

The Atlanta Journal-Constitution Monday, June 30, 2014

D LIVING

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Summer TV
dramas keep
viewers on
high alert, D2

FOOD

Simple truths on making the perfect burger

Cooks dish up their secrets in time for July Fourth holiday.

By Sam Sifton
New York Times

How to make a great hamburger is a question that has bedeviled the nation for generations, for as long as Americans have had griddles and broilers, for as long as summertime shorts-wearing cooks

have gone into the yard to grill.

But the answer is simple, according to many of those who make and sell the nation's best hamburgers: Cook on heavy, cast-iron pans and griddles. Cook outside if you like, heating the pan over the fire of a grill, but never on the grill itself. The point is to allow rendering beef fat to gather around the patties as they cook, like a primitive high-heat confit.

"That is the best way to do

it," said George Motz, the documentary filmmaker who released "Hamburger America" in 2005 and has since become a leading authority on hamburgers. The beef fat

Burger continued on D4

ajc.com

At MyAJC.com/living, get more tips on crafting great burgers at home, along with some Atlanta spots where you can chow down on a juicy burger with minimal effort.



A diner-style burger is smashed thin and cooked crisp on its edges. ANDREW SCRIVANI / THE NEW YORK TIMES

IN BRIEF

BOX OFFICE

'Transformers' grabs year's biggest debut

"Transformers: Age of Extinction" rules the box office.

The fourth installment in filmmaker Michael Bay's morphing robots series earned \$100 million in North America during its opening weekend, making it the biggest debut for a movie this year. The movie also earned \$90 million in China, where it was partially filmed.

Estimated ticket sales are for Friday through Sunday at U.S. and Canadian theaters, according to Rentrak.

1. "Transformers: Age of Extinction," \$100 million.
2. "22 Jump Street," \$15.4 million.
3. "How To Train Your Dragon 2," \$13.1 million.
4. "Think Like a Man Too," \$10.4 million.
5. "Maleficent," \$8.2 million.

Today's number

\$15,757

Price paid at an auction for Frank Sinatra's first New Jersey driver's license. The yellowed, text-only 1934 license was issued, typo and all, to Francis Sintra, 841 Garden Street, Hoboken, New Jersey. The license was signed by the then-19-year-old a year before Sinatra got his first big break in the music industry. His eyes, of course, are recorded as blue. His weight was 130 pounds. Boston-based RR Auction did not disclose the buyer. ASSOCIATED PRESS

FREE AND CHEAP

"Salvador Dali: Trilogy of Love." Through Aug. 31. \$5. Oglethorpe University Museum

SERVICE WITH A SMILE



Donna Hearn, concierge for the 156 units at One Vinings Mountain, has been with Concierge Services of Atlanta for eight years. After teaching for 31 years, Hearn worked as a concierge during the summer until she became an concierge full time. ELIZABETH MONTGOMERY PHOTOS / ELIZABETH.MONTGOMERY@AJC.COM

Living the life of a concierge

City dwellers enjoy the peace of mind, convenience of these extra perks.



Kathleen Beamish is the concierge for 5,800 tenants at SunTrust Plaza. She is

YOUR HEALTH

Exercise carefully during summer

Know symptoms of heat-related illnesses and take precautions.

By Brian T. Dessart
Newsday

While the summer months tend to breed an eagerness to exercise outdoors, people should also be aware of the potential for a heat-related emergency.

Even though our bodies contain a natural cooling mechanism — perspiration — it can still overheat and lead to heat stroke, a potentially deadly condition.

Heatstroke, the point when organs begin to fail and shut down, is normally the final act within the sequence of heat-related illnesses, such as heat rash, heat cramps and heat exhaustion, said Robert Bristol, assistant athletic trainer at St. Joseph's College in Patchogue, N.Y.

"It is important to recognize these signs when they appear and immediately stop activity," he said.

Bristol said a person suffering from a heat-related illness should immediately be moved to a cooler area, hydrated and subjected to "active cooling" with cold-water immersion, ice packs or cold towels.

of Art, 4484 Peachtree Road N.E., Atlanta. 404-364-8555, museum.ogletthorpe.edu.
"Kongo Across The Waters."
 Through Sept. 21. \$6-\$8. Jimmy Carter Presidential Library & Museum, 441 Freedom Parkway, Atlanta. 404-865-7100, www.jimmycarterlibrary.gov.

Dear Abby D3 Puzzles D3
 Comics D6 Television D2



50% off three mosquito treatments — Includes flea, tick & gnat protection!

By Elizabeth Montgomery
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Picture this: Shopping till you drop, then having your car brought to you without the hassle of schlepping through the parking lot. And, oh yes, you can ask for a wake-up call the next morning while you're at it.

No, it's not some shopaholic's fevered dream. Such concierge services are one of the perks offered these days by luxury residential developments.

Peace of mind is one of the pluses these services are selling. "(Concierges) make me feel safe," said Sam Luedke, a three-month resident of the Mayfair in Midtown. "I partic-



approaching her 15th year of concierge service with Concierge Services of Atlanta.

ularly like the security they help provide."

Myra McElhaney, who has lived in the Oaks at Buckhead for two-plus years, said having someone you can trust to enter your home and take care of things is another advantage. She said having a concierge is "the perfect combination of living alone yet having someone there all the time!"

Concierges also help coordinate special events, book ap-

pointments, and hold and deliver packages. With a file of housekeepers, dog walkers and dry cleaners, a concierge can provide most services a resident might need.

David Jones lives primarily in California, but also has a residence at the W Hotel in downtown Atlanta. "We call on the concierge for things from arranging for our place

Concierge continued on D2

"This active cooling will reverse the negative effects on your internal organs, cardiovascular and neurological systems," he said.

There are several ways a summer exerciser can help prevent heat-related ailments, such as avoiding strenuous outdoor exercise during the hottest times of the day — 11 a.m. to 4 p.m. — wearing loose and light-colored clothing, applying sunscreen with a minimum SPF of 15 and drinking at least two to four glasses of water per hour during extreme heat, according to the New York State Department of Health.

Thirst can be a sign of dehydration, so don't wait until you're thirsty to drink. A great gauge for measuring your hydration level is by noting your urine color — generally, the lighter the urine, the better hydrated you are. But keep in mind, supplemental vitamins may alter the color.

"We lose water quickly during the summer," said biochemist and certified nutritionist Dr. Yu-Shiaw Chen, of Long Island Nutrition. "It is important to replenish your water and fluid intake as you go through your hot days. (When) you're dehydrated, you also lose water soluble vitamins and minerals, so replenish them while you can."

Bristol agrees: "Dehydration is a main contributor to the onset of heat illness, which not only will be detrimental to your fitness goals, but also life threatening." The state department of

Exercise continued on D4

RADIO

GPB takes over WRAS without schedule release

Station to 'tweak' program listings.

By Rodney Ho
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Atlanta public radio fans should be thrilled to know they now have a second choice on the FM dial. Georgia Public Broadcasting officially took over Georgia State University's 88.5/WRAS-FM at 8 a.m. Sunday with an array of news/talk programming.

But without explanation,

GPB declined to release its official weekly schedule in advance. It will have control over WRAS' FM airwaves from 5 a.m. to 7 p.m. on weekdays; from 8 a.m. to 6 p.m. on weekends. GSU students will continue to operate the other time on 88.5. WRAS' 100,000 watts can reach up to 100 miles outside of downtown.

In an interview last month after the initial announcement, GPB President Teya Ryan confirmed that WRAS will air "Morning Edition" and "All Things Considered," both al-

so heard on 90.1/WABE-FM. WABE-FM, as the station is noting on air, has no affiliation with GPB. Ryan also said WRAS will air a conversational daily news show called "Take Away," hosted by John Hockenberry.

GPB was originally supposed to launch WRAS programming June 1, but delayed the move a month. It released a preliminary schedule last month that had a few local programs, including a daily news show at 9 a.m. hosted by journalist Celeste Headlee set to debut this fall and a weekend news show

helmed by veteran journalist Bill Nigut.

GPB spokeswoman Mandy Wilson has said there would be "tweaks" to that schedule.

Read more about media with Rodney Ho at <http://radiotvblog.ajc.com>

myajc.com

Go to MyAJC.com/living for more on the changes at GPB radio and WRAS, including our look at the controversy behind the move.

D2 CREDIBLE. COMPELLING. COMPLETE.

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THE ATLANTA JOURNAL-CONSTITUTION MONDAY, JUNE 30, 2014

LIVING

Monday television

"The Bachelorette" 8 p.m. ABC — Nick creates yet more ire among the remaining five guys.
"24" 9 p.m. Fox — Kate learns the truth about her husband.
"Major Crimes" 9 p.m. TNT — The team investigates the

murder of an alleged rapist.
"Longmire" 10 p.m. A&E — Walt attempts to narrow the field of suspects in his wife's murder.
"Murder in the First" 10 p.m. TNT — Erich Blunt takes in a drug-fueled weekend with Ivana West.

"Under the Dome" 10 p.m. CBS (second season debut) — Big Jim decides Barble's fate.
"Mistresses" 10:01 p.m. ABC — Savi exposes a reckless side when cavorting with Zack
 RODNEY HO

*** Excellent *** Good *** Fair *** Poor (N) = new episode designated where space allows.

TV	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
(2) WSB ABC	The Bachelorette (N)	The final four men are revealed.			(-01) Mistresses "Playing With Fire" Disconcerting news about Daniel.	Channel 2 Action News Nightbeat (N)	Jimmy Kimmel Live (N)	
(3) WAGA FOX	MasterChef "Top 16 Compete" The contestants work with canned foods. (N)	24: Live Another Day "Day 9: 8:00 PM-9:00 PM." Kate finally learns the truth. (N)			Fox 5 News at 10:00 Local news, weather, and sports. (N)		TMZ (N)	
(8) GPB PBS	Antiques Roadshow "Vintage Columbus" Albert Churel art deco clocks. (N)	Antiques Roadshow "Vintage Pittsburgh" A gold, silver and ruby bracelet.			Brazil With Michael Palin Michael visits Parati and Iguaçu Falls. (Part 4 of 4)	"The Rutles: All You Need Is Cash" *** (1978) Eric Idle, Michael Palin.		
(11) WXIA NBC	Harry Potter: The Making of Diagon Alley (N)	American Ninja Warrior			11 Alive News Tonight (N)	(-34) The Tonight Show Starring Jimmy Fallon		
(14) WPXI ION	Criminal Minds "Minimal Loss" Reid and Prentiss are taken hostage.	Criminal Minds "Paradise" A serial killer stages car accidents.			Criminal Minds "Catching Out" Serial killer jumps trains.	Criminal Minds "The Instincts" Abduction of a boy in Las Vegas.		
(17) WPCF	Tyler Perry's Meet the Browns	Tyler Perry's Meet the Browns			Modern Family "Schooled"	Seinfeld "The Engagement"	Family Guy "Episode 420"	Family Guy
(30) PBA PBS	Inspector Morse "Service of All the Dead" Morse investigates five murders.	Foyle's War "They Fought in the Fields" Local farmer's death. (Part 2 of 2)			DCI Banks "Strange Affair" London suspects Roy.	Helen Mirren	(-31) Masterpiece Mystery!	
(34) WUVG UNI	(7:00) De Que Te Quiero, Te Quiero (N)	Lo Que La Vida Me Robó (N)			Qué Pobres Tan Ricos (N)	Noticias 34 Atlanta Edición	Noticiero Univisión Edición Noc	
(36) WATL MNT	Law & Order: Special Victims Unit "Hate" Two Arab-American women are murdered.	Law & Order: Special Victims Unit "Ritual" Detectives probe a ritualistic death.			11 Alive Trending at 10 Jeff Hurlinger, Melissa Long. (N)	30 Rock "Pilot"	Everybody Loves Raymond "Left Back"	

TELEVISION

Season should come with danger warnings

Scripted hazards reflect sense of real-world jeopardy.

By Frazier Moore
 Associated Press

NEW YORK — It's a frightful world on TV these days.

A rash of scripted summer thrillers cautions viewers to batten down the hatches. Watch out who you let nibble on your neck! Hold your loved ones tight before they vanish into thin air! And with all the deadly viruses at large, you better bathe in Purell!

A certain brand of TV drama has always kept its audience on high alert, at least as far back as "The Twilight Zone." But these days, with agencies back-



In CBS' "Extant," Halle Berry plays an astronaut who returns home from a year-long solo mission only to discover that, while in flight, she was somehow impregnated. CBS

proboscis. This apocalypse has been loosed by evil forces. The only hope for humanity's salvation is Dr. Ephraim Goodweather (played by series star Corey Stoll). He vows to save the day.

Same with the pandemic on TNT's new "The Last

no warning. But the 98 percent left behind are reeling from the mass exodus.

Meanwhile, birth control — in outer space — poses a dilemma on the CBS drama "Extant" (premiering July 9).

Halle Berry plays an astronaut who returns

