

# D | LIVING

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Trans fats not the only ones to avoid, D4  
Classifieds, D6

## IN BRIEF

### EXHIBIT

#### Explore influence of boxing legend Louis

Surprising as it may be to some, there are legions of people for whom the name Joe Louis rings not one bell. A new exhibit highlighting the life of the boxing legend seeks to change that. Tonight, Emory University opens its latest show, "Joe Louis Barrow: A Life and Career in Context," a collection of photographs and archival records that delve not only into Louis' life inside the ring, but his outsized influence on the nation, particularly the African-American community.

Born in Georgia, the "Brown Bomber" electrified the sport and to this day is considered one of the greats. This exhibit, which runs through early next year, suggests we not forget that Louis' son, Joe Louis Barrow Jr., is scheduled to speak at this evening's event. 6 to 8 p.m., free, Emory University, 540 Asbury Circle, Atlanta. 404-727-6861, www.emory.edu. ROSALIND BENTLEY

### Today's number

**30** Number of minutes many people put into their exercise routines these days, down from the hour or more that was standard a few years ago. Learn how to maximize your workout. **Article, D4**

### They said it

"Don't change what you eat, change what you like — our taste buds will adapt." — Advice from Joshua Harvey, 36, who lost 75 pounds. Read about his diet and exercise regimen in this week's Success Story, **D4**

Staff and wire services

## FREE AND CHEAP

**"Master Photos of the World"** By Frank Sharp. Through Nov. 29. Free. Bethesda Senior Center, 225 Bethesda Church Road, Lawrenceville. 678-277-0179.

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## MAKING A DIFFERENCE



Darden (center), 8, who has Down syndrome, and Anna (left), 6, help their mother Betsy Glass make Darden's Dangerously Delicious Fudge Pie. What began as a school bake sale has turned into a business called Darden's Delights, with much of the proceeds donated to a nonprofit. HYOSUB SHIN PHOTOS / AJC

# Pies doing good, one bite at a time

## Sweet family business has a serious mission.

Proceeds help people with developmental disabilities in the area.

By Gracie Bonds Staples  
gstaples@ajc.com

Here's how Betsy Glass and her husband, David, turned a school bake sale into a business that helps people with developmental disabilities:

She whipped up five or so fudge pies, sans the pecans her grandmother was known to use, scanned their daughter's picture on a plain label, handwrote Darden's Desserts, and tied the container shut with a cute little bow.

"The feedback was great," Betsy Glass said recently. "People loved the picture. They loved the pies."

So much so, it occurred to David Glass, the financial adviser in the family, that they might be on to something really good.

And he was right.

Within a year of Peachtree Presbyterian Preschool's 2009 spring fling that precipitated it all, the Sandy Springs couple had turned the alchemy of flour, butter, eggs and sugar — the details of which Betsy Glass dares not share — into Darden's Delights, a full-fledged one-woman pie-making machine.

Two years later, that single pie recipe from Betsy Glass' late grandmother has morphed into seven, with names such as Darden's Dangerously Delicious Fudge Pie, Darden's Off the Chart Chocolate Chip Cook-



The packaging on Darden's Delights pies describes the mission of the business simply and elegantly: "Pies with a purpose — creating opportunity ... one bite at a time."

### ajc.com

Read more stories of metro Atlantans making a difference for the disabled at MyAJC.com/living.

ie Pie and Darden's Smack Yo' Lips Lemon Chess Pie.

And since launching Darden's Delights, named for Betsy Glass' grandmother and the Glasses' 8-year-old daughter, Darden, they have donated nearly \$8,000 to seven local nonprofits.

The venture, David Glass said, was a way to both honor their daughter and help solve issues she and others with developmental disabilities face. Darden has Down syndrome.

"We're all about using people's purchasing power to help create better opportunities and outcomes," he said.

For their contributions, the Glasses were recently awarded the Legacy Award from All About Developmental Disabilities. The Atlanta nonprofit serves people with developmental disabilities.

Just 30 minutes after giving birth in 2005, the Glasses learned their little girl might

have Down syndrome, a chromosomal disorder occurring in one in every 691 babies born each year in the United States.

Even though Betsy Glass had had an uneventful pregnancy, Darden's nurses immediately recognized the tell-tale signs, including almond-shaped eyes and a single deep crease across the center of the palm of her hand.

Twenty-four hours later, doctors confirmed their suspicions.

Except for the extra chromosome, the Glasses said Darden experienced few complications.

"She was as healthy as a horse," Betsy Glass said.

As she got older, though, Darden needed eyeglasses and hearing aids, and doctors diagnosed her with hypothyroidism, common in children with Down syndrome. Every week she undergoes physical, speech and occupational therapy.

Darden was a Peachtree Presbyterian preschooler when her mother homed in on Grandma Darden's famous pie recipe for an upcoming bake sale. Proceeds would benefit

Darden's continued on D5

## FIRST LOOK



The Palookaville double cheeseburger features two quarter-pound patties of ground pork. CONTRIBUTED BY BECKY STEIN

# Carnival cuisine in from the cold

Stacy parks food truck, adds burgers and bar at Palookaville Fine Foods.

By Bob Townsend  
For the AJC

On Halloween, Atlanta deep-fried corn dog master and TV personality Jim Stacy opened Palookaville Fine Foods in Avondale Estates with partner John Gianoulidis. The soda fountain and deli is a brick-and-mortar spinoff of Stacy's carnival food truck, with an evolving menu that features burgers, sandwiches and a full bar with adult "shaketails."

**The look:** From the outside, Palookaville blends with Avondale's distinctive row of Tudor-style buildings. Inside, though, Stacy's world of eccentric comic art and collectibles is displayed all over the walls and in glass cases in the dining room, where the seating is a crazy-cozy hodgepodge of tables, chairs and booths.

**The scene:** Those who have seen the tall and tattooed Stacy in action might be surprised by the vibe at his restaurant. On a recent evening, a host wearing a white shirt and tie seated guests, while friendly servers in

Palookaville continued on D2

### DINING OUT

**Palookaville Fine Foods**  
11 a.m. - 11 p.m. Mondays-Saturdays; 11 a.m. - 8 p.m. Sundays. Boiled peanuts and pickles, \$2-\$5; corn dogs, hot dogs and sausages, \$4.50-\$8.50; pork burgers and deli sandwiches, \$5-\$12; fries and tots, \$2.50-\$8. 17 N. Avondale Plaza, Decatur. 404-500-1785, www.palookaville.com.

## AUTHORS

# Writer to discuss how barriers fell for women at Newsweek

"The Good Girls Revolt" details stunning bid for equality at magazine.

By Jill Vejnaska  
jvejnaska@ajc.com



Lynn Povich writes about a groundbreaking lawsuit that 46 female employees filed against Newsweek in 1970.

it titled the article "Women in Revolt" — and assigned it to an outside writer rather than a woman on its staff — that a revolution was happening inside its own building. That same day, 46 female employees filed a groundbreaking class action lawsuit, charging the magazine with discrimination in hiring and promotion.

"We knew that the real impact would come from the surprise publicity it (created),"

### EVENT PREVIEW

Lynn Povich will discuss "The Good Girls Revolt: How the Women of Newsweek Sued Their Bosses and Changed the Workplace." 1 p.m. Sunday. Marcus Jewish Community Center of Atlanta, 5342 Tilly Mill Road, Dunwoody. Tickets: \$14; \$9 for members. Information: 678-812-4005, www.atlantajcc.org.

Povich, a key member of the group, said by phone from New York. She'll discuss her book Sunday at the MJCCA Book Festival.

Indeed, a news conference  
Women continued on D5

## SHOPPING

# Holidays bring out arts, crafts festivals

Lure is one-of-a-kind gifts and decorations made by local artisans.

By Christopher Quinn  
cquinn@ajc.com

Some gifts are soon forgotten or disappear into a drawer or closet as they mix with what's already there.

Other gifts outlast forgetfulness because the recipient knows they are one of a kind or handmade, or is aware you had to go the extra mile to find it.

As the holiday season approaches, artists, crafters, bakers and makers of one sort or another throw in together to create their own mini-malls of paintings, pottery and blown

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glass, Christmas decorations, candles and jewelry. Most are purchases you can feel good about to boot because the money goes straight to local pockets, and proceeds from some of the shows and pop-up markets go back to community service organizations as well.

If you are looking for unique gifts or one-of-a-kind decorations this year, try one of these coming events mentioned on D2.

Crafts continued on D2

# LIVING

## Darden's

continued from D1

the school's Adaptive Learning Center. Glass had to go out of town on business that day, but she sent six pies to the school. The response was overwhelming. Not only were the pies delicious, they looked every bit as appetizing. Plus it made people feel good knowing their purchase went to a good cause.

### 'There simply is no better pie'

That's when David Glass realized they could turn the effort into a business with ongoing benefits for people with developmental disabilities.

In the fall of 2010, he enrolled in the Edge Connection, a 12-week program at Kennesaw State University that a friend had told him about that helps small-business owners launch, sustain and expand their businesses. By the end of the class, David had a plan, which garnered him a second-place award among a class of 40.

By then, Betsy Glass' pies were already delighting the palates of hundreds across metro Atlanta.

"There simply is no better pie," said Greer Monin of Atlanta. "We bought our first in 2010



Anna (left) and Darden help parents Betsy and David Glass as they assemble Darden's Dangerously Delicious Fudge Pies at their home in Sandy Springs. Orders for several varieties of Darden's pies now arrive from buyers across the nation. HYOSUB SHIN / AJC

### DARDEN'S DELIGHTS

- Darden's Dangerously Delicious Fudge Pie
  - Darden's Extra Dangerous Fudge Pie with Pecans
  - Darden's Off the Chart Chocolate Chip Cookie Pie
  - Darden's Smack Yo' Lips Lemon Chess Pie
  - Darden's Luscious Butterscotch Pie
  - Darden's Super Luscious Butterscotch Pie with Pecans
  - Darden's Get in My Belly Gooney Pie
- Information: [www.dardensdelights.com](http://www.dardensdelights.com); 404-973-8760; fax 404-549-4193

and haven't stopped."

Courtenay Gabriel of Atlanta doesn't even have a "sweet tooth," but she's hooked.

"My family and friends throughout town and even the country are hooked, as well," she said. "We love every variety we have tasted, but the chocolate chip pie, in particular, has

become a staple item for family gatherings.

"The convenience of being able to store the pies in the freezer is an added bonus. I love being able to have some on hand in case of last-minute guests or in the event a friend needs a pick-me-up."

Darden's Delights officially

launched in 2011.

"At that time we started focusing on major holidays like Valentine's Day, Easter and Mother's Day," David Glass said. "We're trying now to expand to the corporate world."

Although still relatively small, news of Darden's Delights' wholesome goodness is spread-

ing, mostly by word of mouth.

Alicia Treadway of Atlanta said she first tasted Darden's Delight while vacationing in Michigan, then received one as a gift from a friend.

"It melted in my mouth," she said. "My first reaction was, how was I going to keep the kids from eating it all?"

Since then, Treadway said she has become a regular customer, buying pies for potlucks, special occasions and teacher gifts.

"Everyone loves them," Treadway said, "and it's truly a win-win to be able to feel good about contributing to such a great cause and get a premium product in return."

## Women

continued from D1

at the ACLU's headquarters that day was "packed," Povich writes. The resulting coverage — the professional women were called "newshens" in the New York Daily News — likely seems as unbelievable now as the situation then: Despite having the same skills and education as their male counterparts in many cases, women were almost exclusively hired as researchers and fact checkers and rarely promoted to the much-higher-profile reporting and writing jobs.

Far from apologizing, Newsweek's leadership initially seemed hurt by the suit's implied criticism.

"(It) stems from a newsmag-

azine tradition going back almost fifty years," Newsweek's "fearsome" editor-in-chief Osborn Elliott responded in a statement about a practice that had already led the likes of Nora Ephron and Ellen Goodman to leave in frustration.

"I was trying to re-create the feeling of the time, what it was like to be a woman at work in the 1960s and '70s," Povich said of the engaging book, which at times reads like a real-world version of "Mad Men." Along with descriptions of office-place flirting and drinking, there's the story of why one well-respected female journalist wasn't hired despite a recommendation from Newsweek owner Katharine Graham: The "physical demands" of writing on deadline for the magazine would be too tough on a wom-



an, it was thought. Yet Povich never loses sight of the seriousness of the is-

sue, nor does she simply dump blame on the opposite sex. It took several years and the filing of a second lawsuit in 1972 before significant change came to Newsweek, but Povich names names when it comes to male supporters — including those who predated the legal action, or, like Elliott, took a little longer to come around.

"In the 'old days,' there were a lot of men in the women's movement," Povich said. "We were all mentored by men back then."

In fact, her father, longtime Washington Post sports columnist Shirley Povich, was already a journalism legend at the time. That put him and his only daughter in a potentially uncomfortable position, as the Washington Post Co. also owned Newsweek ("Which side

am I supposed to be on," Graham, the Post Co. president, wondered aloud about the lawsuit). Lynn Povich (Maury's her brother) became Newsweek's first female senior editor in 1975 and later assumed major editing roles at MSNBC.com and Working Woman magazine.

But in some ways, she finds herself agreeing with a former Newsweek co-worker who described the lawsuit as "the most concrete thing" she'd ever done.

"Oz Elliott said, 'Not only did you make Newsweek a better magazine, because of more diverse story ideas and abilities,'" Povich recalled of later conversations the two had about the group's prolonged legal effort. "He said, 'You also made it a better place for everyone to work.'"

# TODAY IS THE DAY TO HELP GEORGIA!

11-13-13

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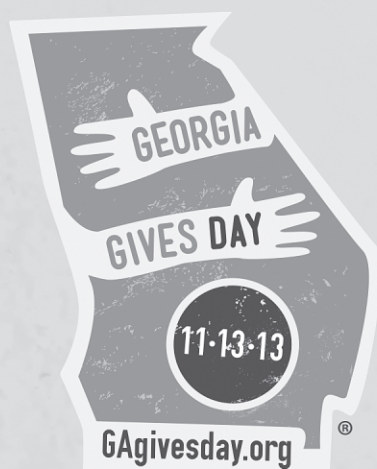
- 1 — visit [GAgivesday.org](http://GAgivesday.org)
- 2 — search for a Georgia nonprofit by zip code or category
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