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VOLUME 2 / ISSUE 3

MAY-JUNE 2015

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**ULTIMATE
MAGAZINE**

MAY/JUNE 2015

VOLUME 2 • ISSUE 3

Publisher

Tom Anneken

President

Keith Sprunk

Vice President

Rick Pawlak

Editor

Donna Griffin

Marketing Manager

Noel Ripley

Contributing Writers

Max West

Glenna Sper

Contributing

Photography

Photographic Memories

Printer

Advertising Printers Inc.

Offices located at

3039 Jenny Lind Rd.
Amelia, Ohio 45102



Efficiency and Investment Keys to Duke Energy's Future

By Rick Pawlak



It's 6:07 a.m. on a cold, dark, damp spring morning. Jim Henning parks his car, grabs a briefcase out of the backseat and walks about 100 feet to a terminal building at Cincinnati's Lunken Airport. His plane is scheduled to depart in less than 20 minutes. No sweat. Henning knows it's all smooth sailing (or flying) from here. That's because he's about to board an Ultimate Air Shuttle flight.

He simply walks into the building, checks in with the flight crew, and then makes his way to the passenger lounge. He brews a fresh cup of coffee and scans the Cincinnati Enquirer for a few minutes until his flight to Charlotte, N.C., is ready to board.

"To me, flying Ultimate Air is all about efficiency," said Henning, who is president of Duke Energy Ohio & Kentucky. "It enables me to do more in one day than I could do otherwise if I flew commercial."

"I can leave Cincinnati at 6:30 in the morning, get to Charlotte by 7:30, and I'm at our corporate headquarters by 8. Then, after a full day of meetings with our top leaders, I'm back in Cincinnati at 6:30 in the evening, and home for dinner with my family by 7:00."

The Great Enabler

Ultimate Air enables Henning and his Duke Energy teammates to make the most of their days away from the office. And Duke Energy and Henning know a thing or two about enabling. Over the past 178 years, Duke Energy and its predecessors have built out and refined a complex energy network that has enabled the Greater Cincinnati region to flourish into a thriving business ecosystem and great place to live.

"Delivering energy to our customers has helped bring ideas to life," said Henning. "Think of skyscrapers without elevators, schools and businesses without computers, medical diagnoses without MRIs."

"Sure, we didn't invent the elevator, computer or MRI. But readily available energy enabled these marvels and most of what we rely on each day."

Driving Efficiency and Creating Value

According to Henning, the "next big thing" will be conceived by visionaries and made possible by the affordable and reliable energy that we take for granted each time we

RIGHT: Members of the “Duke Energy in Action” team.

BELOW: In April 2015, The Duke Energy Foundation awarded \$500,000 to the University of Cincinnati and Thomas More College for hydrology research programs that will also drive science, technology, engineering and math (STEM) education in Southwest Ohio and Northern Kentucky.

flip a light switch. This is why he’s so focused on efficiency and productivity each day.

Henning believes running an efficient business means controlling costs, delivering reliable service and, above all else, ensuring the safety of his employees, customers and communities.

“When we excel at the basics, everyone wins,” said Henning. “Customers get affordable and reliable service, employees get challenging and rewarding careers, and



“We’re on the cusp of one of the largest private sector investments in the history of our region. Everyone – from families to factories – will reap the benefits of these improvements.”

– Jim Henning, President of Duke Energy Ohio & Kentucky

shareholders see a return on their investments. It’s really a win-win-win.”

But success is not a given in the ever-changing energy industry. Maintaining a nearly 100 percent service level involves dangerous work, detailed planning and coordination, and reinvesting in the business.

Duke Energy is prepared for the challenge. In fact, between now and 2019, the company will spend more than \$2 billion on infrastructure upgrades throughout its Ohio and Kentucky service areas – enhancements that will improve system reliability for its customers. That includes work in three core areas: electric transmission, electric distribution and natural gas distribution.

“We’re on the cusp of one of the largest private sector investments in the history of our region,” said Henning. “Everyone – from families to factories – will reap the benefits of these improvements.”

Joining Together For Economic Development

Duke Energy’s investments in Greater Cincinnati’s electric and natural gas infrastructure are vital to our region’s prosperity and future, but the company’s other work continues to pay dividends across the board.

For instance, Henning and his team work with more than a dozen local, state and regional organizations to promote Southwest Ohio and Northern Kentucky, and help attract and retain investments in the community.

Part of this work entails telling the story of Duke Energy’s excellent power quality and low rates. (Duke Energy’s electric rates are the lowest in Ohio and Kentucky, and well below the national average.) The company also works with property owners to ensure large tracts of land have the proper

utility infrastructure necessary for future investment and construction.

Duke Energy’s economic development work continues to pay off. The company helped attract \$3.1 billion in capital investments and created more than 16,000 new jobs in our region over the past five years.

“To us, economic development is about generating new opportunities in and around Cincinnati,” said Henning. “It’s about creating new jobs. It’s about increasing the tax base for our communities. At the end of the day, we know that when our communities are thriving, Duke Energy will continue to thrive as well.”

A Tradition Of Giving Back

Giving back is another way Duke Energy helps build strong communities. Each year, the company, its employees and retirees give about \$3 million to local nonprofits. In addition, Duke Energy employees in Ohio and Kentucky volunteered over 2,500 hours in the community in 2014.

The company is also committed to protecting the health and well-being of the local

BELOW: Members of the “Duke Energy in Action” team at work in the community. Duke Energy employees in Ohio and Kentucky volunteered over 2,500 hours in the community in 2014.





ABOVE: Jim Henning, President of Duke Energy Ohio & Kentucky

environment and waterways. In late April, The Duke Energy Foundation awarded \$500,000 to the University of Cincinnati and Thomas More College for hydrology research programs that will also drive science, technology, engineering and math (STEM) education in Southwest Ohio and Northern Kentucky.

“Our company and employees give back with our time, our money and our expertise,” said Henning. “This is not new for us. Our culture of giving dates back to our days as Cinergy, Cincinnati Gas & Electric and Union Light, Heat & Power.”

Committed To Safety

According to Henning, Duke Energy’s safety culture also dates back to its legacy companies. “Safety is central to everything we do at Duke Energy,” said Henning. “It’s a non-negotiable. And we continue to learn new, safer ways to perform our work – whether our employees are in an office environment or working in the field. “When I leave home each morning, I make a commitment to my wife and kids that I’ll be home in time for dinner.

“The same holds true for all of our employees. We’re responsible for actively caring and looking out for each other. And we know that we must employ the right safety measures and behaviors to ensure that each and every one of our us is able to return home safely at the end of the day. It’s our commitment to our families, our communities and each other. I value the Ultimate Air team for prioritizing safe operations, too. Whenever I board a flight, I know and trust them to safely get me where I need to be.” ■



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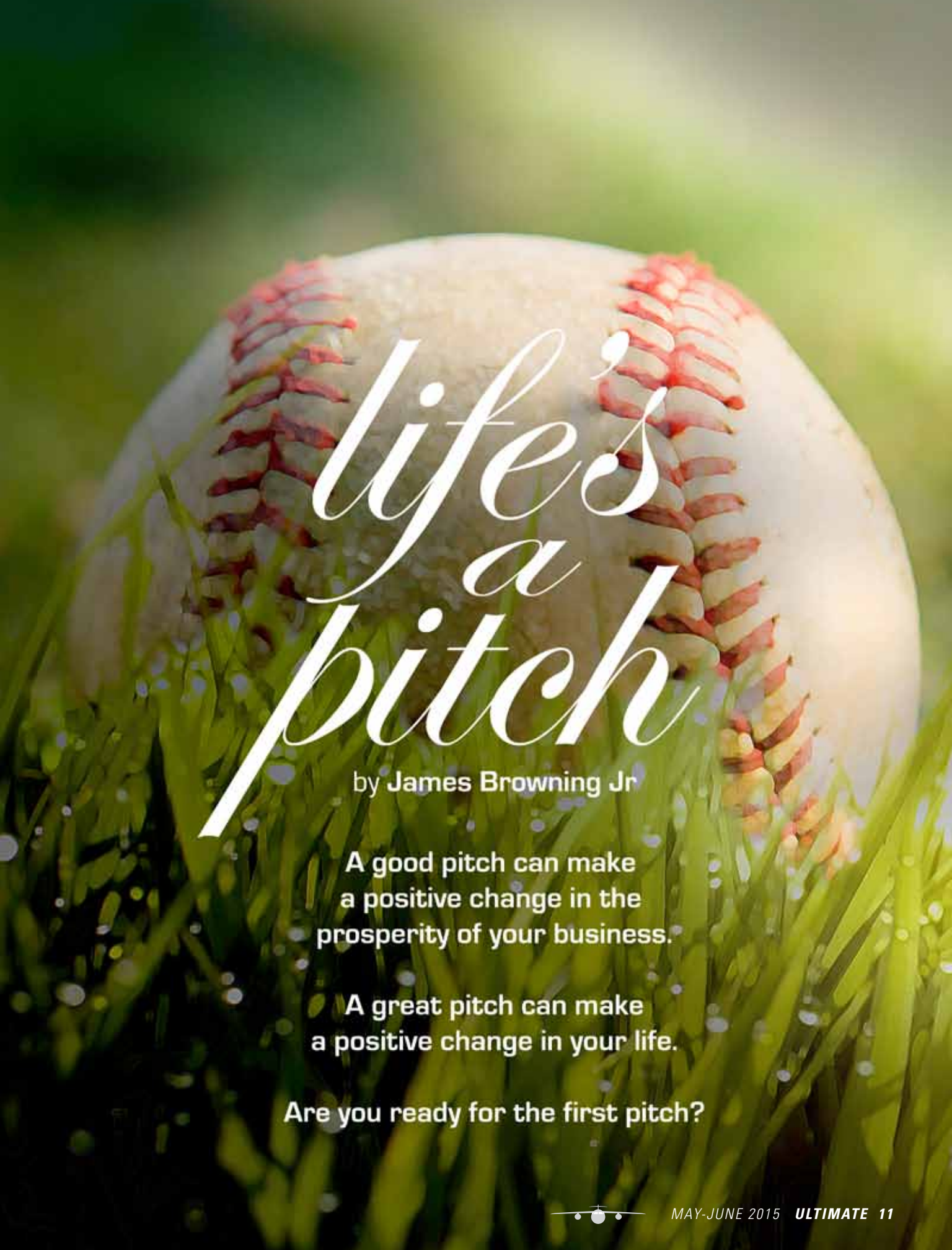


Where have your customers gone?

Photograph by Jay Silverman

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life's a pitch


by James Browning Jr

A good pitch can make
a positive change in the
prosperity of your business.

A great pitch can make
a positive change in your life.

Are you ready for the first pitch?





So there you sit, all comfortable
in your Ultimate Air comfy chair,
sitting next to whom?

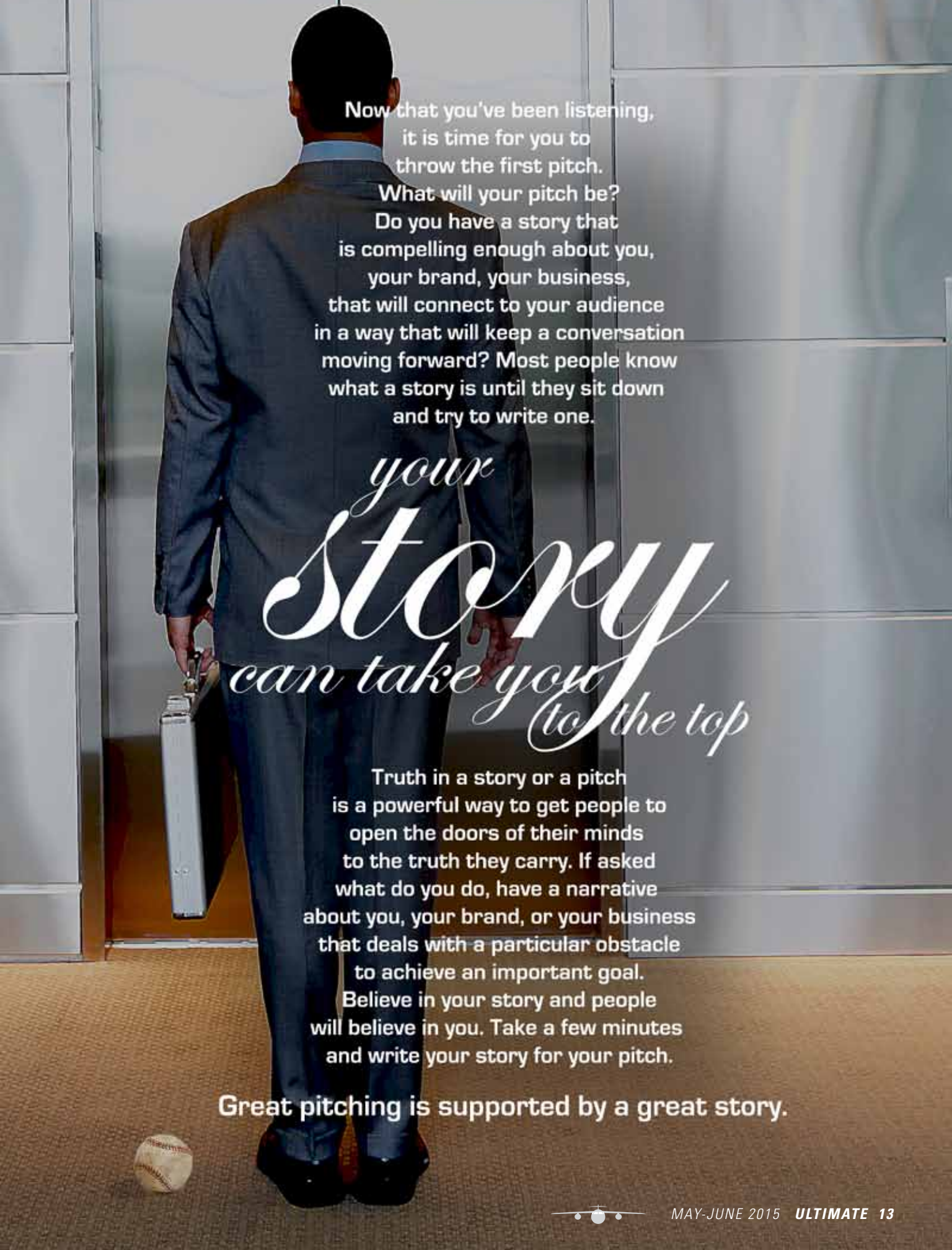
Well, let's at least say hello,
and exchange names. Who knows,
this person next to you could become
a new friend, a business connection,
your next hire, or your next boss.
But before you heat up your fast ball,
here is one adjustment to your opening pitch
you might want to consider...

Stop speaking and Start listening

A international research study
completed in 2014 stated that
in social settings and in meetings,
the people who spent the most time
listening were rated as
the best conversationalists.

Great pitching starts with great listening.



A man in a dark suit and light blue shirt stands with his back to the camera, looking out of a doorway. He is holding a silver briefcase in his right hand. A baseball lies on the carpeted floor near his feet. The background is a bright, overexposed area, possibly a hallway or office entrance.

Now that you've been listening,
it is time for you to
throw the first pitch.

What will your pitch be?

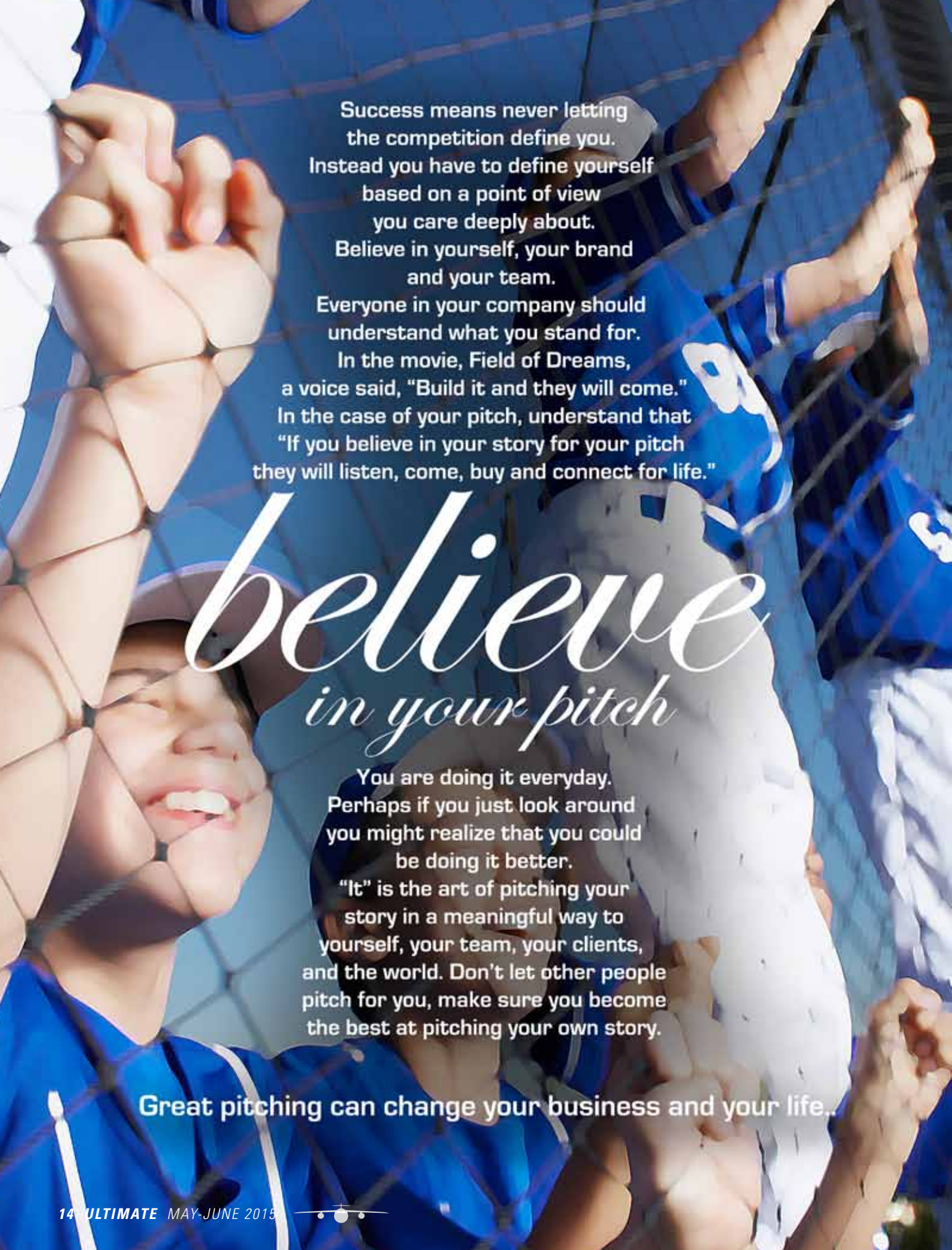
Do you have a story that
is compelling enough about you,
your brand, your business,
that will connect to your audience
in a way that will keep a conversation
moving forward? Most people know
what a story is until they sit down
and try to write one.

your
Story
can take you
to the top

Truth in a story or a pitch
is a powerful way to get people to
open the doors of their minds
to the truth they carry. If asked
what do you do, have a narrative
about you, your brand, or your business
that deals with a particular obstacle
to achieve an important goal.
Believe in your story and people
will believe in you. Take a few minutes
and write your story for your pitch.

Great pitching is supported by a great story.





Success means never letting
the competition define you.
Instead you have to define yourself
based on a point of view
you care deeply about.
Believe in yourself, your brand
and your team.

Everyone in your company should
understand what you stand for.

In the movie, *Field of Dreams*,
a voice said, "Build it and they will come."
In the case of your pitch, understand that
"If you believe in your story for your pitch
they will listen, come, buy and connect for life."

believe *in your pitch*

You are doing it everyday.
Perhaps if you just look around
you might realize that you could
be doing it better.

"It" is the art of pitching your
story in a meaningful way to
yourself, your team, your clients,
and the world. Don't let other people
pitch for you, make sure you become
the best at pitching your own story.

Great pitching can change your business and your life..

A close-up photograph of an adult's hand gently holding a child's hand, which is holding a white baseball with red stitching. A red heart is drawn on the baseball. The background is a bright blue sky with fluffy white clouds and a blurred green field.

Play with heart

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Bring Pete Home

It's well past time to let the legendary Hit King back in the game. **by Keith Sprunk**

IF YOU LIVE IN CINCINNATI there are three things that are certain: death, taxes, and you have an opinion about Pete Rose. Pete Rose, Charlie Hustle, The Hit King, Hometown Hero, the kid from Western Hills that became the greatest baseball player in the storied history of the Cincinnati Reds, maybe the greatest baseball player in the history of the game.

He holds probably the most coveted record in baseball. Pete Rose has more hits than anyone that's ever played baseball... EVER. Everyone remembers the number 4,192. That was the hit that Pete got on September 11, 1985 when he hit a single to left field at Riverfront Stadium to break Ty Cobb's record. Rose finished his career with 4,256 hits – a record that will probably never be broken.

So, how does a guy that holds so many records, that has meant so much to the game of Baseball, who has spent his entire life in the game, not get into the Hall of Fame? How is a man that probably understands the game of Baseball better than any other person on this earth, not be allowed to be a part of the game today?

What Pete did by betting on baseball games was against the rules. But hundreds of Major League Baseball players have broken rules.

Pete Rose is 74-years-old. He's forgotten more about Baseball than 99.9% of the players and managers that are in the game today. Charlie Hustle's problem was he was caught betting on Baseball while Managing the Cincinnati Reds. After two-years plus of fighting

Major League Baseball on this subject, on August 24, 1989 Pete was banned from Major League Baseball for betting on games. That means that he has not been part of the game he loves for 26-years. When is enough enough?

Throughout the past 26-years, Major League Baseball has given players a second chance for drug abuse, spousal abuse, alcohol abuse, steroid abuse, and the list goes on-and-on. Many players have been give multiple chances to fight through those problems.

I'm prejudice, and I admit it. I've been friends with Pete Rose for 30 plus years. My opinion is that Major League Baseball needs to let Pete Rose back into baseball and they need to do it NOW.

What Pete did by betting on baseball games was against the rules. But, hundreds of Major League Baseball players have broken



If Pete Rose had ever bet AGAINST the Cincinnati Reds, he should have been banned for life with no chance of ever getting back into the game. But, Pete NEVER bet against the Reds.

rules. If Pete Rose had EVER bet against the Cincinnati Reds, he should have been banned for life with no chance of ever getting back into the game.

But, Pete NEVER bet against the Reds. He became Manager of the Cincinnati Reds in 1985. If Pete would have gone to Marge Schott and told her he wanted to put into his contract that he wanted a bonus based on wins / losses, nobody would have ever said a thing.

Instead, Pete made that bet with a book-maker. Why? Nobody knows except Pete, but it probably had a lot to do with his competitive nature. He was no longer on the field, but still wanted to win. He truly believed that he

could coach the Reds and win *every* game. If I'm Marge Schott, if I'm a Reds fan, I would want a coach that believes he can win every game and was willing to put his own money on the line every day. But, again, betting on baseball was and is illegal.

Yet, after 26-years, isn't it time to forgive this baseball icon and allow him back into the game that he gave so much to for almost three decades? What better way to bring Pete Rose back into Major League Baseball than to make that announcement coming up to the Major League Baseball All-Star Game that will be played at Great American Ball Park in Cincinnati on Tuesday, July 13th, 2015.

On January 25, 2015 Rob Manfred became the new Commissioner of Major League Baseball, taking over the reins for Bud Selig who had led MLB for 17-years. Hopefully Manfred will take a fresh and different approach on allowing Cincinnati's beloved hometown hero to get back into baseball.

Besides all the Major League Baseball records that Pete holds (*see chart on next page*), he has also achieved the following:

- Pete has played with the winning team in three World Series, two in Cincinnati with

the Big Red Machine in 1975 and 1976 and a third with the Philadelphia Phillies in 1980.

- Pete won three NL batting titles in 1968, 1969 and 1973

- Pete was named MVP of Major League Baseball in 1973

- Pete won 2 Gold Gloves

- Pete was named Rookie of the Year in 1963

- Pete played in 17 Major League Baseball All-Star Games

- Pete finished his career with a .303 batting average

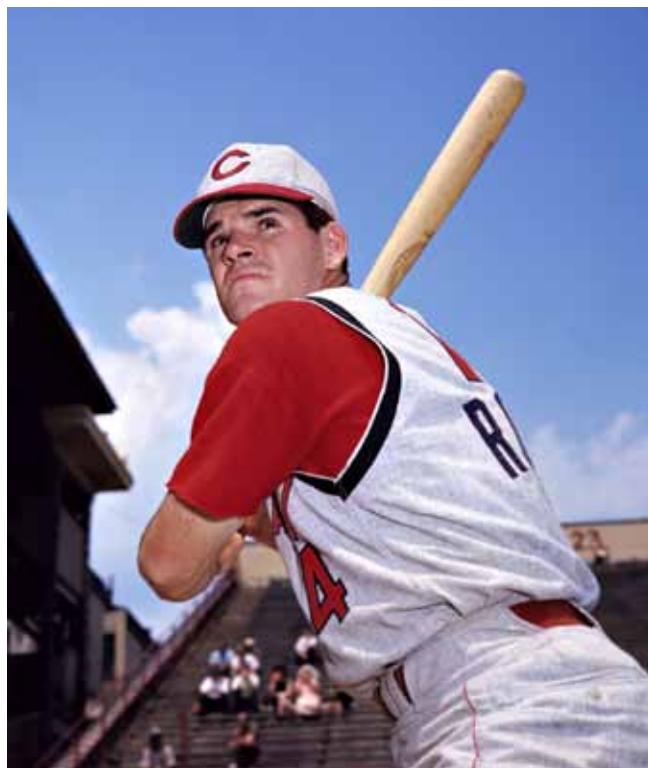
Someone once said to me, "Pete Rose bet on baseball and had tax problems. He's not somebody that I want as a role model". My

Everyone remembers the number 4,192. That was the hit that Pete got on September 11, 1985 when he hit a single to left field at Riverfront Stadium to break Ty Cobb's record.



Records Held By Pete Rose

- Most Career Hits: 4,256
- Most Career Outs: 10,328
- Most Career Games Played: 3,562
- Most Career At-Bats: 14,053
- Most Career Singles: 3,215
- Most Career Runs By a Switch Hitter: 2,165
- Most Career Doubles By A Switch Hitter: 746
- Most Career Walks By A Switch Hitter: 1,566
- Most Career Total Bases By A Switch Hitter: 5,752
- Most Seasons of 100 or More Hits: 10
- Most Consecutive Seasons of 100 or More Hits: 23
- Most Consecutive Seasons With 600 or More At-Bats: 13
- Most Seasons With 600 or More At-Bats: 17
- Most Seasons With 150 or More Games Played: 17
- Most Seasons With 100 or More Games Played: 23
- Record For Playing in the Most Winning Games: 1,972
- Only Player In Major League History To Player More Than 500 Games at Five Different Positions:
 - 939 games at 1st base
 - 671 games in LF
 - 634 games at 3B
 - 628 games at 2B
 - 595 games in RF



Pete Rose made his major league debut with the Cincinnati Reds on April 8, 1963. Later that year he was named "Rookie of the Year."

response was, "Everyone has made mistakes in their lives, and Pete's made his share. But, I've sat in a restaurant with Pete Rose and had a dozen people come up and ask him for his autograph. He NEVER, not EVER, turned anyone down. People wanted to take their picture with him. He NEVER, not EVER, said no or that he didn't want to be bothered. He ALWAYS gave those people his time, his autograph, his photograph, his love."

Be assured that most athletes would never give their autograph to someone in a restaurant. They don't want to be bothered by the general public. Maybe that's why Cincinnati loves Pete so much.....they know how much he loves Cincinnati, his fans and the Cincinnati Reds.

Somebody once asked me how much a Pete Rose autograph was worth. I told him "Not much, because he's probably signed a million FREE autographs and gave them to his fans over the past 52-years (26-years playing and 26 years banned).

But for me, the autograph that I have of Pete Rose and myself that's hanging on a wall in my office is worth.....well, for me, you can't put a price tag on it. It hangs next to pictures of my parents who have passed away.

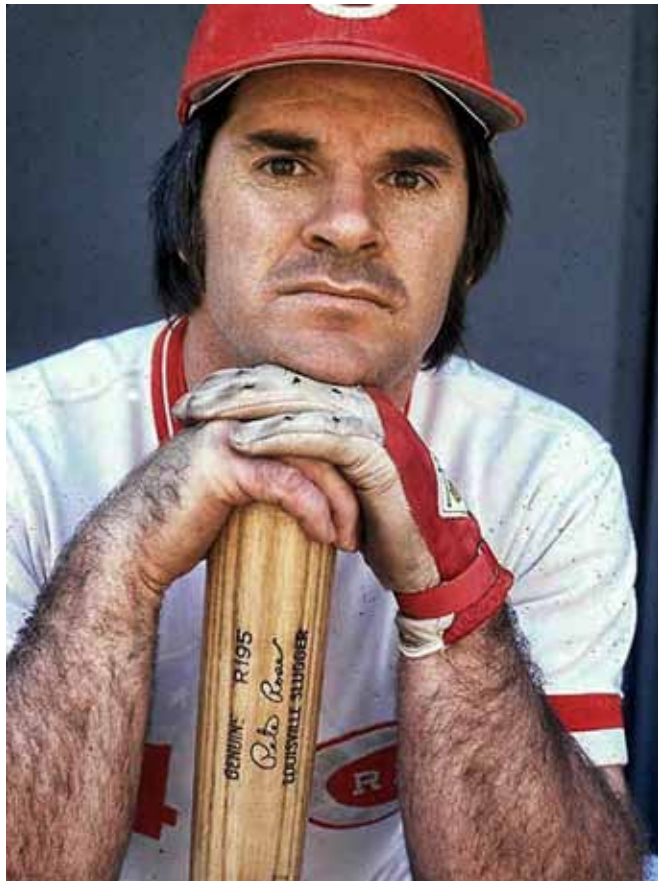
To Rob Manfred: Don't wait until Pete Rose dies to allow him into the Hall of Fame. He deserves to be reinstated into Baseball and to become again, a part of the game he loves so much.

26-years is long enough! ■





Somebody once asked me how much a Pete Rose autograph was worth. I told him "Not much, because he's probably signed a million **FREE** autographs and gave them to his fans over the past 52-years.



THE BIG RED MACHINE, as the Cincinnati Reds were known in the 1970s, is considered by many to be the greatest baseball team ever to play the game and Pete Rose (pictured above circa 1975) was the team's linchpin.

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Me and My Kamado

One man finds the grill of his dreams. **by Max West**

AMERICA LOVES TO GRILL. Perhaps more accurately, we men love to grill. It's a Man-Thing. Warm weather gets here, the grill gets fired up, and out comes the two-inch thick steaks, chicken breasts, and good old All-American hot dogs. Women--please don't be offended. I know that some of you like to grill too. But when my wife asks me if I feel like grilling tonight, my chest puffs out just a little and I stand a little taller. The back deck is my realm and out there, I am king. At least when I'm allowed.

Confession time: I am not terribly accomplished as a Zen grill-master. I've always used a grill but I was very limited in what I could confidently cook on it. Burgers, dogs, the occasional steak and of course pork chops. I generally butchered most of what I cooked. Would I EVER consider a pork roast or a slab of ribs? Not likely. I grilled on the luck principle

and if the steaks came out anywhere near medium-rare, it was pure luck. I really didn't know what I was doing or how to be a good outdoor cook. My daughter-in-law was aghast when I'd cut a steak open to see if it was done. "Just press it with your thumb or use the handle of the spatula!" Huh? It was a foreign language and I didn't speak it.

Thus, my wife questioned my sanity when I boldly announced that I was going to buy a Kamado Joe ceramic smoker grill. I admit that I had my doubts too as I knew nothing about them except for what I had read on-line and seen on You Tube. But I was bold and determined. It also helped that the company I work for had started selling them and I could cut my losses by buying one at cost.

The clay mushikamado developed in Southern Japan and it closely resembled many of today's modern Kamado cookers.

But what exactly is a Kamado ceramic grill? A brief search of history offers some answers and takes us back a few years—3000-4000 years. Clay pots were the primary tool for cooking and have been found all over the world with the oldest dating back to China and the Indus Valley Civilization of India. Throughout the world came an evolution of cooking styles and methods but the clay pot was the common component. The clay mushikamado developed in Southern Japan and it closely resembled many of today's modern Kamado cookers. It was rounded and constructed of clay and featured a removable lid. Cooks used wood to fire the vessel but there became a gradual switch to charcoal because it burned more evenly and longer. Then top and bottom vents were added to help regulate the temperature inside the mushikamado. You simply had to close the vents for lower temperatures and open them all the way for high-temp cooking. Clay worked well but it wasn't the most durable material. Today's Kamados are mostly fire-kilned ceramics with a glazed finish that helps to protect them from the elements.

So what can you cook on a Kamado? Quite simply, the answer seems to be almost



anything. I jumped head first into the fray with an 8-plus pound Boston Butt. Now my wife was totally certain that I had lost my mind. "Why not start with something easy like a burger or a steak?" she quizzed.

"Because I've already messed those things up and I want to mess up something new," I replied.

Truth be known, she was right. But one of the reasons I wanted the Kamado was because I really like slow-cooked, Southern-style barbeque and this was my avenue to that taste feast. I followed all the directions and did a slow smoke for about ten hours. For long smokes like this, you will want to use a heat deflector inside the Kamado. This keeps direct flame off the meat and keeps it from turning into shoe leather or something unrecognizable as a food group. Boston Butt is a pork shoulder with bone-in cut and the instruction video I watched (Kamado Joe You Tube) said that when properly done, the bone would easily pull out with virtually no resistance. When it did, I knew I'd hit pay dirt. Even my Doubting Thomas wife admitted it was really good. I wish I'd have gotten that on tape.

Next up were full slabs of baby back ribs. I got the big ones—about two pounds each and I used a vertical rib rack. There are lots of Kamado rib recipes but I went with the 3-2-1 formula. Start with your favorite rub and then let it set overnight in the refrigerator. Get the grill up to a smoking temperature of about 225 degrees. In Kamado cooking there are lots of "about" temperatures and this is perfectly fine. Then put the ribs in the rack for three hours, thick side up so the juices drain down the meat keeping it moist.

Then continue to cook for two more hours with the ribs wrapped in foil. This is the tenderizing stage and makes the meat fall off the bone when complete. If you like more attached to the bone, skip the foil. The final hour is back out of the foil and coated with your favorite sauce. Baste it with more sauce a few times along the way. The ribs were a hit and my confidence grew, along with my ego.

Here are a few tips about Kamado cooking. Remember that it is easier to raise the temperature than to cool it off when it gets too hot. Bring the temperature up slowly by using the vents. A long smoke requires a lot of charcoal and that produces quick heat. Again, keep those vents almost closed to start and when you do open them, do so in very small increments.

What's Inside a Kamado?



Use only hardwood lump charcoal. Under no circumstances should you use any sort of briquette, especially if it has starter fluid in it. Briquettes have a lot of filler and starter fluid fumes will embed into the ceramic dome and cause an off-taste. I recommend starting the charcoal with gas-free and chemical-free starter sticks. Leave the lid up and the bottom vent open for about 15-20 minutes, then spread the charcoal evenly. Close the lid and shut the top vent and bottom vent almost all the way if you are doing a longer smoke. As the temperature rises simply adjust accordingly. You'll quickly get the hang of how your Kamado works.

Use only hardwood lump charcoal. Under no circumstances should you use any sort of briquette, especially if it has starter fluid in it.

Add some wood chips for that special smoked flavor. One of the benefits of Kamado cooking is that you don't get any metallic taste to the meat. The natural wood charcoal adds a smoky flavor emblematic of true Southern-style barbeque, but adding seasoning wood can customize the taste. For pork, I prefer apple as it adds sweetness. I

Connect With Your Customers Using the Ultimate Approach

Today's consumers are using a personal vantage point to make decisions about the products and services they choose. That's why it's so important to work with a multimedia company that offers a combination of today's marketing alternatives to reach consumers on the ultimate level.



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513.616.6986
KathrynRaaker.com





ABOVE: For making great ribs on the Kamado grill I use the 3-2-1 Method, a three-part process of cooking the ribs with indirect heat at low temperature (225°F, 107°C) for three hours, wrapping them in foil and cooking for two hours, then unwrapping and cooking them for the final one hour.

soak the wood in water for a half hour then wrap it in foil. The foil won't seal completely so there is no need to punch holes in it. Place the foil directly on the deflector so that it smokes for a long time. For a shorter smoking duration, add the soaked wood directly to the charcoal.

One of the advantages of a Kamado is that you cook in a controlled internal environment. The heat doesn't char the meat from the underside. It flows over and around the meat and this helps to keep meat moist and juicy. I figured this was a sales pitch but it really is true. No matter what you choose to cook, it really will stay juicier than on most conventional gas grills.

Another great feature is the ability to cook at different levels within the grill. I purchased a grill extender for my Kamado Joe. This is an elevated grill grate that rests a few inches above the main grate. I cook the big items—briskets and roasts on the upper grill extender. Cut up some potatoes, sweet potatoes, onions, and carrots and put them in a tin pan on the main grate. For fun, add some whole green beans and a little water, making sure the beans are totally submerged. The meat drippings will flavor everything very nicely and you've got an entire meal all coming from the Kamado.

Of course I still do burgers, chicken breasts, and pork chops and they come out

better than any I ever cooked on a gas grill. And steak? Absolutely the best I've ever cooked. When cooking steak, this is the one time I will remove the heat deflector. When firing the grill, open the vents all the way. Don't be afraid to let the temperature get up in the 700 to 800 degree range. An important note: when cooking at this temperature range be very cautious when lifting the lid. If you lift it too quickly the sudden influx of outside air

will cause a ring of fire to quickly develop at the opening. It can be pretty intense. Instead, open the lid slowly and let the air equalize. Then slap the steaks on for about a minute per side to sear in the juices then cook to the desired wellness. Make sure you check them though. They'll cook quicker than in a traditional gas grill.

Lastly, some may wonder if you will get a grease build up inside the dome. It's easy to clean. Fire up the Kamado to that higher

BELOW: Another great feature of the Kamado is the ability to cook at different levels within the grill.



searing temperature and it becomes a self-cleaning oven.

For the last two years, I have not used my old gas grill. Not once. Sure, it would be quicker but once you've cooked on a Kamado, it's hard to go back to gas. I'll close this with the following recipe for a Kamado-style meatloaf. It's my favorite and very easy to make. Plus, there are no oddball ingredients that you've never heard. I'd have never made this on a traditional grill. ■

Kamado-Style Meatloaf

- 2.5 lb ground beef
- 1 lb sage sausage
- 1 lb ground veal (or turkey--your choice)
- 5 tablespoons finely diced sweet onion
- 2 tablespoons barbeque seasoning (1 if you want to reduce the salt but hey, this is Southern style)
- 2 teaspoons black pepper
- 3 - 4 tablespoons Heinz 57
- 2 eggs
- 6 ounces of chunk cheddar (I use cheddar curd)
- 1 tablespoons Worchester sauce
- 1 cup Italian breadcrumbs
- 1 package of thin-sliced bacon.
- 2 disposable tin meatloaf pans

Mix all ingredients well except for the bacon. Split it into two loaves and form it into the pans like a regular meatloaf. Layer the bacon over each loaf, overlapping the bacon about one-third. You'll use half of the bacon on each loaf so there will be no left-over bacon. Cook at 350-375 until the internal temperature is 150-160 degrees. Remove from the grill and let the loaves stand for about 10 minutes. Remove both loaves from the pans, chow down on one, and save the other. Or if you're generous, give one to your neighbor and let him wish he had made it himself



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Ultimate Air Shuttle Announces Three New East Coast Destinations

Round-trip to Nantucket, Martha's Vineyard, and the Hamptons from Morristown Airport. **by Noel Ripley**

NANTUCKET is an island 30 miles south of Cape Cod in the state of Massachusetts. It is a tourist destination and summer colony. The population of Nantucket increases to about 50,000 during the summer months, due to tourists and seasonal residents. Among Nantucket's attractions are several noted museums and galleries, including the Maria Mitchell Association and the Nantucket Whaling Museum.

Nantucket can be reached by sea from the mainland by using one of three commercial ferry services or by private boat. It is served by Nantucket Memorial Airport (ACK), a three-runway airport on the south side of the island. Ultimate Air Shuttle will be providing direct service starting May 28th, 2015.

MARTHA'S VINEYARD is an island located south of Cape Cod in Massachusetts, known for being an affluent summer colony. Ultimate Air Shuttle will offer service to Martha's Vineyard via the Martha's Vineyard Airport (MVY).

The island has a year-round population of about 15,000 people in six towns. In summer, the population increases to 100,000 residents, with more than 25,000 additional short-term visitors coming and going on the ferries during the summer season.

Martha's Vineyard attractions include the annual Grand Illumination night in Oak Bluffs and the Martha's Vineyard Film Center, an art house cinema operated by the non-

profit Martha's Vineyard Film Society.

If you don't want to bring your own car and aren't inclined to rent one on the island, renting bikes is a great option. There are many bike paths to take, depending on how much time you have (and how fit you are!). There are lots of spots to rent near the ferry docks.

THE HAMPTONS are a group of villages and hamlets in the towns of Southampton and East Hampton, which form the South Fork of Long Island, New York. The Hamptons form a popular seaside resort, one of the historical summer colonies of the American Northeast. The Hamptons are known world-wide as the relaxed, laid-back summer vacationing ground of the rich and famous.

Stroll quaint villages and boutiques where you're sure to find the top designer names; dine in the trendiest restaurants; or take in a theater show. Explore history at the Sag Harbor Whaling Museum or fine art at local galleries and museums. And keep your eyes open; you might just spot a celebrity in casual-mode as Hollywood and New York's celebrities are often spotted in Southampton, Bridgehampton, East Hampton and other area villages. ■

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Does Cincy beer wash away taste of Cincy chili? WCPO responds to Deadspin.

by Jesse Folk, WCPO Web Content Editor

CINCINNATI – What is Deadspin's obsession with Cincinnati? First they impugned our chili, now they're back again and this time they're involving our beloved beer.

Cincinnatians should recall Deadspin's previous piece on our so-called "abominable garbage-gravy."

A "writer" for the online publication maligned the city's well-known culinary tradition in multiple takedowns of Cincinnati chili. That writer ranked our chili dead last in the nation and described it

as "the worst regional foodstuff in America or anywhere else," and a "bad-tasting Z-grade atrocity."

This time a Deadspin writer – "Drunkspin's" Will Gordon – praises Cincinnati's

craft beer, but only in so far that our beer is evidence that our city is not completely a lost cause when it comes to food and drink. (Sources say the official Deadspin



staff position on Cincinnati chili is that it is "horrible diarrhea sludge.")

In the midst of a rambling rant about the IRS and the Postal Service, Gordon heaps praise on MadTree Brewing's Gal-

axy High Double IPA and their Lift kölsch.

The Drunkspin scribe seems amazed that a city that produced the hated chili could also produce great beer. (I'm told the MadTree guys were happy with the piece but will be sending Gordon some cans of chili regardless.)

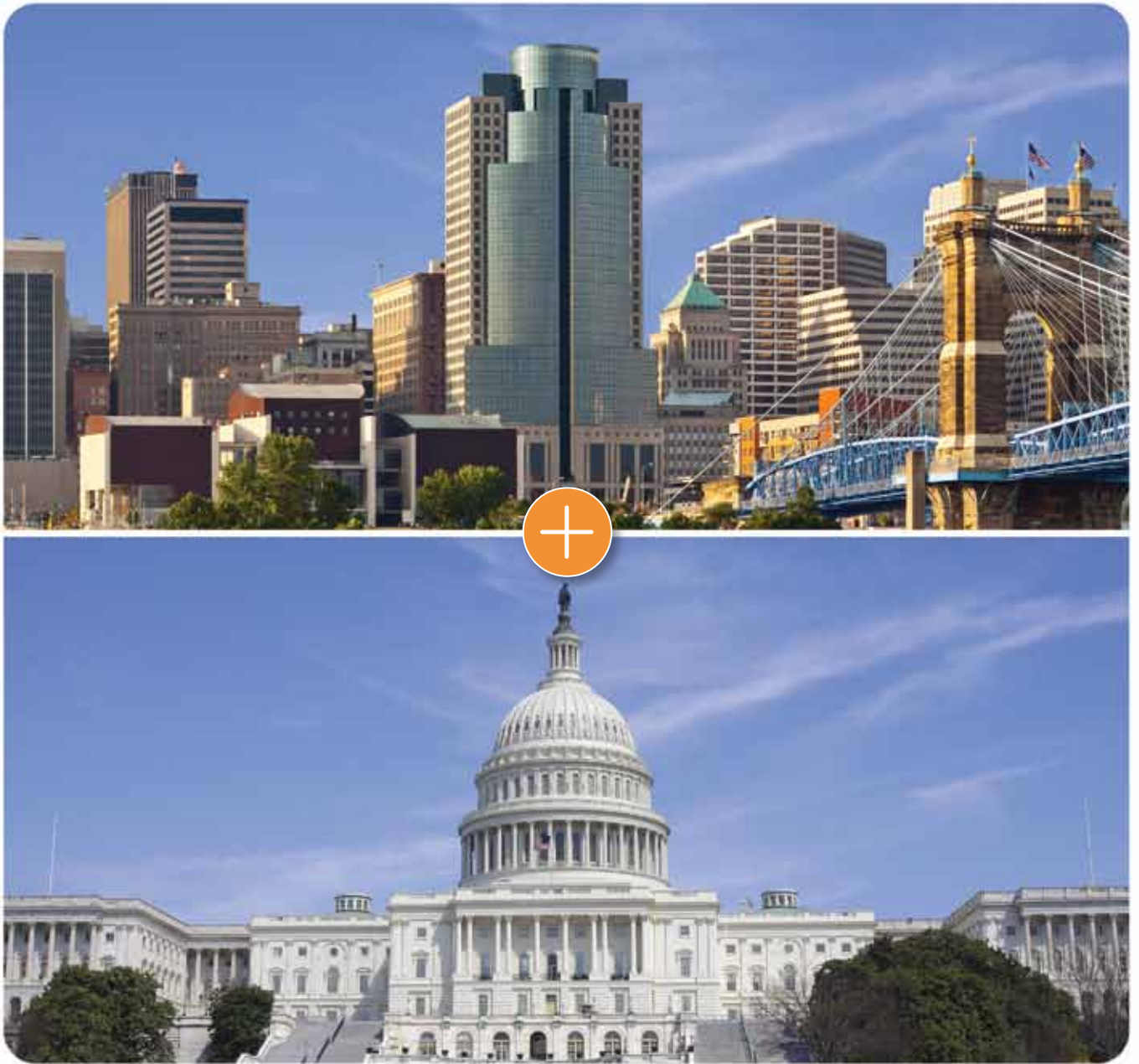
Also, Gordon calls out Cincinnati chili but is himself a chili virgin. Before knocking denigrating our food, I would suggest that he try the "garbage-gravy" first.

My question to Gordon, and to Deadspin as a whole, is what is the reasoning behind this elitist attitude about all things Cincinnati?

Speaking as a transplant to the city, I've never understood this dichotomy of

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There's always more to the story.

disdain and shocked amusement that the Queen City has nice things.

Cincinnati restaurants and brewers have won national medals and top-tier culinary ratings. Many of our restaurants are noted as must-tries and we've even been listed as a summer travel destination recently.

All that and I haven't even brought up our rich brewing heritage, baseball history – we've got the All-Star Game this year if you haven't heard – and more.

But let's just focus on the beer for now. Currently, the city has 23 breweries and even more are on the way. Beer brewed here is distributed far and wide and our imprint gets bigger and bigger every year.

Case in point, one of the city's oldest craft brewers – Mt. Carmel Brewing – is

about to celebrate its 10th anniversary. You don't get to brew beer for long if you're making bad product.

To close, I have two points:

I challenge the writers and editors of Deadspin to come to Cincinnati; try our beer and our food and witness all the great things the city has to offer. (And save the snark for your city, bring an open mind and leave the baggage when you arrive.)

I challenge Cincinnatians to start showing a little swagger. We have world-class breweries and restaurants, a rich history and a bright future. It's time we stopped making excuses and start to make some noise.

Now if you don't mind me, I have some badass Cincinnati beer to go sample.

WANT TO WEIGH IN? Join the conversation at our #9beer Facebook page. ■



As WCPO web editor and beer reporter, Jesse Folk gives you the latest news on what's brewing in Cincinnati. He graduated from Drake University with bachelor's degrees in journalism and history. You can connect with him on Twitter @wcpojesse.

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A man in a white shirt is captured mid-swing with a golf club on a golf course. In the foreground, the hood and front of a red sports car are visible. A large, stylized yellow speedometer is overlaid on the left side of the image, with numbers 30 and 40 visible. The background shows a dark car parked on a golf course.

Swing and a Miss

by Andrew Browning



Madison irritated me whenever she called me her sweetheart because her voice would chirp like a bird with hatchlings. Sometimes she stroked my hair with her boney finger and would tug so hard that it made me grimace. She only did this when I was driving; however, it still concerned me because I needed to keep my eyes on the road. So when she released her grip, I felt relieved and would exchange her smirk with a deep sigh. This was how it was with Madison and me. Small talk with some hair pulling. There wasn't anything substantial about us: we bonded during our car rides. I drove my creaky old Honda while she petted me, and then we spoke about nothing. Just nonsense, to be honest. But then—on the day of our two-month anniversary—she invited me to her parents' house. I thought, given the invitation, that she wanted me to meet them, but this wasn't the case, seeing that her parents weren't home. Since we were in our thirties, I thought it was strange that Madison wanted to spend a day at her mom and dad's. Why not take a trip? I asked, but she wouldn't budge. So with me driving,

Madison navigated us to her parents' driveway, where the asphalt was scattered with fallen branches and enclosed in a wooded niche so dense that it almost concealed a looming mansion. Awestruck, I gaped while marveling at the enormous prosperity before us. Victorian-styled with towers as tall as hickory trees, Madison's parents lived in such a large mansion that it made me wonder if my apartment was the size of a thumbtack. As I goggled in bewilderment, I almost rammed my Honda into the garage door, until Madison hollered, which startled me enough to stop the car abruptly. Madison asked me how fast I was going, but my only response was: "You better be on your parents' will." I never actually stepped inside the mansion. No, instead, I watched as Madison, who was shaking with excitement, punched in the code on the garage opener outside. Soon, a graceful hum echoed and then a soft clanging sounded as the carriage-like garage doors slowly began to rise. As if on cue, ceiling lights automatically clicked on inside the garage, illuminating a haven of luxury vehicles. Mercedes, Porphes, Bentleys. I'm embarrassed to admit that the

sight of so much opulence quickly became dull. But then I saw, on a sleek rotating platform, a gorgeous red Lamborghini. “My dad just bought it last week.” Madison was bouncing on her toes. Her eyes darted at the Lamborghini, then back at me. “Said it cost more than both of his yachts.” “Madison.” I paused, failing to temper my curiosity. “What do your parents do?” “Dad was a colonel in the Gulf War. Then he became a lawyer. Now he’s a judge.” “Is he God?”

Madison snickered, then seized my hand and pulled me into the garage. Ignoring all the other cars, we approached the Lamborghini like eager teenagers, ready to meet their favorite celebrity. “Mom still works, too, you know,” Madison said. “She’s a surgeon.” “Oh, well, of course.” I circled the Lamborghini and appreciated its glossiness, its absolute perfection. “So they turned out all right. What happened to you?”

“Hey!” Smiling, Madison playfully struck my shoulder, her thin fist barely scrapping against me.

Once our drivet subsided, we stood still for a moment and remained transfixed with the Lamborghini. Other than the drives I take with Madison, I’m not much of a car person; however, this didn’t prevent me from becoming captivated. “So, I was wondering” — Madison rocked her torso back and forth — “can you drive a stick?” I didn’t even respond. Madison already had the keys in her hand, and we were screeching across the pavement with the engine revving vigorously. We literally peeled one skid-mark past my worn-out Honda and then a Range Rover cruised right at us. With our taillights lined up, a head-on collision seemed entirely possible; however, I was driving a Lamborghini. Cursing, I skirted past the Range Rover, kissing its door with the Lamborghini’s side mirror, then spun us to a complete stop off the driveway near a tree.

“Sweetheart,” Madison said, panting. “Sweetheart, you okay?”

**“Don’t sweetheart me,
not now.”**





Suddenly, the Lamborghini's driver's door popped open, and then the bare hands of an enraged silver-haired man yanked me out. Stern-faced with leg-sized forearms, I knew at once that I was face to face with Madison's dad, the colonel.

The colonel never actually spoke but yelled in a deep, rigid voice. I kept imaging him as a pit bull, barking with words. I stood resolute, taking the berating as best as I could. Madison sobbed while her mother made an obscene hand gesture at us all, and then departed quickly into the mansion, her head shaking in disbelief.

I'm convinced everything would have been fine if the colonel hadn't demanded such odd requests. For example, in the midst of his lividness, he urged me to address him as "sir," which I was okay with and obliged to, but then he ordered me to call him "Mister Honor." I told him to eat his own honor, which only made Madison weep louder than the colonel screamed.

The colonel followed me to my car while he shouted about lawsuits and trespassing. A part of me felt terrible about leaving Madison behind, but then I remembered that our relationship was trite, and I never appreciated her calling me sweetheart; we had only been dating for two months after all, so it felt a little too affectionate. Besides, if she was willing to risk a Lamborghini ride for a debacle like this, I wasn't interested. When I arrived home, my pulse was still quickening from the argument. It felt a little too affectionate. Besides, if she was willing to risk a Lamborghini ride for a debacle like this, I wasn't interested. When I arrived home, my pulse was still quickening from the argument. I felt disgraced for some reason, which didn't make any sense. Sure, I rode a stranger's car without permission, but I don't think that made

me a deplorable human being. I always had wondered how much anger it would take to compel someone into complete irrationality, and it looked as if I had found my limit. With nightfall approaching, I hurried back into my Honda. Squaring my shoulders, I felt still as I drove; it was like I was in the eye of a hurricane, but all I could see was the monsoon. I'll admit, I started swallowing excessively when I eased onto the colonel's driveway again and slowed in front of his Victorian-styled estate. However, I never planned to greet the colonel inside his home. I had watched Madison do it before, so I tapped in the correct digits on the garage opener, then pressed enter. The door glided open with ease as it greeted me with a familiar extravagant view. I didn't know what I was going to do, as I stalked the Lamborghini. I looked at it as if it were my prey, which was perched perfectly on its rotating platform. Inspecting the garage, I discovered wrenches in drawers, hammers on shelves, and then, finally, I found a wooden bat that was leaning against the wall. I tentatively wiped dust off its handle and then reconsidered my options: For some reason, one glance at the Lamborghini reminded me of the sweetheart comments, the dangerously close head-on collision, and then the colonel's rage, which was complimented with total impracticality. I dropped the bat. What good would it had been for me to act just as furious as the colonel? "Lucas?"

I felt a sudden flush of adrenaline tingle through my body. Glancing across the garage, I saw Madison, her eyes puffy and looking as if she'd been sobbing ever since I left. I peered at the Lamborghini and took in all of its polished grandeur, then gazed at Madison once more. I remembered her before the colonel. What had once been hair pulling now seemed like hair caressing. In the moment, my time with Madison was dull; but in hindsight, I missed her. I nodded at the Lamborghini, then asked,

"You want to go for a ride?"



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Cincinnati's Rosie Reds In A League of Their Own!

by Noel Ripley

As Cincinnati prepares to host the 2015 ALL STAR game, there is a group of individuals that are keeping the rich history of baseball alive: the Rosie Reds (Rooters Organized to Stimulate Interest and Enthusiasm in the Cincinnati Reds).

Who are the Rosie Reds, you ask? This is a philanthropic and social organization, created by a group of devoted supporters of the Cincinnati Reds in 1964 when there was a risk of the National League franchise being taken out of the city.

Before becoming the “Rosie Reds,” they were known as “The Women’s Committee for the Cincinnati Reds of Cincinnati Unlimited”. The committee met to brainstorm on how to increase women’s attendance at Crosley Field. This intrepid group of women came up with ideas like: offering a package deal with dinner and a bus trip to the game; a cocktail party to kick off the Women’s Committee followed by a ballgame; including player’s wives and families in activities; developing a mascot to go along with the “little Red Man”; encourage the Reds to sign young, eligible, bachelor ball players; and a tour of Crosley Field.

RIGHT: Cincinnati Reds mascot Rosie Red enjoys a quiet moment at Great American Ballpark.





ABOVE: Dignitaries at the Rosie Reds 50th anniversary gala included (left to right) Stella Detherage, Cindy Schneider, Cathy Kerl, Rosie Red, Myra Riefle, Jim Wells, Denise Holscher, Noel Ripley, Ron Oester, Dale Silver, Ceil Vogler, Ron Eckenroth, Joann Spiess, Liz Carley, Valerie Guthrie and Jeff Picoro.

The level of enthusiasm within the committee grew over the years and the “Rosie Reds” were born. The first ladies of the Rosie Reds had strong connections to the city and the Reds organization.

Now focusing on philanthropic and social activities, The Rosie Reds host and participate in many events, from the Annual Luncheon and the Mascot Home Run Derby to helping the Miracle League and Best Buddies. One of the highlights is their presence in the Findlay Market Opening Day Parade. A long-standing tradition for Cincinnatians prior to the baseball season opener. You can find more information on these events at rosiereds.org.

One of the most important things the Rosie Reds do is award annual baseball endowments or scholarships. Last year alone, they donated over thirty thousand dollars to nine area colleges and universities:

- University of Cincinnati (Margaret Zimmer Memorial)
- Xavier University
- University of Dayton
- Miami University
- Miami University Hamilton
- Mt St Joseph University

- Thomas More College
- Northern Kentucky University
- Wilmington College

Additionally, they have donated to the Kids Glove Program, a non-profit with 67 years of experience helping kids play baseball and softball. All proceeds for the program go towards the purchase of baseball and softball equipment for the youth in the Greater Cincinnati/Northern Kentucky area.

“The Rosie’s feel strongly about helping

to foster and promote an interest in baseball for the youth in the Cincinnati area”, says Myra Riefle, the current President of the Rosie Reds. Riefle, the 24th President of the organization, says her presidency has been a time of transition. How so? Riefle was able to streamline the way they communicate information and she fostered the growth of their membership so the Rosie’s could reach the maximum members allotted, which is capped at 3000. In fact, back in the 1990’s,

BELOW: Rosie Red on the job at Great American Ballpark.





ABOVE: President of the Rosie Reds Myra Riefle (left) and Vice President Dale Silver (right) march in Cincinnati's Opening Day Parade with Rosie Red herself (center).

there was a waiting list to be a part of this prestigious group.

This year, the Rosie Reds celebrated their 50th Anniversary, which was a very special and exciting time for Riefle and the rest of the members. With the coordination efforts from Lynne Gibson, a past President of the Rosie's, The Cincinnati Reds Hall of Fame honored them with a display showcasing the milestone they accomplished.

Dale Silver, Vice President of the Rosie Reds, added that having Ron Oester (former Second Baseman to the Cincinnati Reds) as the keynote speaker was a true highlight.

Oester, who played for the Reds from 1978-1990, is a Cincinnati native. He finished his career with the Reds with a World Series Championship, when in one of the biggest upsets in baseball history; the Cincinnati Reds swept the Oakland Athletics.

I asked Riefle and Silver what has been one of their fondest memories being a part of the Rosie Reds. For Riefle, it was the chance, in her role as president, to present the Managers Opening Day plaques to Dusty Baker and Mike Scioscia at the start of the first inter-league season opener in Major League history on April 1st, 2013. "It was an opener that set a few records and emptied both bullpens and benches," remembers Riefle. The crowd of 43,168 was the largest one at Great American Ball Park for a regular season game.

For Silver, many fond memories came to mind, both professionally and personally. However, having guaranteed quality time with family while watching the Cincinnati Reds take the field gave her the memories to keep for a lifetime.

Both ladies can't say enough about the organization, as they gave high praise to all the members who volunteered their time to make all the events held successful. Everyone in the Rosie Reds is committed to making the community of Cincinnati both stronger and better through their philanthropic efforts.

Both Riefle and Silver are thankful to the Cincinnati Reds for their continued support and promotion of the Rosie Reds organization, and affording their members many special opportunities.

For membership information, or to learn more about the endowments and scholarships that are presented yearly, please visit www.rosiereds.org. ■

BELOW LEFT: Former Cincinnati Reds Second Baseman Ron Oester, keynote speaker at the Rosie Reds 50th Anniversary gala. BELOW RIGHT: Rosie Red with some of her fellow mascots during The Mascot Home Run Derby.



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- Sauerkraut, plain

Sauerkraut, heated

1 two-pound package sauerkraut

½ cup butter

2 medium onions, chopped

1 14 oz. can beef broth

1 cup white wine, such as Chablis, divided

Preheat oven to 350 degrees

Rinse the sauerkraut in a colander under running water and drain well.

In a deep frying pan, melt butter over low heat. Add onions and sauté, stirring occasionally for 20 to 30 minutes. Add sauerkraut and mix well. Stir in beef broth and over medium-high heat bring to a boil. Remove from heat and pour in ½ cup white wine. Pour sauerkraut mixture into a 13 x9 baking dish and cover with foil. Bake for 1 hour. Add the other ½ cup wine and reseal with foil.

Return to oven for 1 hour longer or until most of the liquid has evaporated.

Enjoy!

Cincinnati Coney Chili Dogs

3 pounds ground sirloin

4 cups cold water

3 onions finely chopped

2½ teaspoons garlic powder

1 ounce unsweetened baking chocolate, chopped

½ cup chili powder

2 teaspoons ground allspice

1 teaspoon ground cinnamon

1½ teaspoons ground cumin

½ teaspoons ground cloves

2 teaspoons salt

3 bay leaves

1½ cans tomato paste (small cans)

2 tablespoons red wine vinegar





Classic Burgers with Homemade Tomato Ketchup

For the homemade ketchup:

- 1 onion, chopped
- 2 tablespoons olive oil
- 1 28-ounce can whole tomatoes, including the puree
- ¼ cup cider vinegar
- 2 tablespoons brown sugar
- 2 tablespoons tomato paste
- ½ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground allspice

For the burgers:

- 2 to 3 pounds ground sirloin
- 1 teaspoon kosher salt
- ½ to 1 teaspoon freshly ground black pepper

To make the ketchup:

Place a large skillet over medium-high heat and when it is hot, add the onion and cook, stirring, until soft and golden, 8 to 10 minutes. Add the remaining ketchup ingredients, reduce the heat to low and cook, stirring occasionally, until very thick, about 35 minutes.

Set aside to cool. If you want chunky ketchup, cover and refrigerate.

For smooth, transfer to a food processor fitted with a steel blade and process to the desired texture.

In a large Dutch oven, combine ground sirloin with water and stir to break up the meat. It will be very thick but do not add any additional water.

Add all remaining ingredients and stir well. Bring to boil over high heat; then lower heat, cover and cook for one hour and fifty minutes. Stir every 10 minutes.

Remove bay leaves and cook for 20 minutes longer. Mixture should cook till very thick.

Steam or grill the hot dogs and steam hot dog buns. Put the hot dog in the bun and add above Cincinnati Chile, yellow mustard, chopped onions and top with grated cheddar cheese. Awesome!

Schmidt's also has fantastic German Brats and Knockwurst. Throw some on the grill and cook to perfection – add some of Schmidt's condiments for a great meal!

Schmidt's Original Bahama Mama's

If you are anywhere near Columbus, Ohio don't forget to run by Schmidt's to pick up a pack of Bahama Mama's!

There is nothing better than these wonderful sausages grilled on a bun with mustard and/or kraut! Yummy!



Nathan's Famous Hot Dog with Saurkraut

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CVG/ NEW YORK \$595/\$695 <i>Flying to and from</i> Cincinnati/ Northern Kentucky International Airport (CVG) Morristown Airport FTC FBO (MMU)	Depart Cincinnati 10:45 AM Eastern Time Arrive In New York 12:36 PM Eastern Time Depart New York 8:30 AM Eastern Time Arrive In Cincinnati 10:33 AM Eastern Time	Depart Cincinnati 10:45 AM Eastern Time Arrive In New York 12:36 PM Eastern Time Depart New York 8:30 AM Eastern Time Arrive In Cincinnati 10:33 AM Eastern Time	Depart Cincinnati 10:45 AM Eastern Time Arrive In New York 12:36 PM Eastern Time Depart New York 8:30 AM Eastern Time Arrive In Cincinnati 10:33 AM Eastern Time	Depart Cincinnati 10:45 AM Eastern Time Arrive In New York 12:36 PM Eastern Time Depart New York 8:30 AM Eastern Time Arrive In Cincinnati 10:33 AM Eastern Time	
LUK/ NEW YORK \$749 <i>Flying to and from</i> Cincinnati Municipal Lunken Airport (LUK) Morristown Airport FTC FBO (MMU)	Depart Cincinnati 6:30 AM Eastern Time Arrive In New York 8:00 AM Eastern Time Depart New York 5:15 PM Eastern Time Arrive In Cincinnati 7:00 PM Eastern Time	Depart Cincinnati 6:30 AM Eastern Time Arrive In New York 8:00 AM Eastern Time Depart New York 5:15 PM Eastern Time Arrive In Cincinnati 7:00 PM Eastern Time	Depart Cincinnati 6:30 AM Eastern Time Arrive In New York 8:00 AM Eastern Time Depart New York 5:15 PM Eastern Time Arrive In Cincinnati 7:00 PM Eastern Time	Depart Cincinnati 6:30 AM Eastern Time Arrive In New York 8:00 AM Eastern Time Depart New York 5:15 PM Eastern Time Arrive In Cincinnati 7:00 PM Eastern Time	Depart Cincinnati 6:30 AM Eastern Time Arrive In New York 8:00 AM Eastern Time Depart New York 5:15 PM Eastern Time Arrive In Cincinnati 7:00 PM Eastern Time
CVG/CHICAGO \$379** <i>Flying to and from</i> Cincinnati/ Northern Kentucky International Airport (CVG) Midway International Airport (MDW)	Depart Chicago 8:00 AM Central Time Arrive In Cincinnati 10:00 AM Eastern Time Depart Cincinnati 4:30 PM Eastern Time Arrive In Chicago 4:30 PM Central Time	Depart Chicago 8:00 AM Central Time Arrive In Cincinnati 10:00 AM Eastern Time Depart Cincinnati 4:30 PM Eastern Time Arrive In Chicago 4:30 PM Eastern Time	Depart Chicago 8:00 AM Central Time Arrive In Cincinnati 10:00 AM Eastern Time Depart Cincinnati 4:30 PM Eastern Time Arrive In Chicago 4:30 PM Eastern Time	Depart Chicago 8:00 AM Central Time Arrive In Cincinnati 10:00 AM Eastern Time Depart Cincinnati 4:30 PM Eastern Time Arrive In Chicago 4:30 PM Eastern Time	Depart Chicago 8:00 AM Central Time Arrive In Cincinnati 10:00 AM Eastern Time Depart Cincinnati 4:30 PM Eastern Time Arrive In Chicago 4:30 PM Eastern Time
LUK/CHICAGO \$599 <i>Flying to and from</i> Cincinnati Municipal Lunken Airport (LUK) Midway International Airport (MDW)	Depart Cincinnati 7:30 AM Eastern Time Arrive In Chicago 7:30 AM Central Time Depart Chicago 5:15 PM Central Time Arrive In Cincinnati 7:15 PM Eastern Time	Depart Cincinnati 7:30 AM Eastern Time Arrive In Chicago 7:30 AM Central Time Depart Chicago 5:15 PM Central Time Arrive In Cincinnati 7:15 PM Eastern Time	Depart Cincinnati 7:30 AM Eastern Time Arrive In Chicago 7:30 AM Central Time Depart Chicago 5:15 PM Central Time Arrive In Cincinnati 7:15 PM Eastern Time	Depart Cincinnati 7:30 AM Eastern Time Arrive In Chicago 7:30 AM Central Time Depart Chicago 5:15 PM Central Time Arrive In Cincinnati 7:15 PM Eastern Time	Depart Cincinnati 7:30 AM Eastern Time Arrive In Chicago 7:30 AM Central Time Depart Chicago 5:15 PM Central Time Arrive In Cincinnati 7:15 PM Eastern Time
CHARLOTTE \$499***/\$599 <i>Flying to and from</i> Cincinnati Municipal Lunken Airport (LUK) Charlotte/Douglas Airport Wilson Air Center (CLT)	Depart Cincinnati 6:25 AM Eastern Time Arrive In Charlotte 7:30 AM Eastern Time Depart Charlotte 8:30 AM Eastern Time Arrive In Cincinnati 9:45 AM Eastern Time	Depart Cincinnati 6:25 AM Eastern Time Arrive In Charlotte 7:30 AM Eastern Time Depart Charlotte 5:30 PM Eastern Time* Arrive In Cincinnati 6:45 PM Eastern Time	Depart Cincinnati 6:25 AM Eastern Time Arrive In Charlotte 7:30 AM Eastern Time Depart Charlotte 5:30 PM Eastern Time* Arrive In Cincinnati 6:45 PM Eastern Time	Depart Cincinnati 6:25 AM Eastern Time Arrive In Charlotte 7:30 AM Eastern Time Depart Charlotte 5:30 PM Eastern Time* Arrive In Cincinnati 6:45 PM Eastern Time	Depart Cincinnati 6:25 AM Eastern Time Arrive In Charlotte 7:30 AM Eastern Time Depart Charlotte 5:30 PM Eastern Time* Arrive In Cincinnati 6:45 PM Eastern Time

* New York \$595 rate for flights booked 11 days or more in advance from CVG only. **Chicago \$379 rate for flights from CVG only.

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Classic Burger with Homemade Tomato Ketchup

- 2 small oranges
- 2 piece peeled ginger, about ½-inch in length
- 6 fresh jalapeño chili peppers, stemmed and seeded
- 4 cloves garlic, peeled
- 4 green onions, trimmed
- 4 teaspoons allspice
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- ½ teaspoon dried thyme, crushed
- 4 teaspoons brown sugar
- 4 teaspoons Worcestershire sauce
- 2 to 3 pounds ground sirloin
- 2 tablespoon dried bread crumbs
- 2 teaspoons soy sauce
- 2 teaspoons extra virgin olive oil

Using a vegetable peeler or zester, scrape off 4 tablespoons of orange zest from the skin of the oranges. Set both the orange zest and the oranges aside. Using a food processor or hand blender, finely chop the orange zest,

Cover and refrigerate at least overnight and up to 3 weeks. Yield: About 2 cups.

To make the burgers:

Place the beef on a work surface and divide into 6 balls of equal size. Form each into a patty about ¾ to 1 inch thick by tossing it back and forth between your hands.

Prepare a grill to medium-high. When the coals are glowing red, after 15 to 20 minutes, cover with the grate. After 5 minutes, use a wire brush to thoroughly clean the grate.

Brush the grate with oil. When the coals are covered with pale gray ash and you can leave your hand 5 inches above the fire for 2 to 3 seconds, the coals are ready.

Sprinkle both sides of the burgers with the salt and pepper. Place the burgers on the grate and grill until well seared on both sides, about 5 minutes for medium rare or 6 minutes for medium.

Transfer to buns or a serving platter and serve immediately. Garnish with lettuce, sliced tomatoes, pickles, onions as desired.

Jamaican Jerk Burgers

In Jamaica, a spicy seasoning mix known as “jerk” is used to flavor grilled meats and seafood. It usually contains allspice, fiery hot chilies and citrus juice and is said to be a good jerk sauce when it is powerful enough to wake up even the most confirmed dead.



Jamaican Jerk Burger with Mango Salsa



ginger, jalapeños, and garlic and green onions until a coarse paste is formed.

Add the juice from the orange half and the allspice, cinnamon, nutmeg, thyme, brown sugar and Worcestershire sauce. Blend again until mixed.

Place the meat and bread crumbs in a mixing bowl. Pour in the blended mixture and, using your hands, mix thoroughly into the ground meat. Shape the mixture into 8 patties. Cover and refrigerate at least 30 minutes to allow the flavors to blend and for the patties to firm up.

Form the meat into burgers. Rub the outside of the burgers with the soy sauce and olive oil. Grill according to preference. Serve with buns, condiments, lettuce, tomato and mango salsa garnishes.

Mango Salsa

- 1 mango - peeled, seeded, and chopped
- ¼ cup finely chopped red bell pepper
- 1 green onion, chopped
- 2 tablespoons chopped cilantro
- 1 fresh jalapeno chile pepper, finely chopped
- 2 tablespoons lime juice
- 1 tablespoon lemon juice

In a medium bowl, mix mango, red bell pepper, green onion, cilantro, jalapeno, lime juice, and lemon juice. Cover, and allow to sit at least 30 minutes before serving.



Mediterranean Tri-Color Bow Tie Pasta Salad

- Kosher salt
- 1 pound tri-color bow tie pasta
- ¼ cup balsamic vinegar
- 2 to 3 teaspoons Dijon mustard
- Fresh ground pepper
- ¾ to 1 cup extra-virgin olive oil
- ½ cup diced sun-dried tomatoes
- ¼ cup fresh basil, julienned



Ann's Fantastic Potato Salad

- ¼ cup diced onion
- 2 large pepperoncini peppers, diced
- 3 tablespoons halved Kalamata olives
- 2 teaspoons chopped fresh oregano
- 4 ounces feta cheese, crumbled
- 3 tablespoons grated Romano cheese

Bring a large pot of salted water to a boil. Add the pasta and cook until al dente; drain, then rinse with cold water to cool.

Meanwhile, make the vinaigrette: Whisk the vinegar, mustard, 1 teaspoon salt, and pepper to taste in a small bowl. Gradually whisk in enough of the oil to make a smooth dressing; season with salt and pepper.

Combine the sun-dried tomatoes, basil, onion, pepperoncini, olives and oregano in a bowl. Add the cooked pasta, ½ teaspoon salt and 1 teaspoon pepper. Add the vinaigrette and both cheeses and toss. Chill until ready to serve.

Ann's Fantastic Potato Salad

- 5 pounds of potatoes cut up
- 1 dozen hard boiled eggs
- 1 large yellow sweet onion diced
- Salt
- Mayonnaise

Boil potatoes in pan of water and add a tablespoon salt. Boil till tender.

Chop hard boiled eggs and onion while potatoes are cooking.

Mix potatoes with the eggs while still hot,

add the onion, Hellman's mayonnaise just until creamy. Add salt if needed and refrigerate overnight.

Belize Coleslaw

Coleslaw Ingredients

- 1 medium head of cabbage (you can use half purple and half green if desired or all purple) washed and cut into 8 pieces then sliced into ¼ inch strips
- 1 red pepper, cored and seeded then sliced into ¼ inch strips
- 1 yellow pepper, cored and seeded then sliced into ¼ inch strips
- 7 medium carrots, peeled and thinly sliced into ¼ inch pieces
- 3 medium cucumbers peeled and cut lengthwise.

Remove seeds from cucumbers and slice the half rounds into ¼ inch half-moons

Dressing Ingredients

- ½ cup white vinegar
- 4 teaspoons table salt
- ½ cup olive oil
- ½ cup sugar

Place all cut up vegetables into a large bowl. Whisk all ingredients for the dressing together and pour over the vegetables. Mix together and marinate in a covered container in the refrigerator; stir every few hours.

Add more sugar or salt to taste. This stays crisp and fresh for at least 3-4 days. Drain before serving.





Belize Coleslaw

Chocolate Milk Shake

- 1 heaping tablespoon Hershey's chocolate syrup
- 1 teaspoon superfine sugar
- 2 tablespoons just-boiled water
- 1 1/4 cups ice-cold milk
- 1 scoop of good-quality vanilla ice cream

- 1 scoop of good-quality chocolate ice cream

Reserve 1/2 teaspoon of Hershey's chocolate syrup, then place the remainder in a small bowl with the superfine sugar. Blend to a smooth paste with the water.

Place in a blender with the milk and 1 of the scoops of ice cream. Blend for 1 minute,

then pour into a tall glass, add the remaining ice cream, sprinkle the reserved chocolate syrup over the mixture, top with whipped cream and serve!

If you like malts just add a heaping teaspoon of malt powder while mixing!

Blackberry-Fruit Cobbler

- 3 cups fresh blackberries
- 1/2 cup fresh blueberries
- 1/2 cup fresh sliced strawberries
- 1 medium peach sliced
- 1 tablespoon fresh squeezed lemon juice
- 1/4 teaspoon almond extract
- 1/4 cup water
- 1 cup flour
- 1 cup sugar
- 1/2 teaspoon salt
- 1 egg
- 8 tablespoons butter

Pre-heat oven to 375 degrees.

Grease a 10 x 6 inch baking dish by rubbing with a stick of butter.

Fill the dish with blackberries, blueberries, strawberries and peach. Sprinkle with lemon juice and almond extract. Add water.



Blackberry-Fruit Cobbler





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In a separate bowl, mix flour, sugar and salt together. Add egg and mix with fork until crumbly. Sprinkle over fruit covering the entire dish. Drizzle with melted butter.

Bake 35 to 45 minutes.

Remove from oven, serve hot. Top with vanilla ice cream if desired.

How to Clean Your Grill With Aluminum Foil

After a long hibernation here's a few quick tips to get your grill ready for the new season using a common household item.

Start with a cold grill so you don't get burned. Cover the grill racks completely with two layers of aluminum foil.

Turn on the grill and keep it on for about 15 minutes. There may be tons of smoke but don't worry! It's the cleaning magic!

Let the grill cool. Once cool, open the lid, remove the foil and bunch it into a ball. Use the ball of aluminum foil to scrub the grill grates. Rinse the grill grates with cool water.

Enjoy your clean grill and get ready to cook out! ■



Chocolate Milk Shake



Ultimate Word Search

R	E	H	C	T	I	P	S	R	B	T	R	E	X	P
E	L	B	U	O	D	I	K	U	X	E	F	R	U	U
I	B	A	X	B	N	Q	O	N	D	N	P	I	C	F
N	N	Z	K	G	H	T	C	L	B	L	F	P	D	Z
E	A	F	L	V	T	D	E	Y	D	O	B	M	S	J
P	O	E	I	R	L	I	C	Z	S	Q	A	U	X	U
L	U	Y	P	E	F	S	H	O	R	T	S	T	O	P
L	B	C	N	T	L	B	W	Z	E	P	E	C	A	L
U	H	A	U	U	A	D	G	A	E	V	B	V	A	A
B	E	O	T	T	R	N	E	V	L	W	A	L	D	Y
W	N	L	T	T	I	E	O	R	K	K	L	V	I	E
U	U	I	P	N	E	L	M	E	X	I	L	R	Q	R
R	N	Z	N	I	G	R	A	O	S	T	R	I	K	E
G	R	I	J	R	R	D	E	T	H	Z	Y	T	K	J
B	U	N	T	Z	J	T	M	K	H	O	X	K	R	K

BASEBALL

INNING

BATTING

BUNT

STRIKE

BATTER

GLOVE

WALK

PLAYER

PITCHER

SINGLE

DOUBLE

TRIPLE

HOMERUN

BULLPEN

RUN

UMPIRE

SHORTSTOP

OUTFIELDER

INFIELDER

Solution on page 54



Ultimate Crossword

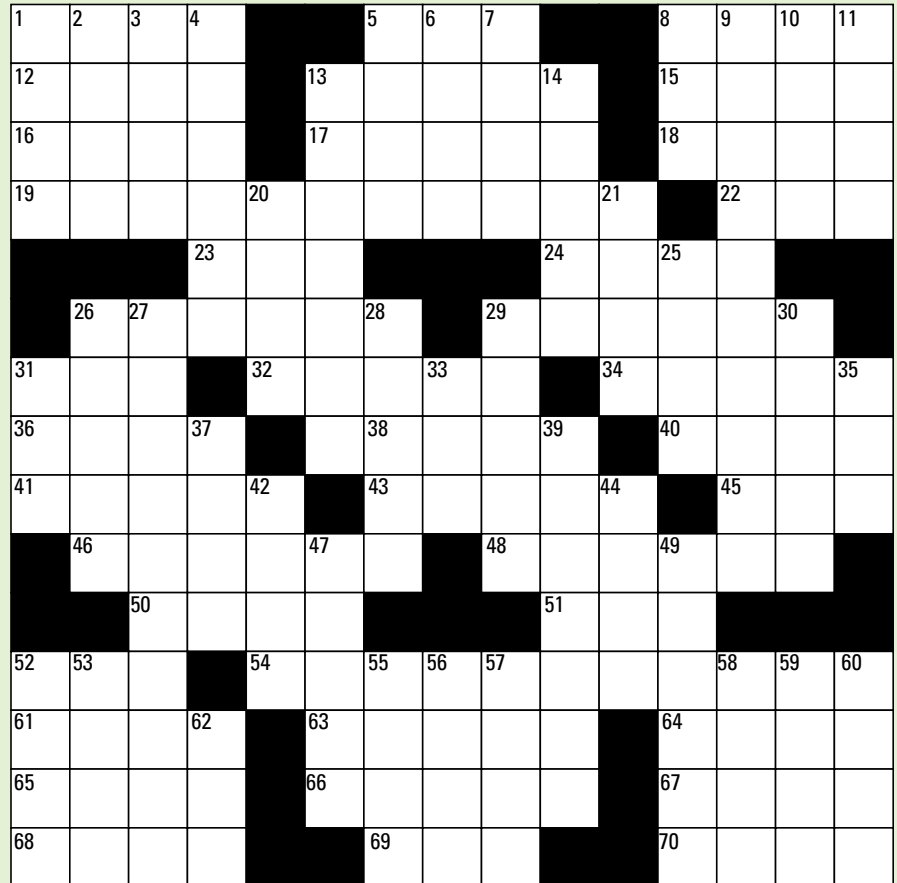
ACROSS

1. Jacob's brother
5. Cup
8. Computer symbol
12. Maize
13. Chocolate substitute
15. Drill
16. Agitate
17. Seaweed
18. 1 1 1 1
19. Certainly
22. Camp sack
23. A painkiller (abbrev.)
24. Phone
26. Contemporary
29. Burial garment
31. Gratuity
32. Get hold of
34. Inquisitive
36. Vipers
38. Crown
40. Rodents
41. Jewish unit of weight
43. Sporting venue
45. Promise
46. Esteem
48. A short knife

50. Arid
51. Crag
52. Mayday
54. Related to the science of teaching
61. Wickedness
63. Snake toxin
64. Ripped
65. Praise enthusiastically
66. Way in
67. Tall woody plant
68. Run away
69. Golf ball support
70. 365 days

DOWN

1. Beige
2. Not long now
3. Dry
4. Drop off



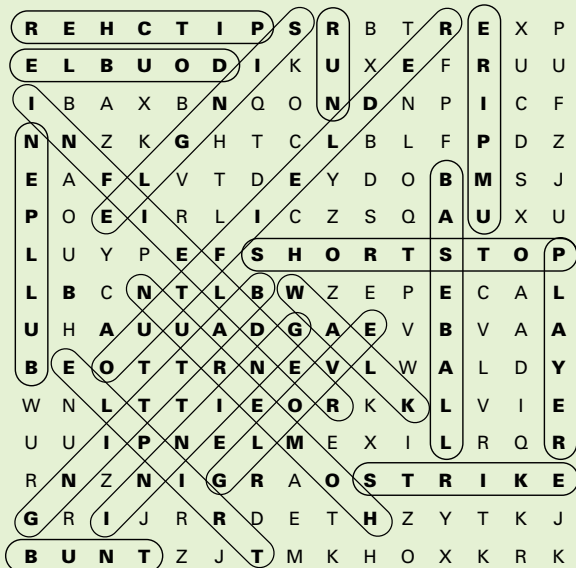
5. Kiln-dried barley
6. Encourage
7. Egg on
8. Nigerian tribesman
9. Definitive
10. Chocolate cookie
11. Where a bird lives
13. Nightclub
14. Burp
20. ___-friendly
21. Tall story
25. Weaving machine
26. Hoarder
27. Tyrannical
28. Water nymph (Greek mythology)
29. Rip up
30. Interior decoration
31. Childhood game
33. Automobile

35. A type of evergreen shrub
 37. Wise one
 39. Physical body
 42. Angelic instrument
 44. All excited
 47. Christopher of "Superman"
 49. Willing to face danger
 52. Lowly worker
 53. Elliptical
 55. Depression
 56. Initial wager
 57. Former vice-president Al
 58. Center
 59. Region
 60. Lascivious look
 62. Away from the wind
 64. Urge a dog to attack
 65. Collection
- Solution on page 54*





Ultimate Word Search Solution



Ultimate Crossword Solution

E	S	A	U			M	U	G			I	C	O	N
C	O	R	N			C	A	R	O	B		B	O	R
R	O	I	L			A	L	G	A	E		O	N	E
U	N	D	O	U	B	T	E	D	L	Y		C	O	T
				A	S	A					C	A	L	
		M	O	D	E	R	N		S	H	R	O	U	D
T	I	P				R	E	A	C	H		N	O	S
A	S	P	S			T	I	A	R	A		M	I	C
G	E	R	A	H			A	R	E	N	A		V	O
		R	E	G	A	R	D				D	A	G	G
				S	E	R	E				T	O	R	
S	O	S				P	E	D	A	G	O	G	I	C
E	V	I	L				V	E	N	O	M		T	O
R	A	V	E				E	N	T	R	Y		T	R
F	L	E	E				T	E	E			Y	E	A



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