residents as they would members of their own family. The dedicated workforce takes pride in easing the stress and difficulties that often come with aging.

“I am eager and excited to continue the organization's vision to transform and improve the way we provide care for our aging population,” he says.

As CEO, he will oversee an operating budget of approximately \$40 million. He will continue to guide the organization in its transition to an improved model of care to better serve elders, their families and the community. He draws on experience from his various roles at A.G. Rhodes since 2009, and prior to that, Five Star Quality Care, Inc., a national senior living communities and services provider, and his prior management of a 200-unit continuing care retirement community in Savannah, Ga. **AT**



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## Atlanta Technical College and Clark Atlanta University Announce Agreement for Parallel Pathway Partnership

**A**tlanta Technical College President Dr. Victoria Seals signed a framework agreement with Clark Atlanta University President Dr. Ronald Johnson to establish an academic, research, and cultural partnership between the two higher education institutions. ATC and CAU committed to leveraging their intellectual capital and other resources to develop an integrated network where ATC students can seamlessly continue their studies at CAU while also allowing CAU students to earn industry-recognized credentials at ATC.

"We are committed to developing new opportunities for our students and this partnership with Clark Atlanta University will provide additional avenues for advancement both inside and outside the classroom," says Seals. "I would like to thank Dr. Johnson and his team for their hard work in making this partnership a reality. The future is bright for both student bodies; we look forward to continuing to transform the lives of our students and our communities through innovative educational partnerships designed to increase academic success and economic mobility."

Starting this spring, Atlanta Technical College and Clark Atlanta University will phase in the Parallel Pathway Partnership with joint enrollment for qualified students at both institutions, program-specific transfer agreements, and teaching opportunities for graduate students and faculty at both institutions.

"We are very proud to partner with Atlanta Technical College and all of the exciting new possibilities this framework agreement portends," Johnson says. "The signing of this MOU helps to broaden the capacity of both institutions to equip students with the skills necessary to compete in the 21st century global economy. This very creative exchange agreement fortifies the pipeline of innovative, entrepreneurial, critical thinkers emanating from our two campuses. This bodes well for our institutions and for the entire Metro-Atlanta marketplace."



The unique partnership will foster greater collaboration between ATC and CAU to expand postsecondary opportunities, strengthen academic rigor, and increase student success. These goals will be addressed by designing and implementing innovative strategies that are grounded in theory, data, and recognition of our collective mission to serve as conduits of transformation and advancement.

P3 students will obtain highly marketable technical credentials and/or four-year degrees. Through this partnership, skills-based programs that are immediately career and market-oriented are balanced with courses focusing on critical analysis, strategic thinking, research, communications, management, and innovation. These students will graduate with credentials to be competitive in today's evolving job market, as well as to be prepared to adapt to market demands in the future. **AT**



# #MeToo On My Mind



There is no doubt that the workplace is filled with people of different sensibilities. It is where people with raunchy humor, those with more refined tastes, and others meandering somewhere between intersect in one place. The workplace is also where power dynamics exist — and persist — to define a unique workplace culture. People often align with the prevailing workplace culture in an effort to remain employed and/or to progress.

Employees and managers daily navigate these different sensibilities in efforts to create respectful and legally compliant workplace cultures. But, the #MeToo movement — with its high profile “call outs” in various industries across our country — reveals that collectively we have not effectively addressed the real, underlying tensions impacting the reasons that people do not speak up about workplace misconduct. These reasons are simultaneously simple and complex. On one hand, it is “simple” to locate a policy and to contact the appropriate managers, Human Resources personnel, or compliance hotline number to make a report. In this context, simple only means that it usually is not a complicated process to actually complete the task of making an initial report.

The more complex issues are all the considerations that go into *whether* to file a report. Here is where the real challenges begin. When considering the #MeToo movement and, particularly the Hollywood examples, there were emerging themes: people — often times young women but not exclusively — were passionate about their crafts; they were seeking more opportunities to advance in their careers; some had heard rumors of misconduct and developed strategies for navigating around it; others confided in friends about what happened to them and sometimes the fiends, also in the industry, encouraged them to remain silent to avoid derailing their careers. These considerations are real and are not limited to the entertainment industry. In any industry, a typical pattern exists: employees and managers often are seeking career enhancing opportunities while trying to navigate the norms existing within their particular workplace cultures. That is not a new pattern. Sometimes, however, the workplace norm is that current silence about misconduct ensures future workplace opportunities. These norms breed #MeToo workplace movements.

How do we disrupt patterns fueling the #MeToo movement in the workplace? Here are some useful strategies:

- 1.) Permit anonymous reporting. There are times when employers learn of misconduct through anonymous compliance lines or other means because employees (including managers) feel more comfortable reporting anonymously. Encourage reporting and keep the focus on the issue reported and not seeking to identify the person making the report.
- 2.) Support an ethical, “speak up” culture through policies and behavior. Ensure behaviors align with policy statements. This means — in regular team meetings at every level of the organization — emphasize the value of “speaking up” and the expectation that doing so is each person’s obligation. Demonstrate the importance of this value by ensuring people who raise good faith concerns are supported — and advanced — in the organization. The anecdote to silence is public examples of support.
- 3.) Don’t just train, teach. Invest in teaching leaders, managers and employees the concepts of sexual harassment, gender bias, respect in the workplace, equality, cultural inclusion and related theories. Provide real-life examples of how these concepts surface in the workplace and teach them how to see different perspectives. Seeing does not mean agreeing, but you often have to first recognize the presence of a challenge in order to address it effectively. **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](mailto:djmassie@littler.com).



# Tips for a Stress-Free Tax Season



**E**arlier is better when it comes to working on your taxes but many people find preparing their tax return to be stressful and frustrating. Fortunately, it doesn't have to be. Here are six tips for a stress-free tax season.

**Don't Procrastinate.** Resist the temptation to put off your taxes until the very last minute. Your haste to meet the filing deadline may cause you to overlook potential sources of tax savings and will likely increase your risk of making an error. Getting a head start will not only keep the process calm but also mean you get your return faster by avoiding the last-minute rush.

**Gather your records in advance.** Make sure you have all the records you need, including W-2s and 1099s. Don't forget to save a copy for your files.

**Double-check your math and verify all Social Security numbers.** These are among the most common errors found on tax returns. Taking care will reduce your chance of hearing from the IRS. Submitting an error-free return will also speed up your refund.

**E-file for a faster refund.** Taxpayers who e-file and choose direct deposit for their refunds, for example, will get their refunds in as few as 10 days. That compares to approximately six weeks for people who file a paper return and get a traditional paper check.

**Don't Panic if You Can't Pay.** If you can't immediately pay the taxes you owe, consider some stress-reducing alternatives. You can apply for an IRS installment agreement, suggesting your own monthly payment amount and due date, and getting a reduced late payment penalty rate. You also have various options for charging your balance on a credit card. There is no IRS fee for credit card payments, but the processing companies charge a convenience fee. Electronic filers with a balance due can file early and authorize the government's financial agent to take the money directly from their checking or savings account on the April due date, with no fee.

**Request an Extension of Time to File (But Pay on Time).** If the clock runs out, you can get an automatic six-month extension bringing the filing date to October 15, 2018. However, the extension itself does not give you more time to pay any taxes due. You will owe interest on any amount not paid by the April deadline, plus a late payment penalty if you have not paid at least 90 percent of your total tax by that date. **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](mailto:steve.julal@vaasprofessionals.com).



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## MEET THE JUDGE

# CAROL WALKER-RUSSELL, ADMINISTRATIVE LAW JUDGE



Judge Carol Walker-Russell is an Administrative Law Judge with the state's Office of Administrative Hearings, where she has handled disputes between the public and state agencies since 2000. An Atlanta native and "Grady baby," Judge Walker-Russell is the youngest girl of eight children born to her "Shero," Marie Walker. She was raised in the now demolished Atlanta Bowen Homes housing projects, but learned early in life that although raised in the projects, the projects were not raised in her. After graduating from Frederick Douglass High School and receiving a Bachelor of Science degree in criminal justice from Georgia State University, Judge Walker-Russell obtained a Juris Doctorate degree from Georgia State University, College of Law in 1987.

### What impact do you believe your higher education has played in your professional successes and achievements?

I have always loved to read, write, learn, and boldly face new challenges with enthusiasm and anticipation. As the only child who attended college and law school, I value the privilege of

obtaining a higher education and recognize that I would not have the opportunities afforded to me without pursuing a higher education. My father died when I was an infant; however, I had the pleasure of being raised by a dynamic, single mother in the now abolished Atlanta Bowen Homes Housing Projects. Although we did not have much money growing up, we were rich. My mother taught me and my seven siblings the importance of learning, and that education is the "great equalizer."

### Many people do not realize the mental and physical toll serving on the bench can have on a judge. After being a judge for many years, how have you managed the weight and responsibility of the bench while remaining so well-balanced?

As a member of the Georgia Bar since 1987, and a judge since 1998, I learned long ago that I have to be proactive in maintaining my physical and mental health. The mental and physical toll from serving on the bench can indeed be quite negative and dramatic. Since judges sit most of the day behind a bench, and often preside over contentious litigation, it is critical to stay physically active, maintain a healthy weight, and avoid drug and alcohol abuse. In addition, it is important to take time off to replenish the body, mind and spirit.

### You are such an inspiration to so many, especially and including myself, so who inspires the Inspirer?

I find renewal of my strength and inspiration through my faith, family, and community. I am particularly inspired and still in awe over the 1960s. Its reformative impact on society forever changed our laws and the course of our lives. We had the unique privilege of being taught life's lessons by a generation of powerful and

(Continued on page 36)

## ATTORNEYS' CORNER



### QUESTIONS

*Judge Me Not*

*Favorite Word?*  
**Excellence**

*Least Favorite Word?*  
**Excuses** (Leave them at my courtroom door)

*President Abraham Lincoln or President Barack H. Obama?*  
**President Barack H. Obama**

*Brussels or Dubai?*  
**Dubai**

*Brown Thrasher Bird or Cherokee Rose Flower?*  
**Cherokee Rose Flower**

*Gardening or Decorating?*  
**Decorating**

*Georgia State or Georgia Tech?*  
**Georgia State**

*Monopoly or Scrabble?*  
**Monopoly**

*Ponce City Market or Krog Street Market?*  
**Ponce City Market**

*Maya Angelou or James Baldwin?*  
**Maya Angelou** (But as a poet, I love them both)



by Judge Terrinee L. Gundy,  
Municipal Court of Atlanta



# SAVE THE DATE

Friday, July 13, 2018

EIGHTEENTH EDITION

## WHO'S WHO IN BLACK ATLANTA®

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# TECH RISING









# DIGITAL UNDIVIDED |

## KATHRYN FINNEY

By Kamille D. Whittaker

**A**t the 2016 South by Southwest Conference, Kathryn Finney, founder of Digital Undivided, had a major announcement: She would be launching an initiative in Atlanta to be housed in the BIG Innovation Center.

This 6,000-square-foot space is now home to the BIG accelerator program, a 16-week track for high-growth companies led by women of color and financed by the newly launched Harriet Fund. It is the first venture fund focused on investing in exceptional black and Latina female founders — those with ideas and ventures that are groundbreaking and game-changing, but still go unfunded or unnoticed.

This is where DID comes in — investing where others won't; championing what others don't; doubling down on opportunities that others consider small bets to bridge the digital divide.

"Little attention has been given to the role of intersectionality in tech entrepreneurship. In fact, a cursory glance of inclusion programs and activities revealed that the majority of the discussion focuses on either women (mostly white) or black (mostly men) founders, but rarely on those who are both women and Black (or Brown)," says Finney. "It seemed black women founders, who own a majority of Black businesses and are in the greatest position to have an immediate impact on entrepreneurship and innovation in Black communities, are invisible in the startup world."

To address the paradox, DID finds black women and Latinas who are tech founders with high-growth companies and connects them to a network of investors, mentors and influencers. The women develop with DID's startup tool kit and hone their leadership skills on the pathway from the build phase to exit; from the beginning of the startup funnel into the innovation ecosystem.

The pipeline begins with an invite-only weekend of ideation, pitching, feedback and networking. From this weekend, it chooses the cohort for the BIG incubator that culminates in a day where members demo their product/company to an audience of active investors, potential corporate partners and community members.

DID's proprietary data initiative #ProjectDiane provides the quantitative fuel, filling the vast research gap on Black and Latina women entrepreneurs in the innovation economy through public white papers and reports. The project maintains the largest database of Black and Latinx women startup founders and its report is replete with detailed findings and analysis on women of color in the startup space.

"We found that black women are extremely entrepreneurial and lead startups. DID identified 88 United States-based black women-led startups and these companies are a part of the fastest growing group of entrepreneurs in the U.S. (over 1.5 million businesses owned by Black women) that generate over \$44 billion in yearly revenues," says Finney.

The community element rounds out the initiative through TOWER, a gathering of women building companies, sharing resources, and uplifting each other on the entrepreneurship journey — ensuring they all stay committed to DID's mantra: "Go big, or go home." **AT**



# BLACC SPOT MEDIA | LANTRE BARR

By Katrice L. Mines

**B**lacc Spot Media is not your typical Web and mobile development agency. The Atlanta-based collaborative team of designers, developers and thought leaders has christened itself “Smart Communications innovators.” Specializing in Web Real-Time Communications, it develops custom Web and mobile applications as well as enterprise platforms for clients around the world.

WebRTC is an emerging technology that few companies have the expertise to successfully deploy. As one of the early adopters, BSM has years of experience bringing WebRTC products and services to market, and its team of specialized experts tailor solutions that are specific to businesses across industries. By collaborating with clients at every stage of the development life cycle including conceptualization, planning, product development, testing and deployment, the company is able to deliver comprehensive solutions for the Internet of Things (IoT), telephony, mobile, native desktop and Web applications.

Whether you are a startup or a large enterprise, Blacc Spot Media says it has the knowledge base to quickly and successfully deploy just the right solution for a company.

**Startups.** Since its inception as a startup in 2011, startups have been BSM’s passion. Its team recognizes not only the unique business model of startups and their need to rapidly scale but also what it means to build a business and what it takes to bring that vision to life. Providing strategic consulting to assist its clients in determining solutions that best fit their needs, BSM enables them to bring their product from ideation to creation.

**Enterprises.** BSM has knowledge and experience creating customized WebRTC solutions that align with the business goals and objectives of large organizations — knowing well enterprise requirements for performance, scalability and security enabling it to recommend or successfully build optimal solutions for global enterprise organizations.



We sat down with the founder for a chat about the work behind the scenes.

### How would a company know they need you?

Clients solicit our services for multiple reasons which include our positioning in the real-time communications industry, product quality and customer service reputation. However, one differentiating factor that attracts many to Blacc Spot Media is that we specialize in building Cloud Communications solutions using the latest advancements in voice, video, chat, SMS and telephony technology. While these technologies are not new, the shift from legacy technologies which previously were in the forefront of providing these capabilities, to cheaper, more widely available cloud-based technologies such as Web Real-Time Communications (WebRTC), have been a catalyst in changing both the cost of and deployment means of implementing Cloud Communications solutions.

WebRTC was open-sourced by Google in 2011 after spending over \$200 million purchasing the underlying technology. Why is this important? This open-sourced technology opened the doors for innovation and lowered the barrier of entry for companies looking to incorporate high-quality voice and video capabilities into their products and services at minimal cost. Previously, companies were subjected to spending millions of dollars on licensing and royalty fees for legacy and outdated technology.

If a business currently offers some sort of voice or video communication solution that's powered by anything other than WebRTC, Blacc Spot Media can save them significantly in costs. A few of the biggest industries benefiting from WebRTC include healthcare, education, financial services and call centers. Call centers demonstrates WebRTC's impact in overall operational costs. The companies within the call center market that are shifting away from legacy hardware and infrastructure to a cloud-based solution are experiencing over a 60% decrease in yearly operating costs as well as benefiting from increased efficiency and improved customer engagement.

### When you're pitching your company, what typically is more of value to potential clients — streamline their processes and increase customer engagement?

Typically, many of our prospect conversations are the result of a single problem experienced in daily business operations, usually driven by inefficient internal processes, ineffective customer engagement and/or the need to cut operational costs.

A key capability of our team is that we offer clients a blank canvas to solve any business challenges they may face. Our core strength stems from our strategic consulting services. During our initial discovery and requirements gathering phase in which we dive into our client's goals, requirements and existing landscape, we are then able to identify key improvement areas in our clients' overall business processes, determine the solutions that best fit their goals as well as define a strategic action plan that can be implemented to positively impact their business.

Oftentimes, our clients aren't aware of the available possibilities to solve some of their biggest challenges. We help open their eyes to those possibilities while providing value in all aspects of their business.

### Of the company solutions you've provided, which have allowed you to truly set your company apart as an industry leader in Web Real-Time Communications?

In 2013, we decided to focus solely on building Cloud Communications solutions harnessing the power of WebRTC. Consequently, we have been able to carve out a niche in the software development industry for mobile, web, Internet of Things (IoT), Virtual Reality (VR) and Augmented Reality (AR) products and services that require low latency, high-quality voice and video communication.

Through the numerous projects we have deployed across multiple industries, we have a deep understanding of the technology and its nuances. Through hands-on application, we continue to increase our knowledge base and tool set. Additionally, we share our experiences and knowledge with the real-time communications community via conference speaker opportunities as well as through our blog postings. Our web presence has landed us some of our biggest clients, propelled us to thought leader positioning within the industry and also helped to establish many of our amazing partnerships with other thought leaders in the community such as Twilio.

Prospects seek us out for our extensive real-time communications experience within the industry as well as for our ability to work with large enterprise clients, such as AT&T and Stanley Black & Decker, emerging startups, such as Regroup Therapy and Stratus Video, and all those in between.

"Technology is not just what we do — it is a part of who we are." **AT**







# GOODR | JASMINE CROWE

By Katrice L. Mines

**G**oodr's objective is precise: Reduce waste. Save money. Do good. It's a mission driven to impact the statistics that one in seven people go to bed hungry *and* that a whopping 72 billion pounds of food are wasted in the United States each year. These are the startling realities that moved Goodr CEO Jasmine Crowe, who says she has had friends that she could have counted in those numbers, to do something good; no pun intended.

Goodr is a sustainable waste management platform that leverages technology to combat hunger. The technology company provides an end-to-end solution for businesses to improve their bottom line by redirecting their food waste to tax savings. Its technology provides a secure ledger that follows surplus food from pick-up to donation, delivering a no-nonsense checks and balances that is incorruptible and secure.

"I was fed up," Crowe admits of what propelled her forward is this undertaking. "I saw thousands of people struggling with hunger and wanted to do more. When I saw the amount of good food going to waste in this country, I was blown away. I saw two problems that could solve each other and I set out to do the work."

Asked if this was the career path Crowe foresaw for herself, she explains, "Yes and No. Yes, because I always knew my life would be one of service. It came naturally to me and I always wanted to help people. No, because I never thought I would be a CEO of a tech start-up. I knew nothing about technology, but I did know that it could change the world so it was worth a shot."

Through its platform, mobile and Web apps make it possible for clients to redirect their surplus food to organizations that feed people that are food insecure. Non-profit organizations can register to be the recipients.

In the nearly five years since her company's founding, Goodr has served more than 80,000 meals — including 2,000-plus special holiday meals around the country.

"During the holidays, hunger really spikes," Crowe says. "People's gas bills are starting to go up, so their budgets are depleting and they have a huge need for food."

What's Goodr's answer to this crisis during those times? An initiative called Kids

Give Back where children come in to volunteer and help serve individuals in special pop-up restaurants by taking orders and serving the three to five-course meals to diners.

When Crowe founded Goodr, she and her best friend — a chef — would build menus around what was on sale in the grocery store. Eventually, however, her research on food waste led her to restaurants for donations. Innovative, by itself, but she didn't stop there. By developing a web-based and app dashboard, Goodr allows businesses to track and account for their donations as well as the ability to measure their community impact, see their real-time tax savings and analyze waste trends. "Our process makes sure companies capture the maximum value of their food donations."

Five years from now, Crowe sees the Atlanta-based tech company in multiple cities across the nation. The company's goal is to reduce food waste in this country by 15 percent, which would mean the company has organized the dissemination of enough food to feed 25 million people.

Hunger is not a scarcity issue, according to Crowe. It's a logistics issue, and clearly nothing that a bit of ingenuity and entrepreneurial spirit couldn't remedy. Feed more. Waste less. "The name Goodr came from two things, one being a Do-Goodr (doing good things). Also the idea was to rescue "Good" food. The "r" at the end stood for rescue." **AT**





## MINI CITY | INDIA HAYES & ANITA JONES

By Kamille D. Whittaker

**M**ini City's mission is simple: To sit firmly at the intersection of technology and social good to eradicate homelessness, not just in Metro Atlanta, but across the nation.

The *how* is less simple, but as a first step, the tech start-up seeks to transform the way that nonprofits, shelters and municipalities — all of which have many resource constraints — assist the homeless and solve one of the biggest barriers for homeless citizens — lack of the necessary legal identification documents that would help them receive resources and help.

It was a problem that India Hayes, a tech designer, and Anita Jones, who works full-time at the CDC, felt compelled to address.

"One of the major impediments to reducing long-term homelessness is the difficulty that homeless individuals have securing vital records and identification cards," says Hayes. "You need vital records and ID to take advantage of many basic services that empower an individual into sustainable levels of ownership and self-sufficiency. However, there are significant obstacles including costs related to applications and filing fees, as well as transportation expenses, and requiring a mailing address."

And so Mini City developed Fit Bit-like wearable technology in partnership with tech-enabled wearable device leader Tagstand, to streamline the administration processes for legal identification, vital records, and



employment forms for those who are unhoused and declared indigent, placing it at intersection of technology and social good.

With it, Mini City can gather information from users to obtain vital records, like social security cards and birth certificates, and generate resumes and cover letters with stored education and work histories. They also gather basic demographic data like age, race, and location, and narrative-based data like personal goals and accomplishments. This is stored in a secure repository for later analysis.

“We are using the data to place them within job opportunities and their first interviews through relationships with partners like First Step Staffing; and to also show measurable success through completion of each Mini City session,” says Hayes.

Mini City’s pilot program, which launched in May of 2017, secured legal identification and outfitted 500

homeless citizens with wearable devices. They work each week with homeless individuals at the Salvation Army and ReStart Atlanta shelters with individuals ranging from ages 1 to 61 years old. The endeavor comes with remarkable margins, including a projected annual savings of nearly \$2.2 million for the city of Atlanta if only 30 percent of its pilot participants complete the program.

“As we know, many cities have difficulty offering aid or finding solutions that stand to contribute to the long-term improvement of the lives of homeless people. In this way, Atlanta is not alone, as other major cities around the nation find themselves in similar circumstances,” says co-founder Jones. “However, as Atlanta is fast-becoming the entrepreneurial and tech hub of the southeast, we believe that we are in a unique culture and community that will allow for successful solutions.” **AT**





# DIVERSITY SPEND SOLUTIONS | MELANIE RHODES

By Kamille D. Whittaker

**W**hen a Toyota supplier diversity manager indicated to Melanie Rhodes that he “wanted to push a button” to understand his supplier diversity achievement — Rhodes knew she was on to something with her tech-based consulting approach that would eventually become Diversity Spend Solutions, the software, service, and solutions provider for all things diversity. “We are really about solving a problem and making sure that our client has a customer base or supply base that reflects their customer base or a workforce that also reflects their customer base,” says the Ohio native and one of the inaugural graduates of the City of Atlanta’s Women’s Entrepreneurship Institute.

Her company services major corporations mostly — like Toyota — that either have supplier diversity programs or diversity and inclusion programs that need metrics and ways to track the business around diversity.

“The demographics are changing — you want to make sure your workforce and supply base mimic your customers, not just for income purposes or revenue generation but also diversity in thought.”

Rhodes’ expertise in developing and implementing technological solutions to business problems comes from nearly 20 years in leadership roles with Oracle Corporation, Deloitte Consulting Group and finally Toyota.

In 2006, she was introduced to supplier diversity while employed with Toyota and could immediately appreciate the impact of supplier diversity on communities that shared a similar background as her.

Rhodes saw first-hand both the technology needs and resource constraints of the supplier diversity team and found herself enlivened by the opportunity to help the team improve their operational efficiencies by way of better business processes and technological solutions.

Her mission was to free-up as many resources to focus on the important business of diversity to subsequently have a positive impact and opportunity on disadvantaged communities.

Seeing an opportunity to do this same type of work for other organizations, Rhodes started a consulting company in 2009. After gaining a few clients, she realized the importance of empowering those clients to manage their own diversity solutions.

Thus, began the process of automating her business solutions through a software as a service model. She joint-developed her initial module after working with the Toyota supplier diversity manager. Toyota has a world-class supplier diversity program, so while the requirements were extensive — Rhodes’ solution subsequently saved Toyota more than 756 annual labor hours.

Since building that one module, Diversity Spend Solutions now offers a comprehensive suite that has been developed with organizations that have either advanced or world-class supplier diversity programs.

To date, Rhodes lends additional focus to leveraging the results from the software solutions and translating those results into opportunities for new contracts for diverse suppliers so that DSS is not just a solution provider but an extended team member and partner to all of their clients. **AT**

Her mission was to free-up as many resources to focus on the important business of diversity to subsequently have a positive impact and opportunity on disadvantaged communities.



# NURACODE | IZIAH REID & JOVONNI PHARR

By Katrice L. Mines

**M**eeting the creators at Nuracode is like being offered a seat at the cool kids' table.

**Just ask them what they do.** “Our creations are geared towards the enhancement of human existence,” the team explicates.

**How they got here:** “Handy food delivery services, a high-strung team with an obsession for detail, and the combined creativity of a Renaissance artist,” and the knack for accomplishing anything they set out to do.

**The short of it:** The Atlanta-based technology and media company provides code-based solutions, specializing in mobile applications for various audiences and varying utilities.

**The long of it:** When you long to be a creative and conceive and implement meaningful projects, particularly ones that cater to underrepresented perspectives in technology, corporate America — as software developer Iziah Reid discovered — just won't cut it. A product of his corporate weariness came Nuracode, a coding collective of African-American developers with a tight mission to design tech and Web products for a minority audience — a cultural company that uses technology as a medium, Reid says. He and fellow co-founder Jovonni Pharr now head a team of six that has already created SayRoom, an app that deciphers voice messages and translates their accompanying emotions into text, and Wavy, an app that delivers free mixtapes of a user's favorite hip-hop artists to their smartphones. To help sustain their creative forays, the developers have successfully partnered with clients such as Dreamworks Studios, Sprite, Samsung, “Veggie Tales” HBO and Bounce TV.



**The offerings:** Software development, app development, analytics plus insight, influencer marketing, digital marketing, digital strategy, digital events and business consultation.

**In a word:** Impressive. **AT**

# In Atlanta and Across America, “Power Women” Build A Clean Energy Future

By Sarah Shanley Hope and Nathaniel Smith

**W**omen are having a public power moment. From this month’s women’s marches, to the cultural awakening of #MeToo and #TimesUp, to the all-woman final round in Atlanta’s mayoral race, women are front and center and calling for change.

We’re seeing the same pattern in the growing movement to build a clean and equitable energy future. Communities across America are taking control over how they make and use energy, and women are right up front, leading the way.

Atlanta is a case in point. Last Wednesday, three Atlanta “power women” were surprised with billboards honoring their clean energy leadership. The billboards, put up by the Solutions Project’s 100 percent campaign through its ONE100 Awards program, underline the leading role women are playing in making clean energy more accessible and affordable for everyone, regardless of race, zip code or income.

Take Felicia Davis, director of the Building Green Initiative at Clark Atlanta University, whose billboard went up on Northside Drive. She helps historically black colleges and universities go green, and plugging into clean energy is a key strategy in that effort.

Then there’s Malissa “Mali” Hunter, a celebrity chef and partner in Tree Sound Studios, whose solar-powered recording facilities serve clients including Beyoncé, Justin Bieber, Drake and Future. As her billboard on Ted Turner Drive suggests, she uses her platform to promote environmental sustainability, and that includes adopting clean, efficient energy.

And then there’s the Rev. Kate McGregor Mosley, executive director of Georgia Interfaith Power & Light. Her Marietta Street billboard hints at how she works to unite Georgians of all faiths around the moral case for clean energy action, helping houses of worship care for God’s creation while saving money, too.

On Wednesday, each of these women expressed surprise at being honored in such a public way. Like countless women across America, they don’t do what they do for the accolades. They’re too busy getting the job done and building a better world.

The 100 percent campaign’s ONE100 Awards has honored “power women” and men across the country for their leadership in the transition to 100 percent clean energy for all, from Buffalo, New York; to Highland Park, Michigan; to Oakland, California. And this is the ONE100 Awards’ second surprise celebration in Atlanta. A September event at the Plaza Theatre honored a diverse array







of local clean energy “superheroes,” and featured an onscreen tribute from Mark “The Incredible Hulk” Ruffalo and his fellow Avengers star Chris Evans, who plays Captain America.

Mark Ruffalo co-founded the 100 percent campaign because he knew he could use his celebrity to shine a light on Americans committed to clean energy. But he knows — as do we — that it’s the people on the

ground, from every walk of life and every corner of the country, who are working day in and day out to get the job done. It’s time to celebrate them.

In community after community, those leaders are women, and their work too often goes unsung. So, here’s to the power women — across Atlanta, and around the world. **AT**

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*Sarah Shanley Hope is executive director of the Solutions Project, which works to accelerate the transition to 100 percent clean energy for everyone. Nathaniel Smith is founder and chief equity officer of the Atlanta-based Partnership for Southern Equity, a nonprofit promoting balanced growth and shared prosperity.*

# THE 100 SELECTS ACTING COO

Kevin James was named acting chief operating officer of the 100 Black Men of Atlanta Inc., where he will oversee the day to day operations, strategic planning, external relations and fundraising initiatives for the chapter of 100-plus members who volunteer through a host of mentorship and community service initiatives across Atlanta.

"As a board member, Kevin's experience, coupled with a wealth of experience in leadership, mentoring, and non-profit organizations, make him an excellent choice as acting COO," says Larry Johnson, board chairman. "Kevin is a natural servant leader who will get the job done to the highest level of his abilities."

In his nearly 20-year career as a higher education administrator, executive business leader, and motivational speaker, James is committed to improving his community through education and empowerment. He has served in various senior-level administrative roles in both for-profit and non-profit colleges. He is currently president of Kevin James Unlimited Education Group, where he works with educational organizations as a consultant. His non-profit leadership experience includes serving on the 100 Black Men of Atlanta Board of Directors as an at-large director, chair of mentoring, and vice chair for new member training. He also served on the Board of Directors of Girls Inc., located in Columbus, Ga., and was a career-readiness speaker for college students with the United Negro College Fund.

"I am honored to serve at the helm of such a historic organization which is dedicated to empowering African Americans across Atlanta,"

says James. "I look forward to working with the board, members, and our shareholders to continue to take the work of our chapter to the next level and beyond."

A native of Columbia, S.C., James earned a bachelor's degree in communication disorders and social sciences from Winthrop University, a master's degree in business management, leadership, and organizational effectiveness from Troy State University, and a Doctorate of Education in higher education leadership from Nova Southeastern University. He is also a graduate of the Higher Education Institute at Harvard University.

His commitment to community service extends beyond The 100 – James holds active memberships in several fraternal organizations including Omega Psi Phi Fraternity Inc., Kappa Kappa Psi National Honorary Band Fraternity, and the Prince Hall Masonic Fraternity. **AT**



(Continued from page 21)

## MEET THE JUDGE

### CAROL WALKER-RUSSELL, ADMINISTRATIVE LAW JUDGE

#### *Office of Administrative Law*

unforgettable people who left a strong foundation from which to build a better and brighter world. I am inspired that I stand on their shoulders and owe it to their legacies, and my own, to reach my fullest potential. I am grateful for the opportunity to serve as an inspiration to others. Our legacies are not based on what you give people, but what you leave inside of them.

#### **What does your "moonlight" career look like when you leave the bench?**

When I look back over my journey, I feel that I have already had a "moonlight" career. I have had the pleasure of serving as judicial law clerk, assistant solicitor general and chief assistant solicitor general, adjunct professor of litigation, state certified mediator, Dekalb County Recorder's Court judge, Dekalb County magistrate judge, administrative law judge, and owner and operator of Russell Law Office, P.C., a law firm concentrating in personal injury litigation, wills, corporations, criminal defense and domestic matters. In addition, I spend my spare time writing poetry and short stories. Some people dream of retirement, I am not one of those people. I plan to spend my

last breath encouraging, uplifting and inspiring others while basking in the glory of the moonlight.

#### **As a native Atlantan, what do you think is the most important information and/or advice you could give younger, less-seasoned jurist and lawyer when serving the Atlanta community?**

The most important thing that judges can do when serving the Atlanta community and beyond, is to improve the efficiency and effectiveness of the legal system in administering justice by promptly scheduling proceedings, timely issue orders and rulings, and refrain from engaging in any conduct that adversely impacts the honor and dignity of the Court on which they preside. As an administrative law judge for 17 years, I have never been late in beginning my calendars or issuing a written decision. I closely supervise my case management assistant to ensure that all cases are promptly scheduled upon arrival in our office. Moreover, I conduct myself in a professional manner at all times to preserve the dignity of the profession and the Court upon which I have the honor to serve. **AT**



# FOUNDERS' THERAPY

By Joey Womack, Founder, Goodie Nation

In January 2011, I, then a full-time entrepreneur since 2003, was extremely frustrated about the ups and downs of running my company, and simply wanted to get those frustrations off my chest. However, with more than 20,000 people in my network, I couldn't find one person that would give me 30 minutes on the phone. Eventually, I invited 30 entrepreneurs to the W Hotel in downtown Atlanta for drinks and conversation in February. Two people showed up.

But it was the best venting session ever. I felt better, and was able to focus on growing the company.

Fast forward three months, and I was stressed again, this time about running out of money because I didn't want to charge for efforts to help a nonprofit. A wonderful South Florida life coach felt sorry for me, and gave me a series of free sessions to vent.

I recognized that the lives of company founders, particularly tech startup founders, are really stressful, and they need to get that stress off their chests in the presence of other people that have been/are going through the same thing.

The first Founders' Therapy took place on January 17, 2012 — providing entrepreneurs an outlet to vent frustrations through small support groups ... over drinks.

Mental health is a big deal, and one of the largest segments of our population that is overlooked when it comes to mental health is entrepreneurs. "If I was your investor and you came to me as a CEO and said, 'I am depressed,' my reaction to that wouldn't be to tell you that you're unqualified to be CEO," wrote Brad Feld, of TechStars. "It would be to spend time with you and talk about what is going on, and try to figure out how to get you help in the same way that I would react if you came to me and you had broken your arm or leg, and you couldn't travel for three months. I wouldn't say that because you had broken your leg you couldn't be CEO, but let's talk about how to configure things around your leadership team and around the company so you can be effective."

"I think the stigma and shame associated with depression is lower," he continued, "but people's reaction to depression, especially in a work context is very challenged."



Founders' Therapy was our answer to this problem.

Founders' Therapy was created to show entrepreneurs that they aren't alone on their journey and many others share their pain. We've discussed being "Ramen Profitable," or barely paying the bills while everyone thinks you're doing great; co-founder and business partner drama; embracing risk and failure; and how to deal with non-supportive family, friends, and significant others among other topics.

At the last Founders' Therapy session, we assembled a diverse group of entrepreneur heroes and heroines from all walks of life and business stages to discuss and understand what it's like to balance the demanding nature of business and romantic relationships.

From operations managers in the restaurant industry whom aspired to be entrepreneurs to budding video production companies and seasoned 12-year business owners in technology, the melting pot of experience provided a vast amount of perspective around business challenges and emotional tolerance (or lack thereof).

After venting and vetting through a myriad of problems and situations, there were a few solutions that stood out among the consensus including setting good temperament habits and creating mirror moments.

As a company founder, oftentimes we want someone who has been through the wars, and can feel our pain. "The Hero's Journey" is relatively unique, and when you cross paths with a fellow warrior, it can be instant magic.

In life, there are times when things get rough, and we want someone to simply listen while we bear our souls. At the end of the conversation, we usually feel a lot better. Like a burden has been lifted off our shoulders. **AT**

# What You Should Know Now

Atlanta is the country's home for social and entrepreneurship. And because of it, The Center for Civic Innovation has built a place for reimagining how those in that space can make an impact in the city. Its fellowship training program was created for emerging civic leaders in Atlanta. Enter: CodeBlack.

CodeBlack is the brainchild of two Spelmanites studying computer science who, despite the long hours of teaching themselves all they could about computer science and coding, realized they had not obtained certain skills needed as they were transitioning into the school's curriculum. Many of their peers had been introduced to the technology field years before attending Spelman College.

They felt behind the curve, not just coding wise, but professionally. In broad field, the duo realized that they only knew the basics and that they were not well versed in that arena. But, they were motivated. So, CodeBlack was developed to be that space that cultivates young girls into the growing economy by making sure that they are prepared skill-wise and professionally.

We're watching. **AT**



Photo courtesy of Center for Civic Innovation





# TECHNOLOGY ADDICTION

has risen to epidemic proportions. It sounds dramatic because it is. Just look at the driver next to you when you're at the stoplight. They'll likely be staring down at their phone. What is that urgent that it can't wait until they aren't driving? It's unlikely that anything that has their attention is urgent or even important for that matter; it's just a habit to constantly be checking our mobile phones. And it's causing more of a strain on us than most realize. You've probably had friends tell you they're taking a social media break. Why? Tech fatigue. I'd bet they're referencing mental fatigue from the constant feeling of being "on" thanks to constant updates. But research out of the University of Gothenburg, Sweden, has found that the artificial light from computer screens affects melatonin production and throws off circadian rhythms, preventing deep, restorative sleep. Researchers also reported that "frequent use of a computer without breaks further increases the risk of stress, sleeping problems and depressive symptoms in women. A combination of both heavy computer-use and heavy mobile-use makes the associations even stronger." So, what to do?

## We have a few ideas.

1. Most mobile phones have Do Not Disturb options that can be tailored to fit your downtime needs and to help you reclaim your time. Consider setting your phone to automatically go into Do Not Disturb mode an hour before you go to bed to allow yourself time to unwind. As well, the Do Not Disturb option built into your phone as well as free apps also allow you reprieve from constant notifications and alerting distractions while driving.
2. Turn off app notifications that constantly grab your attention. Choose to check social media and your email manually.
3. Determine a time of day and a certain amount of time that you will spend online and/or using social media sites. Spending more time engaging face-to-face with those around you and being more present in the moment not only helps improve a person's well-being, it affects the immune system, according to experts.
4. Leave your computer (and your work) at work. If bringing your computer home causes you to continue working on assignments or tasks that are not time-sensitive, leave your laptop at your office. Allow yourself time to step away from career demands and enjoy your leisure time.
5. Resist the urge to purchase each new gadget and device that's released into the marketplace. Think of it this way – when mobile phone companies required a binding two-year contract for your phone plan, you were fine with the device you had for those two years. Nothing has really changed in your need; marketers are just doing a better job of reeling you in. **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](https://twitter.com/brentleary)

# How Microsoft Cortana, Office 365, Bing, LinkedIn Connect Personal and Professional Life

While there are more than 150 million smartphones with digital assistants like Siri and Google Assistant, and quickly growing smart speaker devices with Amazon's Alexa on board, there are more than a half billion Windows 10 devices (including Xboxes) with Microsoft's digital assistant, Cortana, on board listening out for your questions and requests. Add in pieces like Office 365, Bing and LinkedIn, and Cortana has a lot of potential data and interactions to draw on to help people get things done in a much more efficient and contextually relevant manner.

Below are a few key takeaways from my conversation with Christi Olson, Microsoft's head of Evangelism for Search, on how this combo of products is transforming the way people work.

## Biggest differences between traditional search and voice search

If you think about text search, we've been trained over the last 10 years to start with a very short, concise word or two, and hopefully it gives us back that result. The differences with voice search is it's more like you and I are talking right now. When you think about the difference in conversational words in nature, it means that the queries are much longer.

## Cortana

Everything that a personal assistant would do for an executive, Cortana does for you in your daily life, but she resides on your devices. Cortana is embedded into Xbox. It's embedded into Windows 10 in the lower left-hand corner. It's on IOS, Android and Windows phone devices, so it goes pretty much across any device you would use on a regular basis.

## Cortana with Microsoft business applications

Microsoft is developing a graph which pulls in anonymized data from everything like Office 365, Bing, LinkedIn, and across all different types of devices, so it's like the fuel behind the algorithm to pull your world together from a business world to a personal world. When you ask it a question, it's not just based off the Internet, it's also based off what device



you're on, the tool or technology you're using, and getting context behind what you're trying to do.

## Artificial intelligence and conversational interfaces

The whole idea behind AI and the technology is it just makes it smarter. How AI fits into this digital assistant world is a combination of things like machine learning, natural language processing, vision recognition and search.

AI has improved so dramatically in the last five years that natural language processing understands us at about the [same] rate as a human translator does. Which then means, for consumers, you're more likely to use it because as you and I are speaking today, it can understand you and get an idea of what you're trying to do and the intention behind what you are trying to do. It just gives more context. It fits into this whole idea of conversation as a platform because you can have actual conversations with it. It understands what you are doing.

We're starting to see some intelligent chatbots connected into everything from CRM systems all the way to your reservation systems so that you can essentially ask, "What restaurants have open tables near me at 2 pm?" with a response of, "Here's what's available. Do you want me to make that reservation on your behalf?"

Instead of just asking a question or doing something like getting information or finding a business, you're going all the way to action; whether it's making a purchase or an appointment. That's where we're heading in terms of AI powering this conversation as a platform. **AT**



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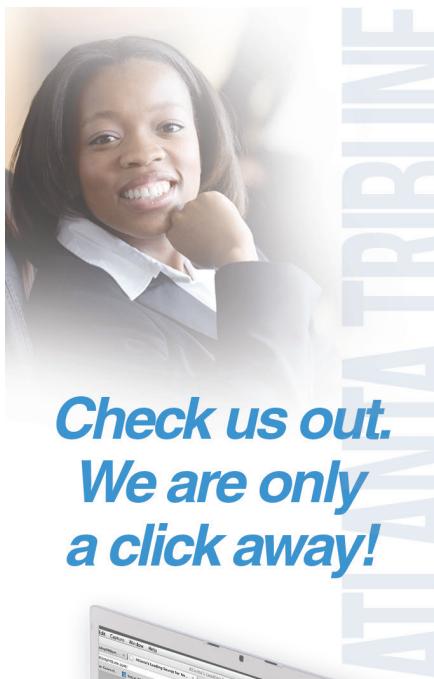
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With multiple distances for riders of all abilities, VeloCity will bring cyclists and the community together to support one of our city's most important institutions – Grady Hospital. By participating in VeloCity, you'll help Grady continue to provide the advanced, compassionate healthcare that our underserved deserve and our growing population demands. Grady is there for us – and participating in VeloCity is a way we can all be there for Grady!

**Sponsorship opportunities are still available.**

**FOR MORE INFORMATION VISIT  
[VELOCITYATLANTA.COM](http://VELOCITYATLANTA.COM)**

• VeloCity kicks off with an opening celebration on Friday, May 4, and ends with post-ride festivities on Saturday, May 5. Riders of all experience levels are encouraged to be part of this new fundraising ride.

• Riders can choose an intown 5-mile ride or 25-, 50- or 100-mile distances, starting in separate waves on Saturday, May 5.

• Riders will pay a registration fee and commit to fundraising minimums based upon the distance selected.

• VeloCity is a ride, not a race. All routes will be supported by rest stops and support vehicles. Riders will set their own pace as individuals or as part of a team.

• Support from corporate sponsors will ensure that 100% of participant fundraising will go directly to Grady.

• Visit [velocityatlanta.com](http://velocityatlanta.com) for information about routes, training opportunities, fundraising incentives and other exciting details!

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# Black Tech Unplugged

By Katrice L. Mines

Looking to leave your footprint in tech? Black Tech Unplugged may be the place to make an introduction about not only who you are but also your *why*; And appreciate Deena McKay for the space to do so.

McKay, founder and host of Black Tech Unplugged, created the podcast when she found herself feeling alone — as a black woman — in one too many scenarios in the “tech scene.” Black Tech Unplugged is a monthly show that highlights Blacks who innovate and work in the technology industry because the point was not that they weren’t out there; it was that they deserved a spotlight.

“These stories are created to help listeners hear what others have gone through to get where they are ... To share resources and advice so you have guidance on your tech journey,” McKay explains. “Consider this a podcast for the people.”

## What are the best and most unexpected outcomes of you creating the Black Tech Unplugged podcast?

When I started the podcast, I started it because everyone talks about how there’s a lack of Blacks in tech. Contrary to that belief, there are tons of Blacks out here doing amazing things. I wanted to highlight them and offer a platform for them to tell their stories. The best outcome I’ve experienced, thus far, is the overwhelming amount of support and love that people in the tech community have shown to me. When you create a new product or idea you never know who is going to like it so it’s refreshing to know that my podcast resonates with other Black techies. The most unexpected outcome is the amazing and unique people I’ve met on the Black Tech Unplugged journey. You won’t believe the ideas some people are bringing to life.

## What guest or episode has left the most impact on you in this endeavor? Why?

The episode that I did with Black Tech Women left a huge impact on my endeavor. So many people tell me how they relate to the conversation and they felt like they were in a room with their best friends having an open, honest conversation. It’s that real conversation that makes people feel welcome and like they are getting real information.

## What outcome do you intend to produce with Black Tech Unplugged?

There are two outcomes I’m trying to produce with Black Tech Unplugged. One outcome is the idea of community. To this day, I still hear people say they are the “only one” within their team or company. I want to produce a community where people feel safe, where people



can ask questions and [ask for] advice about what they are going through. [I want it to be] a place to feel welcome and no longer feel like the “only one.”

My other outcome is to show others that Black people are out here killing it in tech. Contrary to some [what some] believe, we are making great strides in the industry. It’s sad that mainstream media doesn’t pick up everything, but who needs mainstream when we have our own platforms now.

## Who is your dream guest? Why?

This is a hard one ... Right now, I’d say my dream guest would be Bozoma Saint John. I just love her energy! Every interview she does, she keeps it real and straight. And my goodness ... Have you seen her outfits? She’s just very inspiring and definitely a breath of fresh air to the tech industry. I would definitely love to interview her one day.

## Who in Atlanta is on your radar?

I’ve had my eye on Atlanta for a little while now. It’s definitely one of the places that is growing its tech community. Some of the people and organizations on my radar including DigitalUndivided, Spendwith (Jibirl Sulaiman), Jewel Burks, Ryan Wilson, just to name a few. **AT**





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# CAYMAN COOKOUT

## *One for the Bucket List*

By Katrice L. Mines

Let's be clear about one thing: You don't need an occasion to vacation in the Cayman Islands. The island — as a destination — is itself enough. But, if you want to elevate your experience from good to epic, Grand Cayman Islands during the annual Cayman Cookout, when it becomes the culinary epicenter of the Caribbean, is bucket list worthy.

One of the world's most treasured and exclusive celebrations of food and wine, Cayman Cookout is the backdrop that brings together an elite roster of talented chefs and culinary influencers including Eric Ripert, Anthony Bourdain, José Andrés, Emeril Lagasse, Dominique Crenn, Michael Mina and Robert Irvine. Celebrating a decade-long milestone, the winter sojourn in January was five days of interactive cooking demonstrations, lavish tastings, tours, dinners, pairings and unique

epicurean experiences - all presented in an intimate and relaxed setting at the Ritz-Carlton, Grand Cayman. Think - your city's various taste events on steroids. It's that major.

Like underwater excursions? Amidst the day and night festivities was a dive outing that, like every other facet of the Cookout, was a break from the norm. While Lionfish may be beautiful to look at, they are a threat to the ecosystem of the Cayman Islands and its reefs. So in the spirit of eco-interventionism and nourishing bliss, Ambassador Divers and Chef José Andrés took Cookout attendees on a two-tank culling experience followed by an after-dive lunch.

As the week wound down, up-close culinary demos were plentiful with Chefs Emeril Lagasse, Dominique Crenn, Eric Ripert and other renowned



chefs. Few places will be as synonymous with fresh seafood as the Cayman Islands, for me, from here on thanks to Ripert's Salmon Rilletes and Lagasse's Sambal Prawns. Not to mention a backyard beach BBQ where linens and rolled up trousers were de rigueur while smoked duck breast and cilantro potato salad were served in limitless fashion.

If you've ever wondered if your taste buds could follow in the footsteps of Anthony Bourdain's, *Around the World with Anthony Bourdain* was like a mini trek across the globe with the world-renowned taster. Bourdain sampled and discussed international and local flavors with the island's most acclaimed chefs and restaurateurs, and a crowd in tow.

For foodies, each stop along the gastronomic journey set on the pristine Seven Mile Beach was topped only by the breadth of the Cookout's unforgettable itinerary.

Beyond the table, the hosting Ritz-Carlton, Grand Cayman is virtually everything you want in full luxury offerings of a resort including white sands and turquoise waters, two outdoor swimming pools, island-inspired accommodations overlooking the Caribbean, La Prairie Spa, tennis, golf, and dining options that are second to none. Perhaps because the Ritz-Carlton brand has been at the beginning of standards set for best-in-class service from start to finish, at no point during your stay will you be left wanting. From its breakfast spread in Seven and sushi offerings in Taikun to the option of a massage in a private luxury cabana, leave "more" to them.

Sometimes the basics done well is all you need. Other times, the extras you didn't know you needed change you and won't let you settle for anything less. **AT**



Check out my exclusive interviews with chefs Emeril Lagasse and Anthony Bourdain at **[Atlantatribune.com](http://Atlantatribune.com)**.





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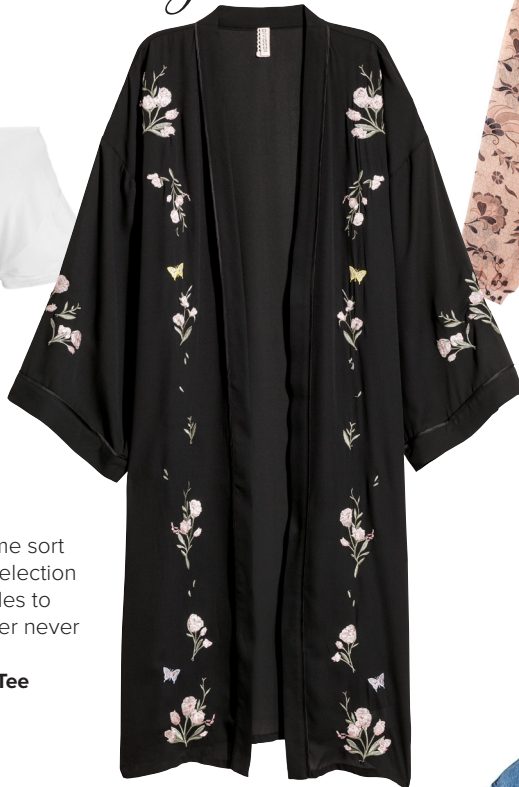


I could wear a t-shirt of some sort every day. I love to have a selection of classics and trendy styles to choose from. Off-the-shoulder never goes out of style.

**Tia White Off Shoulder Tee**

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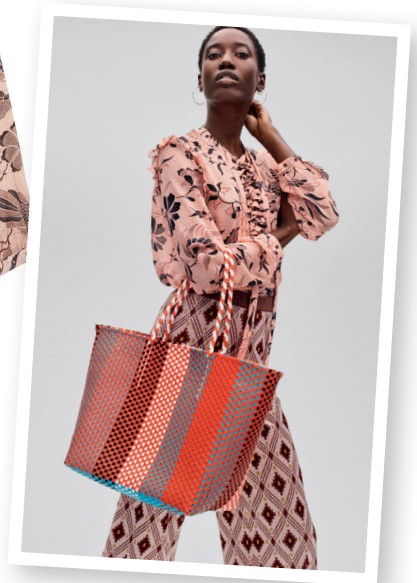


Meetings, check.  
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**Printed pink shirt  
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Top, **Maison Scotch at House of Fraser** \$165  
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**Aquis Lisse Luxe Turban**

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# 2018 HONDA ACCORD: EVOLUTIONARY EXCELLENCE



By Brian Armstead

I fondly remember the first time I saw a Honda Accord. It was 1976, and the Accord had just launched in the U.S. market. A small car compared to American offerings at the time, Accord was initially launched as a fairly stylish, three-door hatchback. The small car returned good fuel economy and reliability at a low price. American cars were still sales kings back then, with offerings from Ford (Granada), Chevrolet (Malibu) and Chrysler (Cordoba) among cars doing well in the sedan class.

So, how did this upstart from Japan evolve into one of the top-selling cars of all time?

Through evolutionary excellence.

Year after year, the Accord grew. From compact size in 1976, to being labeled a mid-sized car starting with generation four in 1990, to full size starting with generation eight in 2008. Folks, the once diminutive Honda Civic is now larger than the original Accord.

For the 2018 model year, the 10th generation Honda Accord is better than ever. It offers superior safety, comfort and convenience and

even great fuel economy, depending on model chosen (hybrid).

The new Accord is built on a new platform with a lower, wider stance, a lighter and more rigid unibody structure; a lighter and more sophisticated chassis; three advanced new power units, including Accord's first-ever turbocharged engines, a new 10-speed automatic transmission and a third-generation two-motor hybrid system.

And while the original Accord was fun to drive and reliable, the new Accord is also a safety leader. Honda's impressive "Honda Sensing" suite of safety technology is standard on all 2018 Accord models.

Honda Sensing includes a Collision Mitigation Braking System, Lane Departure Warning, Road Departure Mitigation, Adaptive Cruise Control with Low-Speed Follow and Traffic Sign Recognition. Additional available driver-assistive technologies include Blind Spot Information, front and rear parking sensors, Rear Cross Traffic Monitor and Driver Awareness Monitor. Additionally, all models

feature a Multi-Angle Rearview Camera with dynamic guidelines. Other safety standards for 2018 include Vehicle Stability Assist, and a full complement of airbags, including new driver and front-passenger knee airbags.

Expect the new Accord to receive top rankings in U.S. Government and Insurance Industry safety testing.

On the road, the Accord also excels. Three powertrains are available: a 1.5-liter turbo four outputting 192 horsepower; a 2.0-liter turbo that outputs 252 horsepower; and a two-motor hybrid system producing a total of 212 horsepower. Expect the hybrid version to be in dealerships soon.

The 2018 Honda Accord pricing starts at a very reasonable \$23,570 for base LX trim, going up to \$33,800 for loaded touring models.

Room for real adults, excellent safety, great comfort and convenience, and rock-solid Honda reliability in one package sums up a terrific, wisely bought automobile. **AT**

# WEEKENDER

## TASTE THE WORLD, LOCALLY

Sure, Atlanta is the global gateway, and all — and Buford Highway reigns supreme on the global fare front if not for scale and volume alone — but missing was an inner city gathering spot for Atlantans to mingle, socialize and eat international food in one, street-market style gourmet food hall, *right?*

### Caravaca Market is it.

Named after the Spanish town of Caravaca, the 6,000-square-foot space includes four food stalls with rotating international dishes from around the world and other creative recipes including the Taste Bar, Wine Bar, Beer & Pizza Bar, and Harry Bakes Bakery Café; as well as a Provisions Market and outdoor patio. Like markets throughout Europe, Africa, Latin America and Asia, the gist is to linger all day, share a few bites, repeat.

**WHERE:** In the heart of Midtown.

**WHO:** Founder Harry Pagancoss, is a Puerto Rican chef, author and restaurateur known for his travels, cultural focus on cuisine and experimentation with global flavors, with nearly 10 years of sharing his culinary excavations on air. His latest venture was as host of Turner's Latin American travelogue "GPS: Guided by Flavors."

**MAKE PROVISIONS:** One-stop and high-end gourmet market carrying a wide range of daily provisions, food for entertaining, gifts, freshly prepared meals, drinks and sweets, restaurant quality to-go meals, sandwiches, fresh bread, cheese and Uruguayan-style empanadas.

**MUST-SEE:** The curated list of local and international wines sold by the bottle and by the glass through the innovative WineStation system.

**MUST DO:** Create your own charcuterie board with artisanal cheeses, meats and accompaniments like jams, jellies and Georgia pecans; customize



your own cocktail by choosing the alcohol, syrups and mixers at the Taste Bar; shareables are available as well as tapas-style bites at the counter.

**BREAK BREAD:** Bring home offerings from various continents and cultures including: Icelandic lamb, Peruvian ceviche, gluten-free Mexican *tlayudas*, international small bites and sandwiches, house-made gelato with exotic flavors, organic Georgia products and house-made pastries from around the world like the Brazilian roll cake, Puerto Rican *mallorcas* and delicate *alfajores*, a delicious cookie with cream filling. **AT**

### Harry's Caravaca Market

782 Peachtree Street NE  
Atlanta, GA, 30308  
404-565-0580





## Introducing The Whitley

The Whitley Buckhead, A Luxury Collection Hotel, Atlanta Buckhead has wasted no time charming guests who may or may not realize that a refresh is taking place. Formerly the Ritz Carlton, Buckhead in the heart of Atlanta's uptown district, the recently rebranded hotel in December joined a growing ensemble of more than 100 Luxury Collection hotels and resorts around the world, all of which offer a unique expression of their destination. The upscale 507-room property promises tailored stays featuring timeless, yet trendsetting design and gracious Southern hospitality.

The Whitley — which is within the Host Hotels and Resorts brand — introduces a newly renovated restaurant, bar, and Legacy Ballroom that includes 14-foot ceilings, crystal chandeliers and private alfresco terrace. Future enhancements include guestroom renovations, a revival of public spaces and the introduction of an incomparable arrival experience. Embracing Starwood Hotels & Resorts' Luxury Collection's reputation for being an authority on the locale, guests will also be able to unlock the destination with the assistance of the concierge ambassador — whether conference or leisure traveler.

Within its repertoire of accommodations are 56 luxe suites ranging in size from 720 to 1,800 square feet, with every room offering guests the opulent comforts of a spacious living area. As well, its Club Level offers an exclusive experience with curated touches like chef-created breakfasts and a complimentary nightcap before bed, and all rooms provide access to the immersive spa and fitness center.

Sit down for a proper meal in Trade Root, which specializes in



Mediterranean-inspired recipes from around the region or grab a coffee and quick bite on-the-go at The Coffee Bar. Options include the house-made cold brew, tea, or cold-pressed juice made from green apple, celery, lemon, parsley and ginger.

Thinking of bringing in a group? The Whitley can handle it. Maintaining Buckhead's historic purpose as a meeting place, the hotel offers more than 30,000 square feet of versatile function provisions in 31 diverse event spaces serving as superlative settings for gatherings ranging from intimate corporate retreats to large charity galas to weddings.

"It's a new era for one of Buckhead's most storied addresses," says David Friederich, managing director, The Whitley.

We couldn't agree more. **AT**

## THE GEORGIA NEGRO EXHIBITION AT THE APEX MUSEUM

**FEBRUARY 6 THROUGH MARCH 2018  
AMEX MUSEUM**

"The Georgia Negro," an exhibition created by W.E.B. DuBois, was presented in Paris France in 1900, and is now on exhibit at the APEX Museum in Atlanta. [apexmuseum.org](http://apexmuseum.org)

## AUGUST WILSON'S "KING HEDLEY II"

**THROUGH MARCH 11, 2018  
SOUTHWEST FULTON COUNTY ARTS CENTER**

"King Hedley II" is the eighth play in August Wilson's Pittsburgh Cycle, a haunting and challenging tragedy of Shakespearean proportions. [truecolorstheatre.org](http://truecolorstheatre.org)

## 2018 WOMEN OF EXCELLENCE AWARDS CEREMONY

**MARCH 29, 2018 | 6-9 P.M.  
THE FAIRMONT**

This year, **Atlanta Tribune: The Magazine** will continue its tradition of celebrating Superwomen in business by partnering with Atlanta Daily World in hosting the Women of Excellence awards ceremony. This highly anticipated event will take place on March 29 at the Fairmont and will recognize Atlanta's most accomplished and influential African-American women. [atlantatribune.com](http://atlantatribune.com)

**toDo**  
MARCH 2018





*Blissbehavin' at*

Biltmore Estate, Asheville NC

# BILTMORE ESTATE ASHEVILLE, N.C.

by Regina Lynch-Hudson  
Photography by Courtland C. Bivens III

**M**arch marks a season of new beginnings. Following winter hibernation, the onset of spring yields the ideal time to gather youngsters (yours or borrowed) to embark on visits to fascinating places nearby. As adults, our busy careers tear us away from familiar pockets of intrigue, so it's amazing to rediscover towns, museums and historical landmarks through the curious eyes of a child.

Ancestral jaunts, in particular, provide a memorable opportunity for family elders to introduce future generations to their ancestral origins. Envision the eager face of a young girl when she learns that her great-great-great grandfather was one of the original blacksmiths at the country's largest privately owned historic house in the United States — a famed national landmark that looms like a castle in a storybook. When I scooped up cousin Khloe and headed to Asheville's Biltmore Estate, she proudly exclaimed that she was the Princess of the **Manor**. [www.biltmore.com](http://www.biltmore.com)



Banquet Hall



**Inside the Fairytale Castle:** Nestled in the Blue Ridge Mountains, the 250-room Biltmore Estate mesmerizes folks young and old, with its 35 bedrooms, 43 bathrooms, and 65 fireplaces, plus 8,000 acres of elaborately landscaped gardens (the self-guided house tour spans three floors and the basement).

Our adventure began with me showing “Princess Khloe” a silver locket depicting a rare portrait of our mutual forefather – which ignited her inquisitiveness. Wrapping her little fingers around the locket, she delighted in the story of George Washington Richard Henry Lee Payne, the son of a former slave and a Native American midwife, who tended horses and forged iron to craft horseshoes and other metalwork in the antique-and art-filled palace. I explained the history of “the other George” – the wealthy industrialist George Washington Vanderbilt, who contracted more than 1,000 men to construct the Biltmore Estate over a six-year period beginning in 1889. Our George was among the first men hired at the estate before completion around 1895. The Biltmore Estate opened to the public in March 1930, exactly 88 years ago.



Mrs. Vanderbilt's Bedroom



Mr. Vanderbilt's Bedroom

Room-by-room, Khloe and I retraced the footsteps of our ancestor. As we approached the seven-story dining room, Khloe gazed at the massive space and asked, “Did people really eat in here, or is this just for show?” An amusing bombardment of questions continued as we inspected the servants’ quarters, gardens and conservatory, horse stables and the winery.

**Stable Cuisine:** Our education continued when we paused for lunch at Stable Café, the former site where Vanderbilt’s prized horses bunked, and where my great-great grandfather spent many working hours. We enjoyed a lunch of comfort food, and Khloe found amusement in being seated in a makeshift horse stall. **AT**



*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](http://www.thewritepublicist.com)



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Los Angeles	Dan	\$402.00	\$148.00

Forbes

TechCrunch

YAHOO!  
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Traveler

Airfordable just may be your dream come true for planning a vacation. If you've ever toiled over destination options or getaway packages only to be hampered by timing challenges or, worse yet, missing out on a great fare because you didn't have the money immediately available to book, then Airfordable can help. The financial technology company allows anyone to book a flight for just a deposit up front and pay off the rest on a flexible payment plan before your departure date.

Launched in 2015 by Ama Marfo and Emmanuel Buah, the concept of Airfordable is similar to the idea of layaway as you receive your ticket information after all your payments have been made. First, travelers find a flight from their choice travel site, and then capture and upload a screenshot of the flight details. From there, they can book the flight for a fraction of the cost upfront and pay the remaining balance in installments before the departure date. Once the final payment is made, they receive an e-Ticket.

The organic byproduct of Marfo's own inability to travel home to visit family while in college, she took her

years of managing financial technology products for companies such as Discover and Sony and her love for technology, and solved a problem not only for herself but for many others. Marfo and Buah are on a mission to democratize the travel industry, making it accessible to millions with limited means.

Airfordable is currently available for flights originating from the United States, though there are plans for expansion. Travelers have already used the site to secure trips to destinations like Dubai, Amsterdam, New Orleans, Marrakech, Barcelona, Miami, Madrid, Jamaica, and countless cities and countries.

Why users love it? There are no hidden fees or credit checks. Instead, there is a one-time service fee for each booking. Every interaction with the site is through bank-level security and encryption so your sensitive data is safe with Airfordable.

And simply put, with Airfordable you are paying to protect your airfare from increasing in price which can be a lot costlier than price drops. *Airfordable.com* **AT**





# Space is the Place

Whether you're looking to co-work, convene or conference, Atlanta has the neatest digs that make up the bones of the city's tech ecosystem.

General Assembly

## Switchyards Downtown Club

Each month at Switchyards Downtown Club, The Consumer Show highlights five startups, each of whom presents their business pitch for five minutes. Then, they get to provide feedback to the consumer-driven community about what they have done the best, and what they need help in. Lastly: Five minutes of audience Q&A for each startup. [Switchyards.com](http://switchyards.com)

## NEX

A community of nerds, creatives, tech companies and entrepreneurs, NEX begins with a Grant Park neighborhood workspace designed to give you a place to call your office, people to call on for support and a fun way to expand your work network with a diverse membership. It stripped away a lot of the usual ways to think about work – putting in its place a bolder vision of how good business is built with people and community. [nexatlanta.com](http://nexatlanta.com)

## General Assembly

What began as a co-working space in 2011, has since grown into a global learning experience with campuses in 20 cities and over 35,000 graduates worldwide. As individuals and companies struggle to compete in an increasingly technological economy, General Assembly provides award-winning, dynamic training to close the global skills gap. [generalassembly.ly](http://generalassembly.ly)

## TechSquare Labs

TechSquare Labs is a workspace for technology builders who are addressing problems of consequence. It admits startups and corporate design/invention teams; invests its own venture fund; and offers extensive coaching and services to its community of high achievers. The best candidates are entrepreneurial technologists who want to "build something from nothing." [techsquare.co](http://techsquare.co)

## The Gathering Spot

An invitation-only, private membership city club. Once in, conference, work, dine and, of course, gather. [thegatheringspot.club](http://thegatheringspot.club)

## Center for Civic Innovation

While its main focus is great programming, The Center for Civic Innovation – located in the historic M.Rich Building in South Downtown Atlanta – recognized the need for an affordable, welcoming space for local social entrepreneurs and small nonprofits to work and host events. It provides almost 4,000 square feet of space with a number of places for teams to work, experiment and build. [civicatlanta.org](http://civicatlanta.org)

## WeWork (Colony Square) + WeWork Tower Place (Buckhead)

WeWork transforms buildings into beautiful, collaborative workspaces, setting apart the space, community, and services needed to make a life, not just a living. [WeWork.com](http://wework.com)

## The Garage at Tech Square

Built for breakthroughs, The Garage is an event venue and collaborative workspace in the heart of Atlanta's Tech Square. [bookthegarage.com](http://bookthegarage.com)

## Atlanta Tech Village

Panel discussions. Networking receptions. Weekend hackathons. [atlantatechvillage.com](http://atlantatechvillage.com)

## Prototype Prime

The focus: Early stage software and hardware technology startups. The draw: 12,500 square feet of open, collaborative workspaces, a podcast room, event space, and design and development lab. [Prototypeprime.com](http://prototypeprime.com)

## Big Innovation Center

Located in downtown Atlanta, the BIG Innovation Center is home to a four-month-long accelerator program as well as a paid developer internship program for students interested in computer programming. [digitalundivided.com/incubator](http://digitalundivided.com/incubator) **AT**







Tonya Peat  
Cancer Survivor

Morgan Freeman  
SU2C Ambassador  
Executive Producer  
of the documentary,  
*The C Word*

## Be the breakthrough.

Breakthroughs are the patients participating in clinical trials, the scientists and doctors working together to advance the fight against cancer, and the brave survivors like Tonya who never give up. Let's be the breakthrough. To learn about appropriate screenings and clinical trials or to help someone with cancer, go to [su2c.org/breakthrough](http://su2c.org/breakthrough). #cancerbreakthrough



Stand Up To Cancer is a program of the Entertainment Industry Foundation, a 501(c)(3) charitable organization. Please talk to your healthcare provider about appropriate screenings for your age, sex, family history and risk factors; and about clinical trials that may be right for you. Photo by Nigel Perry



## {GOOD TO THE LAST DROP}

### Mixed Fruit Green Smoothie Bowl

I'm back on my smoothie craze these days, after an unintentional hiatus. Ever since I began making smoothies years ago, I've been relatively constant about indulging. I can rely on them to give me a semblance of the tasty goodness that a milkshake might otherwise offer.

I also happen to be intentionally focusing on 'cleaner' eating these days, and smoothies are an easy go-to for loading fruits, vegetables, and added nutrients into your eating regimen. My current favorite is a mixture of fruit and greens – with all the same good to you, good for you, scrumptious-ness that I love.

And while I'm talking cleaner eating, my newest star ingredient is a Coconut-Almond Milk blend that I discovered at the market recently. It's dairy free, gluten free, soy free, non-gmo and sugar free; it's only 45 calories per serving; and it provides the perfect creamy, sweet goodness as the

base of my smoothie. I'll admit that I was dubious about displacing my usual juice plus coconut water base, but this was love at first sip.

So, in the spirit of sharing and caring, I'm sharing my easy, good to the last drop smoothie recipe-turned-smoothie bowl. About the bowl effect: I love it because it allows me to layer in more goodness with the toppings of my choice (fruits, toasted coconut chips, and whatever else your heart and taste buds desire). Smoothie bowls also happen to be all the rave right now, so I had to jump in on the fun.

Here's to more healthy, yummy goodness in your breakfast and snack routines and always to...

Happy Eating!

### MIXED FRUIT GREEN SMOOTHIE BOWL

#### Ingredients:

1 cup Coconut-Almond Milk Blend (or Almond Milk, if you can't find the blend)  
3/4 cup frozen mixed fruit  
1/2 banana  
1 cup fresh baby kale mix (or other greens of choice)  
1 teaspoon honey  
Fresh berries, coconut chips to garnish (optional)

#### Method:

Add milk, frozen fruit, banana, greens and honey to a blender and blend to desired consistency. *(Note: if smoothie mixture needs extra liquid, add in a little water and continue to blend.)* Pour smoothie into a bowl, garnish with toppings 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](http://dmrfinefoods.blogspot.com) and other media outlets, while maintaining a career as a *FORTUNE 500* legal executive.

# GROUP, THINK: Group Exhibition Canvasses Social Media Movements Through #PROUDBLACK



ZuCot Gallery's #PROUDBLACK spring exhibition explores social media's role in channeling humanity while navigating the, at times, volatile social terrain — where black people are speaking out against negative images and antiquated ideals through social media platforms, and, more specifically, hashtags that integrate across Twitter, Facebook and Instagram, to spread vital, often viral, messages.

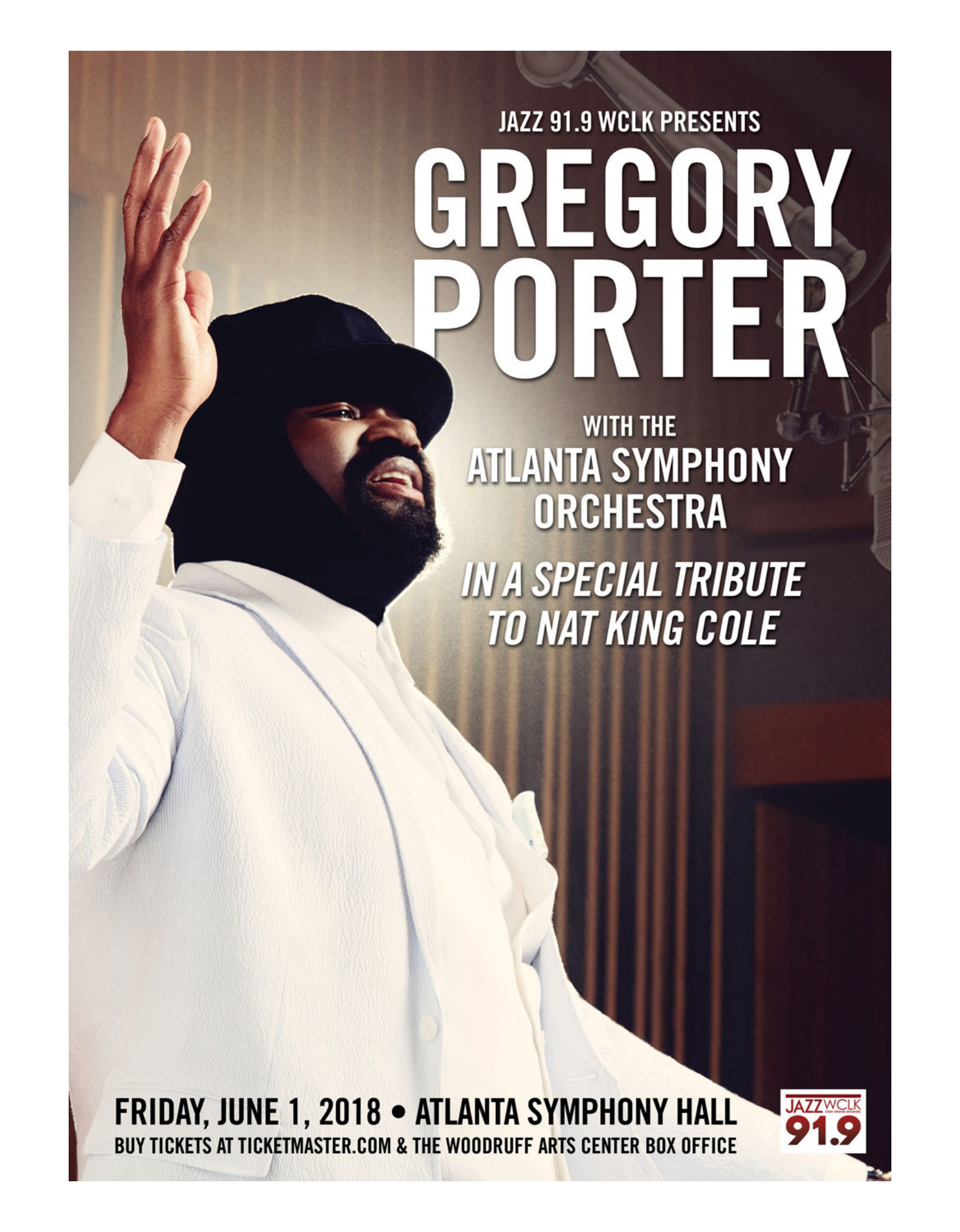
The group exhibit artists — all local — make it a point to illuminate seemingly perennial racial slights and injustice. Painter Charly Palmer's series on Kalief Browder depicts the young man who took his life two years after his imprisonment as a teen in solitary confinement at Riker's Island. Palmer stenciled 50 stars over his mouth with red stripes underneath to represent the American flag and aptly called the series "The Silent," which examines images of blackness juxtaposed against red stripes, white stars and blue hues. Other artists have created portrayals of strength, courage, creativity and pride through social media movements such as, #blackgirlmagic, #blacklove, #blackboyjoy, #bankblack and #blackowned.

#PROUDBLACK, then, pays homage to the entirety of the black experience in America and to current social media movements focused on creating, proliferating, and amplifying self-affirming images of black people, for black people.

Call it a revolution of self-love and worth on social display. "In the face of past and present political and social oppression, Black people constantly and consistently continue to embody resilience, pride, and beauty," explains gallery director and partner Onaje Henderson, who curated the group exhibit.

"This exhibition demonstrates our ability to turn our pain into power through the unapologetic assertion of our joy, determination, and above all else — our right to exist as beautifully multifaceted humans in a world increasingly connected through social media." **AT**



A photograph of Gregory Porter, a Black man with a beard, wearing a black fedora and a white jacket. He is looking upwards and to the right with his right hand raised, palm facing forward. The background is a dimly lit recording studio with wooden paneling and a microphone stand visible on the right.

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