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SPORTS 2007



THE COLUMBUS MAGAZINE

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printed in the USA

Nothing to Do?

People in this city always say there is nothing to do in Columbus. I actually started the magazine to address that particular statement. We may not be Chicago, but there still is an abundance of fun events, great restaurants, and with the hockey and football season in session, Columbus in fall is a sports fanatic's paradise.

During the Buckeyes football home games we've hit **Rockin' at the Riverwatch** on Lane Avenue. Admission to the event is free and hosts great food and drinks. For a little extra money you can score wrist bands for the VIP area that promises some seating, but most importantly, quicker access to beverages. If the game is away, there is no better place than **Eddie George's 27** at the **Gateway**. With a plethora of plasma screens and lots of scarlet and gray, you're always close to the action.

Daryl Peterman and I also took in a **Blue Jackets** game at **Nationwide Arena** recently. Led by two former *C Magazine* features, **Rick Nash** and **Sergei Federov**, our boys in blue have started the season off well. A short walk to **Bar Louie** is always a great post-game party solution.

I wanted to send a note of congratulations to **Tony Anders** and his new concept salon **HAIR**. Located on Grandview Avenue in the **Heights** building built by **Cityspace**. With this prime location, you can get your hair styled and then have a little lunch a **Shoku** or a little coffee at **Staufs**. Not a bad way to spend a Saturday, if you're not at the game, of course!

I'll be seeing you out,

A handwritten signature of Roopan Dey.

Roopan Dey
Publisher & CEO

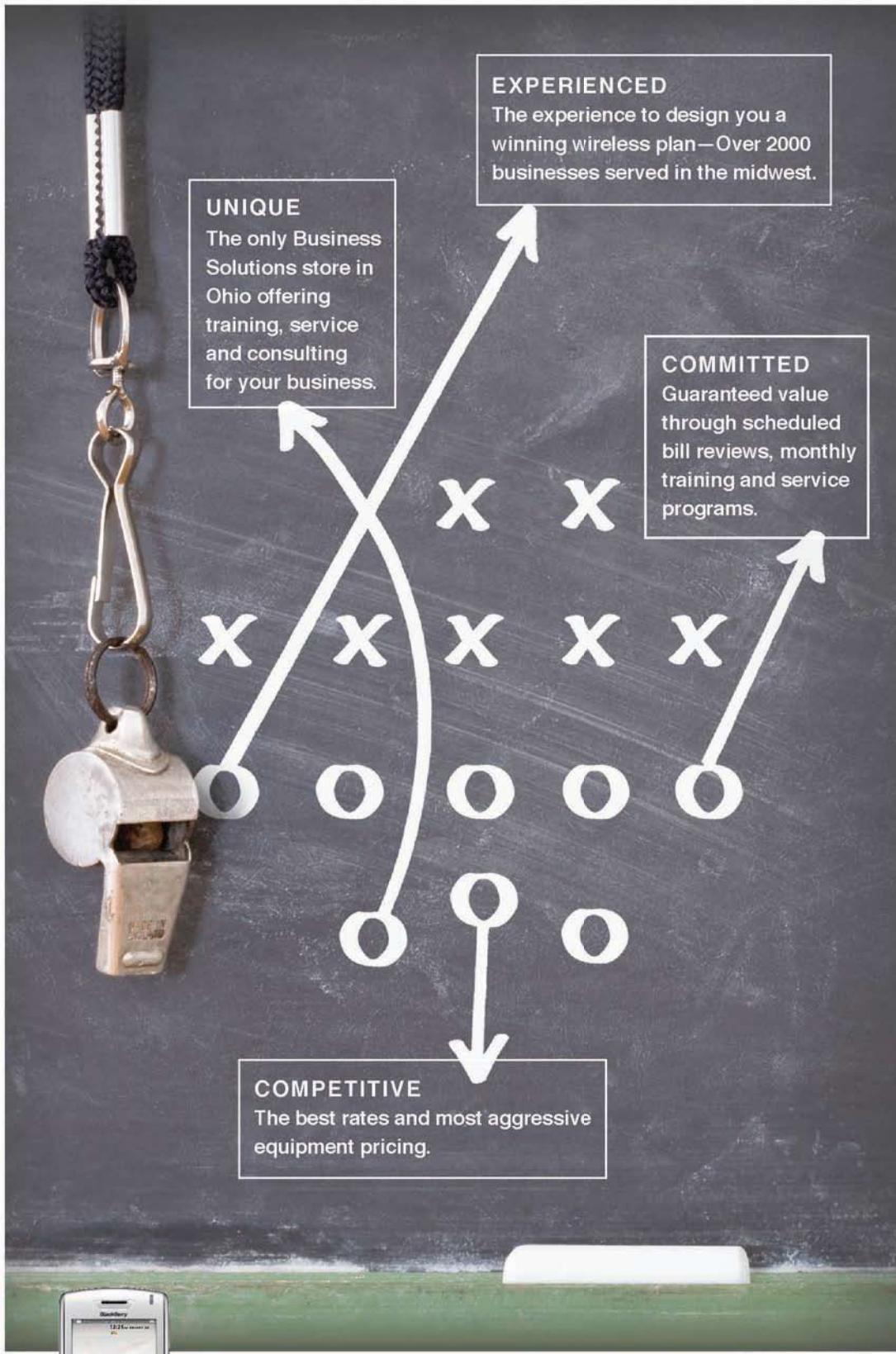
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MORPC, or the Mid-Ohio Regional Planning Commission, is holding the Summit on Sustainability and the Environment November 13th (Hyatt Regency) and 14th (Greater Columbus Convention Center). The goal of the Summit is to walk away with a better understanding of how to achieve sustainability by streamlining practices, hearing what others have done to succeed, learning what's up and coming, and realizing we can all make a difference when it comes to the prosperity of central Ohio.

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Jason Ohlson rockin' a wicked Artful Dodger hoodie from Status at Gateway

from the editor
editor@columbusmag.com

Just Did It

A definition has it, anything that requires physical exertion or skill, is governed by rules, and is sometimes engaged in professionally, qualifies as a sport. Cup stacking, for example, is a sport. We've all played ping pong with our friends before and thought we were the bomb, until we saw the pros from around the world really get their ping pong on. Basically, on some level, all sports are similar, no matter how crazy or quirky they seem. Once you see each sport's elite representatives play, you stop pondering their validity and begin appreciating the intrinsic skills involved.

Sports become mind-blowing, however, when they begin to affect our daily lives. The guy at UDF might be able to stack a thousand SOLO cups in two minutes, but he ain't interrupting my dinner. The Super Bowl, UFC, World Series and NCAA Championships, on the other hand, are important enough to bring our entire world to a standstill. Second only to war, sports facilitate an ultimate call to action, and from these actions we may ascertain many, if not all, of life's lessons and principals. At the professional level, the stains on a player's jersey, their willingness to sacrifice all they have for a common goal, and their relentless pursuit of greatness are measures of valor. Tenacity separates their extraordinary reality from the mediocre living of the masses.

In this, our Sports issue, we've chosen to spotlight several figures whose entire lives revolve around individual accountability and teamwork. From our Suitless interviews with rising Blue Jacket hitter Ron Hainsey and OSU recruiting guru Bill Conley to our Final Word Q&A with private JEGS chef Nicky Morse to our cover feature with OSU and NBA superstar Michael Redd, one sure point rings true: It's never just about you.

Jason E. Ohlson

SPORTS 07



30

SEEING REDD

Milwaukee Bucks sensation and hometown favorite Michael Redd, along with his wife Achea, gave us a personal glimpse into their life at home. For Redd, basketball may be the love of his career, but his true passions are his faith, his family and giving back to the city he loves.

11

SUITLESS

These three individuals are not only phenomenal at what they do, they put the capital city on the sports world's map. Each one is as unique as they are committed to excellence, with stories to match their expertise and wit.

18

9 FOR \$9

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38

FEATURE RESTAURANT

Though they're a chain, McCormick and Schmick's feels like a mom-n-pop joint. That's if we assume this particular mom and pop are profoundly OCD. Everything is in its place, including the crease in the server's pants and the smile on the hostess' face.

44

HOMEWORK

The Jeffrey is finally ready for the taking, buying or renting. Oh, and don't forget about its brother next door: the industrial but no-less-stylish Metal Works, which gives new meaning to the definition of urban loft living.

53

RIDE23

Meet the man who is within close quarters to VIN #000001 of the 2008 Big Dog Ridgeback. Not only is she the first to roll off the assembly line; she's hotter than the devil's own kitchen.

56

FINAL WORD

JEGS may have the corner on powerful race cars and deep-throated ad announcers, but little did you know they have a top-notch chef in their pocket. As it turns out, Chef Nicky Morse also knows a thing or two about life.





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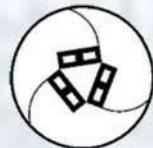
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Midas Touch

Bill Conley

Ohio State football has enjoyed a wealth of talent over its illustrious history that is the envy of almost any program in the country. Multiple Heisman winners and a long list of alumni currently playing in the NFL are all indicators of the caliber of player expected to don the scarlet and gray every year.

These are the pedigree of players that former Ohio State recruiter Bill Conley got to commit over his seventeen year tenure. "The X's and O's don't matter as much at that level," says Conley. "You have to have better players to execute."

Conley has been the architect of Ohio State football talent for the better part of two decades, getting players like Eddie George, Mike Vrabel, Cris Carter and Chris Gamble to sign on the dotted line and come to Columbus, rather than taking their talents to other well-known universities. "The thrill you get when you land a recruit is the same thrill you get when you win the game," says Conley. "It's all part of the competition."

Story by Cary Smith
Photography by Eric Wagner

Division I college football recruiting is a competitive business. It has taken Conley from coast to coast and given him an abundance of fascinating tales. He recently compiled those stories in his book *Buckeye Bumper Crops*, which offers a compelling and humorous viewpoint of life as a recruiter.

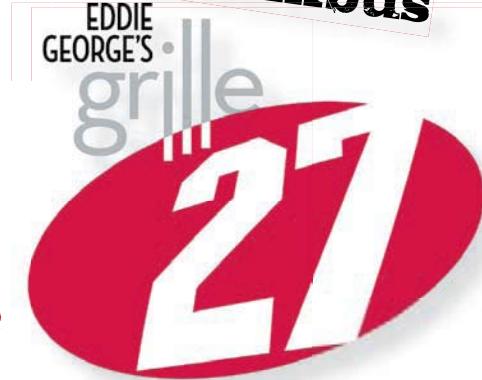
Since retiring as an assistant coach and recruiting coordinator in 2004, Conley has kept busy as an analyst for Channel 4 WCMH and 610 WTVN. He is also an acclaimed motivational speaker and will soon write for ESPN as a college football analyst.

"It's hard to get the coaching bug out of my system," he reflects. "That's why everything that I've been doing has revolved around athletics."

For more information on Coach Conley, go to www.coachbillconley.com.

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Licensed Threat

Michael DiSabato

Story by Cary Smith and Jason E. Ohlson
Photography by Eric Wagner

In the world of sports, everybody likes a winner. Wearing the jersey of a popular Ohio State football player or a shirt with the number of a favorite NASCAR driver is akin to wearing your heart on your sleeve. As long as there are teams and superstar athletes there will always be a market for supporting them. To Michael DiSabato, an 11-year-veteran of the sports licensing world, it's no secret.

"Licensing was a perfect fit for me because I loved athletics and wanted to be in the business world," says DiSabato. A graduate of Ohio State and an accomplished amateur wrestler, DiSabato broke into the world of sports retail successfully with licensing agreements with a number of universities through his company Silver Knight. He has since expanded his sights into other ventures, most notably, mixed martial arts. "I was sitting at the UFC fight with a friend of mine and he told me to forget about OSU and that I should be all over UFC," says DiSabato. "I thought about it and realized he was totally right."

DiSabato used his wrestling ties and credibility to land UFC superstar Chuck Liddell and five other fighters to his stable. DiSabato says his company will be focused on selling the image of these fighters in an effort to grow the sport in a similar vein to what NASCAR has done. "Right now we think our company is where NASCAR was 15 years ago," he says. "Retailers like our idea because, unlike college sports, you can sell merchandise across the U.S. and pull in the same numbers everywhere."

DiSabato points out the UFC's numbers are higher than those for professional wrestling, which can't keep its merchandise on the shelves. His brands, Cage Fighter and MMA authentics, shouldn't stay on the shelves much longer, either.

For more information go to: <http://www.mmaauthentics.com> or <http://www.silverknightltd.com>.



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Cool Bet

Ron Hainsey

There aren't many job descriptions that require you to step in front of a 90 mph slap shot or take a bone shattering hit in the corner, all to try to keep a small piece of vulcanized rubber out of your own net. Now picture doing it at an extremely high speed...on ice.

Ron Hainsey's somewhat dangerous yet highly-coveted job is patrolling the blue line and standing up to the National Hockey League's best offensive talent every night, and it's no easy task. "I still get anxious before every game to get out there," admits Hainsey, "especially the first game of the year."

The offensively-minded defenseman started off his third full season with a bang, by taking a pass from behind the net and scoring in the first game. "It felt really good to get that first goal out of the way already," he reflects. "I don't think I got one last year until 13 or 14 games in."

Story by Cary Smith
Photography by Eric Wagner

Hainsey got his first glimpse of hockey when his family took him to a Hartford Whalers game at a very young age. Since then, he knew hockey was something he wanted to be a part of. As a Bolton, Connecticut native and avid New York Yankees fan, Ron spends most of his off-seasons fishing and taking it easy before training again for the rigors of a long NHL schedule. "I have a pond on my property back home," says Hainsey. "It's something I enjoy."

When he was picked up off waivers and brought into Columbus, he didn't know much about the city he would soon call home. But luckily he found his niche and was truly welcomed by the Jackets. "I really didn't know too much about Columbus, I just knew that OSU was here," says Hainsey. "Now I see it's a great city with a lot going on. The fans here are great and I really like it here." Considering Hainsey's humble blend of class and talent, it's no wonder Columbus returns the love.

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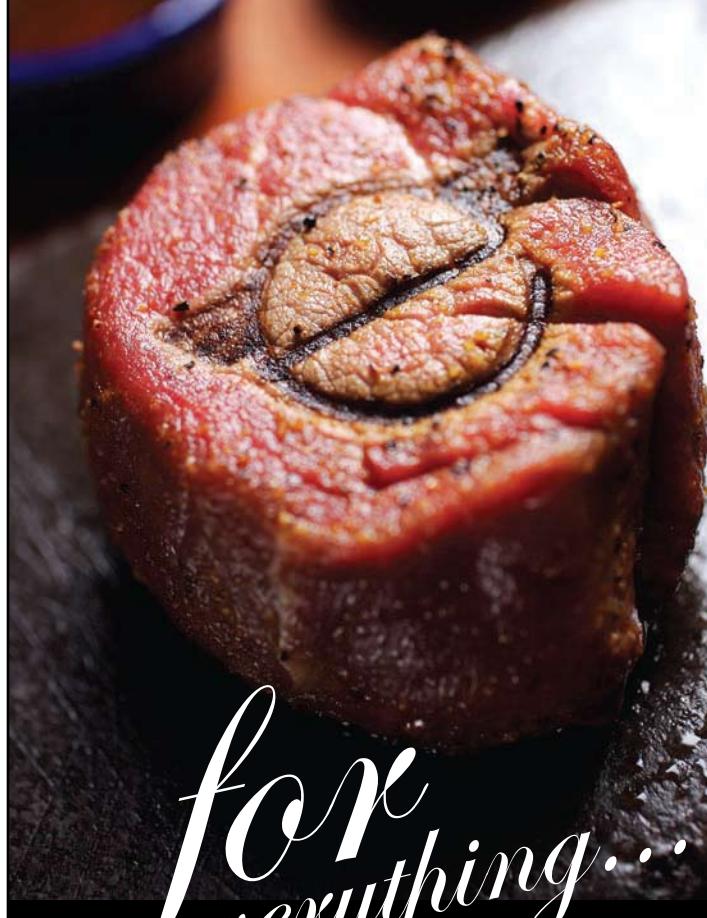
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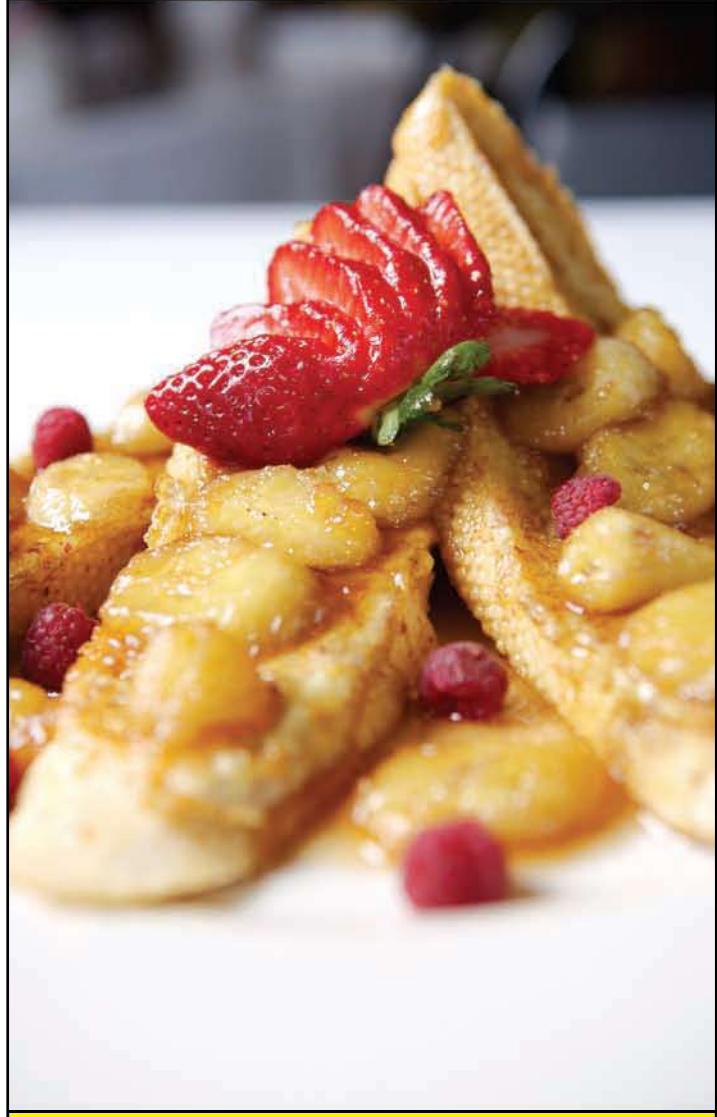
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This Easton hotspot offers many of the perks of mid-to-upscale dining for half the price. Their average guest spends around \$15.00. The artistic décor of Abuelo's makes it look like an embassy, but the vibe you get while dining is that of a Mexican courtyard. Their eclectic, made-from-scratch menu features an impressive selection of appetizers, soups and entrees, several of which are grilled—a fact that separates Abuelo's from most Mexican restaurants out there. A testament to their dedication to quality and value is their **Seared Tuna Appetizer (\$8.99)**. Chilled pepper-dusted tuna is seared and then fanned out over a drizzle of honey-lime dressing and served with a side of spicy mustard vinaigrette. Hungry yet?

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This legitimate Asian bistro flows with elegance and taste. To enter their establishment is to travel to another place, a place with New York sophistication and a resonating simplistic Eastern charm. Close your eyes and drop a finger on the menu. No matter what chance affords you, you will applaud. We went right for the **Stuffed Seafood Portabella (\$9.00)**: a gigantic portabella mushroom cap stuffed with shrimp, crab, spinach and cream cheese and served with mushroom fried rice and topped with a garlic peppercorn sauce.



The Stuffed Seafood Portabella at Lemongrass

Hot & Rough

Dane Cook



Some say he's obnoxious; some think he's brilliant; and then there are those who think he's plain hot. He's Dane Cook – the only man who has officially entered the Jessica trifecta, having starred in movies with Jessica Simpson, Jessica Biel and most recently with Jessica Alba in the flick *Good Luck Chuck*.

Named a "comedian phenom and icon" by *Entertainment Weekly*, Cook is easily one of the most creative and undaunting comedians of this generation, while still distinguishing himself as a versatile actor and leading man in a multitude of film and television projects.

Last year, Cook scored a multi-faceted production deal with HBO that lead to

Betty's

680 N. High St. (614) 228-6191

Betty's has quickly earned Columbus' respect with a creative menu that sports a variety of recognizable dishes, each with its own delicious twist. If you ask around, you'll find that not only does this place have a large, diverse fan base; many of their fans have fallen in love with totally different dishes. Since we heard so many wonderful things about Betty's vegetarian fare, we were drawn towards the **Warm 3-Mushroom Salad (\$9.00)**, which did not disappoint. A warm blend of portabella, button and shiitake mushrooms, served over mixed greens and surrounded by Romas, is topped with chunks of mild goat cheese and balsamic vinaigrette.



Warm Three Mushroom Salad from Betty's

Northstar Café

951 N. High St. (614) 298-9999

Northstar Café's food tastes good for you, but not in that old-fashioned, brussel-sprout-broccoli kind of way. Everything is fresh and natural, which is why their food also tastes flat-out great. The flatbreads are crispy where they should be and chewy where it counts; likewise, the salads are ripe all the way through, and sweet and tangy in just the right places. At least half the menu can be prepared vegan, like the **High Street Veggie (\$8.90)**. Light and crispy flatbread is covered in chunky tomato marinara, sunflower seeds, jalapeno, mushrooms, red onion and cheese, which may be substituted, at no additional cost, for tofu.

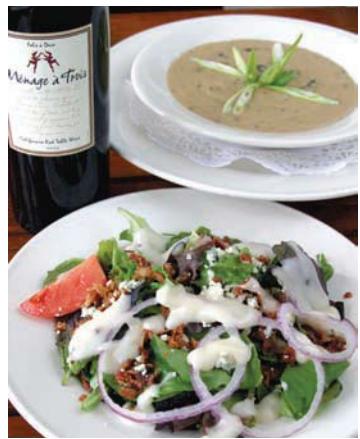


High Street Veggie Flatbread from Northstar Cafe

Polaris Grill

1835 Polaris Pkwy. (614) 431-5598

Once upon a time in Columbus there was a restaurant group known as 55. They had this salad that would hook you after one bite. Then, you'd be begging for some of that dressing to take home with you. Polaris Grill used to be a part of that restaurant group, and they still have that salad. It's tossed with bacon and blue cheese and topped with a unique, piquant, sweet-and-sour dressing. One leaf of any of the mixed greens and you'll pencil in (or its electronic equal) that salad for at least one lunch per week. Get a bowl of the **Oregon Wild Mushroom Bisque with the House Salad (\$8.90)** and you've signed off another lunch as well.



Oregon Wild Mushroom Bisque with House Salad from Polaris Grill

creating, directing and starting in the network's nine-part comedy documentary series, *Tourgasm*. He then wrote, executive produced and starred in *Vicious Circle*, a feature-length stand-up event. In addition, his new full-length CD/DVD – *Rough Around the Edges – Live from Madison Square Garden* will release on November 13th.

Rather see him perform his stuff in person? Lucky for you Cook has hit the road for his *Rough Around The Edges Tour* and stops in Columbus at Value City Arena on November 7th at 7:30 p.m. So see the show, buy the CD and relive the magic.

More Art to C >>>

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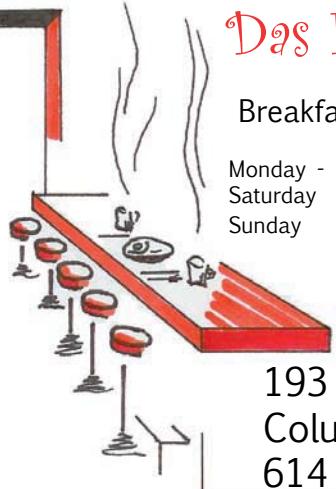
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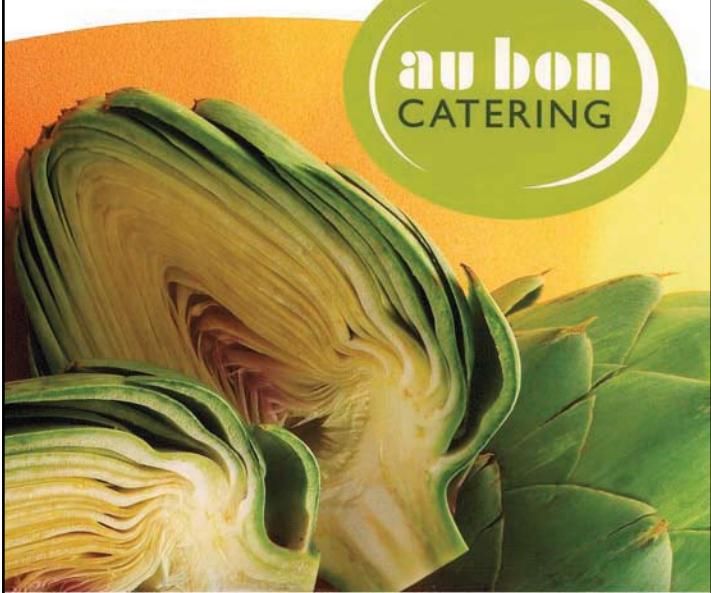
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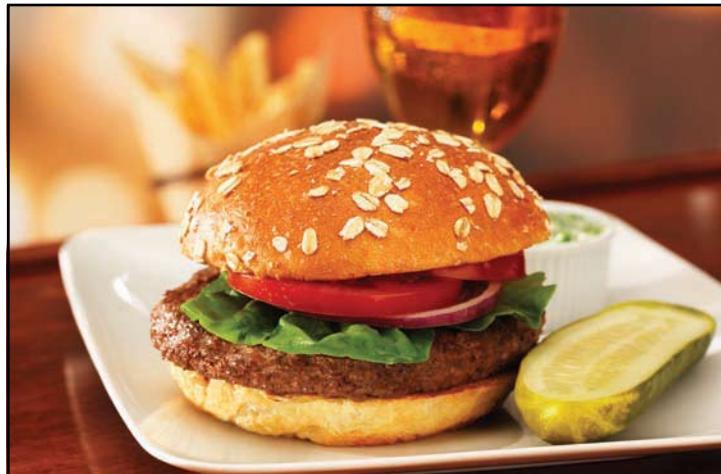


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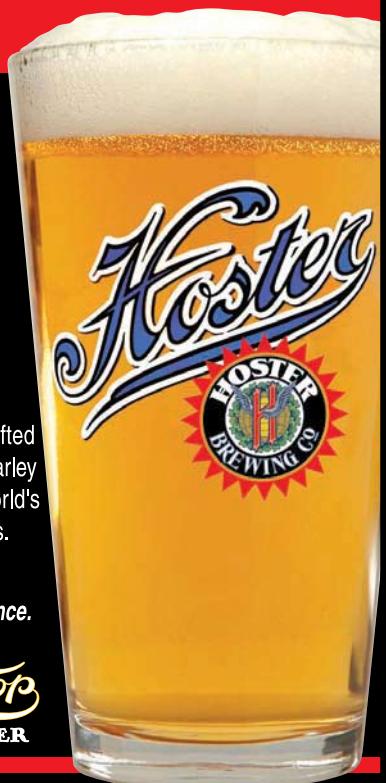
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Hummus Salad Sandwich from Benevolence Cafe

Benevolence Café

41 W. Swan St. (614) 221-9330

Benevolence is important for a burgeoning major metropolis like Columbus, not just for its adroit preparation of vegetables (that will sate the hunger of even the most die hard carnivore), but also for the atmosphere it provides. Long tables and a window counter urge diners to sit with strangers, and perhaps discuss one of the plethora of progressive books on display. The manifold aromas that greet hungry patrons take the form of sensory tracers trailing behind delivered hearty soups, enormous salads and inspired sandwiches on fresh-baked bread. The resulting implication is one of comfort and care. The **Hummus Salad Sandwich (\$5.95)** fancies up the weary, beige vegetarian staple with fresh scallions, carrots and sprouts. Dip it in the tomato bisque while you tackle a little Ayn Rand.



Low-Carb Salad from Firdous

Enchanted Express

The indoor garden railway adventure continues at the Franklin Park Conservatory! Tote along the kids and enjoy the Enchanted Express, created by famed garden railroad designer Paul Busse, as it travels through the conservatory's plant collections and past small-scale architectural wonders of the world. The journey also includes well-known fairy tale characters that kids will love to spot in the magical woodland landscape. The Express runs through March 2008.

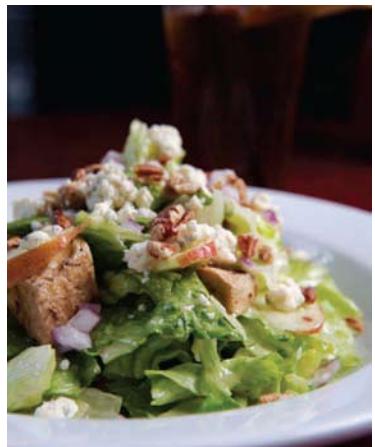
Comedy Addiction Tour

Need a fix? How about taking a hit on the Comedy Addiction Tour? The brainchild of comedian and actor Mark Lundholm, the 90-minute theater performance follows four comedians' stories about addiction and recovery. The Comedy Addiction Tour comes to the Capitol Theatre on November 16th at 8 p.m. Tickets are available for \$28 and \$35. With the holiday season sure to host its own spread of stressors, a laugh might do you some good.

Johnny Buccelli's

830 Beffel Rd. (614) 442-6500

Buccelli's bakery invented the cheesesteak bun. Johnny's a cool name. Put them together and you get huge sandwiches, homemade frozen custard, hand-shaken lemonade (strawberry and traditional lemon) mountainous salads and hot, hearty soups. There's this contraption they've got called **Two For You (\$6.30)**, whereby you get to choose two items from a retinue of soups, half salads, half sandwiches and baked potatoes. Uncle Vito's Cheesesteak, covered with bacon, mushrooms, onion straws and blue cheese dressing, with an Italian Chop salad should do you right. The Chop's got real Capicola and rich balsamic vinaigrette that blend perfectly well with the sweet roast peppers and salty meats.



Two for You, you choose, soup or salad from Johnny Buccelli's

Rusty Bucket

7800 Olentangy River Rd. (614) 436-2626

Gary and the fellas over at Rusty Bucket must be doing something right; they've got a handful of joints in town already and a couple others in the works. We're betting that's because Columbus has discovered the high quality execution of many familiar favorites that the Bucket has to offer, like loaded nachos, meal-sized salads and giant, fresh sandwiches. The **Char Grilled Chicken Salad (\$8.95)** boasts a generous serving of crispy fresh greens, marinated chicken, apples, pecans and crumbled blue tossed in a savory Double Nickel Dressing. No surprises here (unless you find fried pickles surprising), just great, comfortable food and efficient, friendly service.



Char Grilled Chicken Salad from Rusty Bucket

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Firdous

59 Spruce St. (614) 221-4444

To Nasir Latif, owner of Firdous in the North Market, cooking is like painting: they both demand alert senses, a respect for authenticity and a passion to create art that lightens people's spirits. Nasir speaks through his food, and the voice he conveys sings an organic Middle-Eastern song that is rich in culture, heritage and flavor. As he sees it, the eyes will eat, the nose will taste and the mouth will chew. The **Low-Carb Salad (\$6.95)** at Firdous is an obvious showpiece. A generous portion of freshly sliced lamb is served atop a large Greek salad full of fresh oregano and boulders of divine French feta.



Statehouse Tree Lighting

The holiday season officially kicks off downtown on November 14th at 7:30 p.m. with the 92nd annual Governor's Statehouse Tree Lighting ceremony and festival. The Governor and First Lady will perform a brief ceremony, light the tree, and then it's time to enjoy a festival full of activities such as carolers, model trains and much more. You might even get a glimpse of Santa, too! Free to the public.



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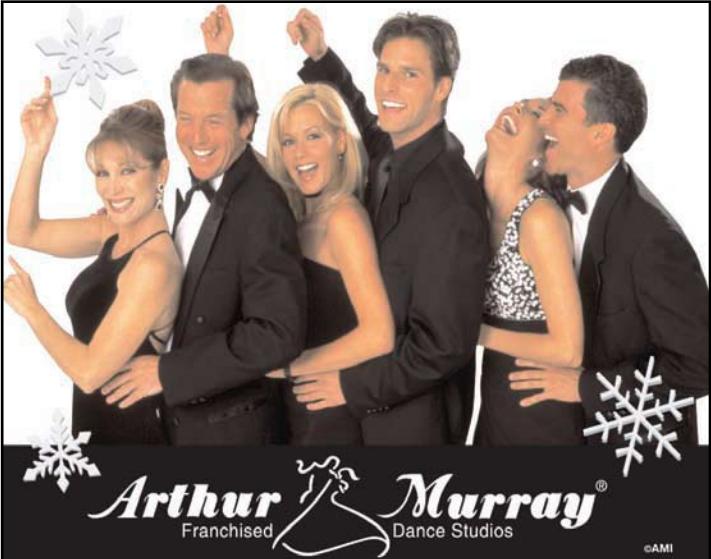


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LaVon Van Williams, Jr.
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18 x 4 x 2 1/4 inches (\$825)
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Williams, a member of the University of Kentucky's 1978 NCAA Championship basketball team, often represents his love of sports as well as the influence of rhythmic abstractions and his love of jazz.



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Williams, recently awarded the Kentucky Governor's Award in Arts, is best known for his low-relief African inspired woodcarvings, reinterpreting traditions that were passed on to him by family members.



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From the

Story by Jason E. Ohlson, Kristen M. Foley
Photography by Eric Wagner

In all aspects of life there is a “before”, an “after”, and then there is, of course, the “now”. Michael Redd, the 6’6 guard for the Milwaukee Bucks knows the importance of all three.

Before Redd was shooting hoops with the big boys in the NBA, he was gaining honorable mentions and setting records at The Ohio State University. Before that, he was a star at West High School, class of 1997. Before that, he was a child who excelled at basketball at an early age and was supported and coached to greatness by his mentor and father James.

Now Redd, who moved from Buckeye to Buck in 2000, returns to his hometown every off-season. Instead of taking a break, however, Redd chooses to not only better himself, (he spends the summer doing hardcore workouts and training and playing with the USA Men’s Basketball team), he also works hard at making change happen in his community and for the young people who look up to him

The Michael Redd Foundation is a non-profit organization co-founded by Redd and his wife, Achea, who were married in the summer of 2006 and are now the proud parents of 3-month old Michael Wesley Redd II.

The purpose of the foundation is threefold: To (1) promote the holistic development of all people, to (2) educate and develop youth and adults to succeed in life, and to (3) promote racial and denominational reconciliation (which the couple happily defined for us during our interview). It also falls into that “after” bucket, because what he and his wife do with this organization will not only affect their future, but the people whose lives they touch on a daily basis.

Sitting with the couple in their Lewis Center home you quickly understand the bond they have between each other and their faith, both in this foundation and beyond.

Around the World

C Magazine: Is there any call that bothers you, even with as long as you’ve played?

Redd: [The] carrying call, because it’s tough to judge when someone is carrying or not. When you think you are not carrying, they call it on you.

C Magazine: What is the basis of your foundation and how involved are you on a regular basis?

Redd: To empower people spiritually and reach out to our young people... basically, bringing all cultures and denominations together in unity. At the center of everything is Christ. That’s the key.

C Magazine: Who do you still idolize in the NBA?

Redd: No one in the NBA right now. I just came back from playing with the U.S. team this summer and gained a lot of respect for those players. They are the cream of the crop in the NBA.

C Magazine: Who do you look up to outside of the basketball world?

Redd: I look up to my dad and how he treated my mother and how he was a good father. Those are things that will last longer than basketball will. He completely personifies

character and integrity.

C Magazine: What do you still love about the game?

Redd: The competitiveness of it. I’m a competitive person so every night going out and playing against the best players in the world is the greatest challenge you could ever have, besides being a dad.

C Magazine: Why is it important to keep residence in Columbus?

Redd: I love Columbus, so I keep my home here. My wife and I will always live here. Our families are here, our friends are here and this is home.

C Magazine: Why does the U.S. team not fair well internationally?

Redd: Well, we won the gold medal this year. In past years, I don’t know if we had the right components to win. You can’t just put every superstar in the NBA on one team because it may not work. You need guys who can play certain roles. I think U.S. basketball has done a good job in the past years doing that. Plus, I think chemistry is important. Teams overseas play together for three to four years straight. We just come together for one summer and try to get a chemistry together. We’ve been together for a few years so hopefully it will fare well for us in the next Olympics.

C Magazine: What is your impression of the “crooked ref” Tim Donaghy and how do you think that scandal will affect the league?

Redd: I don’t think it will affect the league too much. It was a bad situation but the NBA will be able to move on. We are already moving on. I really don’t believe every referee is doing that. It’s behind us now and we’ve got to move on.

C Magazine: There are a lot of temptations in the world that you work in. How do you keep your life on the straight and narrow?

Redd: Jesus Christ is the reason I am who I am. Without him in my life, I know I wouldn’t make it at all in this world as far as temptations go. Also, I don’t have a lot of “yes” people around me and my pastors and friends hold me accountable for my actions. I have a lot of people who will tell me when I’m wrong. That’s really key. Also, my wife and son. I don’t want to fail God or them.

C Magazine: You’ve played college, NBA and for the U.S. team. What else in your professional career would you like to accomplish?

Redd: Now the only thing is to win a World Championship in the NBA and win the gold medal next year in the Olympics in Beijing. Those are the only things left on the list of things that I’ve yet to accomplish.

C Magazine: When you hear about college basketball players getting in trouble for accept-

Hip



ing cash from alumni or other sources, what are your thoughts? Since most college basketball players can't hold a job while playing and going to school, what are their choices for income?

Redd: I think colleges should pay athletes. It's very difficult sometimes. As a collegiate athlete it was very hard. I would hold on to \$20 from my parents as long as I could. Obviously, you can't break the rules, but you have to just be patient and find your job in the off-season. But I definitely think colleges should pay student-athletes. They are making millions and millions of dollars and the student athlete sees nothing. That's why you see so many kids leaving school, especially in NBA basketball. The mindset is, "Hey, you're making millions off of

me and I need to make millions for myself."

C Magazine: How are you able to balance a family life and an NBA career? What are the hardest points to consider, especially during the basketball season?

Redd: Priorities are key for us and for me. Family takes priority over everything else. Basketball fits into that mode, too. You just have to know how to balance them. Take wisdom from your mentors. Find mentors. Learn from your elders. I don't want to make the same mistakes they made.

C Magazine: What about you [Achea], as the wife of a professional athlete?

Achea: You have to learn how to balance both worlds. It's normal to miss your husband on the road. He plays about 82 games in a season and half of them are on the road. Sometimes, I have even gone with him just so we have the opportunity to spend time together. That's so important to make the marriage work and grow as a couple.

Redd: I do take every moment that we're not playing and spend it with my family. Even with my wife, we've got to keep that fire burning as far as having date nights and going to the movies like we used to before we got married. Grandmas have been wonderful. We've got to keep it going, but when I'm on the court or at the gym, it's all business. When I'm home, I'm

really at home.

C Magazine: What means more, high personal stats or high team wins?

Redd: Team wins all day. You're remembered for winning more than anything. Look at Michael Jordan. Even though he had a phenomenal statistical career, he is more known for his six rings. Winning is ultimately what you're remembered for and that's how it should be.

C Magazine: How many hours a day do you practice? Do you have a routine that you follow when you practice on your own?

Redd: I work on cardio and strengthening and conditioning twice a day. I hired a trainer/nutritionist this summer. He's been terrific in my family's life and eating right. Really being fit is more important than anything. To go 82 games and then go to the playoffs you run out of gas. It's a commitment and dedication, so in order to excel, you have to do certain things. For me, I had to get a trainer to take my game (and ultimately my life) to another level that goes beyond basketball. Being healthy is key.

C Magazine: How good are you at the game of Horse? Is it even fair to play with you?

Redd: It's never fair to play me at this point. Me and Carmello played the last two summers on the U.S. team and he calls me up and says he's going to get me this year. He still couldn't beat me. I've played Lebron [James] too. I won.

C Magazine: Aside from basketball, is there any other sport you excel at?

Redd: Honey, what sport would that be?

Achea: (laughs) Tennis and bowling. He could go pro in tennis.

Redd: I was all-district in high school for singles. My coach asked me "Is it basketball or tennis?" I needed to be focused on one or the other and chose basketball even though I was getting looked at in tennis.

C Magazine: When you reach your type of status, when does it seem like enough is enough in as far as the financial aspect?

Redd: Ultimately, as much is given as is required. That's a biblical principle. The more God blesses me with finances the more I try to give back to people who are less fortunate, either through a *Now or Never* conference, through my foundation, or giving back to a homeless shelter in Milwaukee. I'm always trying to find ways to give back to people, so I guess that's why God can trust me with more finances.

C Magazine: What was the first thing you treated yourself to once you realized you were financially sound?

Redd: A car. A 2003 Benz.

C Magazine: Describe this year's U.S. team in terms of ability and character?

Redd: The ability was ridiculous, obviously because it has the most talented players in the



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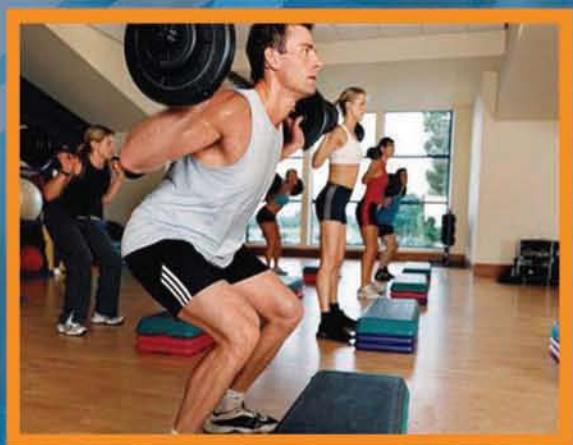
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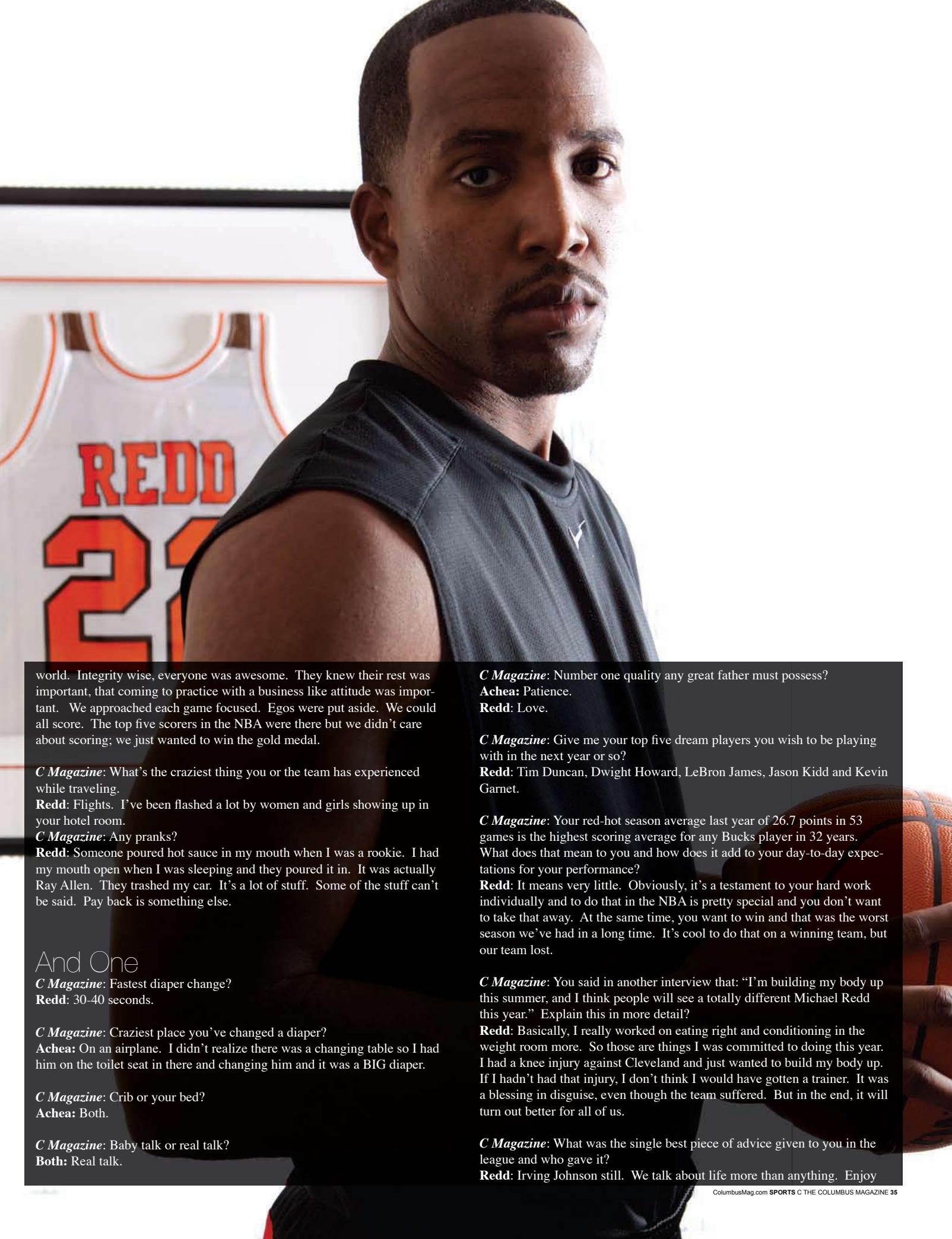
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world. Integrity wise, everyone was awesome. They knew their rest was important, that coming to practice with a business like attitude was important. We approached each game focused. Egos were put aside. We could all score. The top five scorers in the NBA were there but we didn't care about scoring; we just wanted to win the gold medal.

C Magazine: What's the craziest thing you or the team has experienced while traveling.

Redd: Flights. I've been flashed a lot by women and girls showing up in your hotel room.

C Magazine: Any pranks?

Redd: Someone poured hot sauce in my mouth when I was a rookie. I had my mouth open when I was sleeping and they poured it in. It was actually Ray Allen. They trashed my car. It's a lot of stuff. Some of the stuff can't be said. Pay back is something else.

And One

C Magazine: Fastest diaper change?

Redd: 30-40 seconds.

C Magazine: Craziest place you've changed a diaper?

Achea: On an airplane. I didn't realize there was a changing table so I had him on the toilet seat in there and changing him and it was a BIG diaper.

C Magazine: Crib or your bed?

Achea: Both.

C Magazine: Baby talk or real talk?

Both: Real talk.

C Magazine: Number one quality any great father must possess?

Achea: Patience.

Redd: Love.

C Magazine: Give me your top five dream players you wish to be playing with in the next year or so?

Redd: Tim Duncan, Dwight Howard, LeBron James, Jason Kidd and Kevin Garnet.

C Magazine: Your red-hot season average last year of 26.7 points in 53 games is the highest scoring average for any Bucks player in 32 years. What does that mean to you and how does it add to your day-to-day expectations for your performance?

Redd: It means very little. Obviously, it's a testament to your hard work individually and to do that in the NBA is pretty special and you don't want to take that away. At the same time, you want to win and that was the worst season we've had in a long time. It's cool to do that on a winning team, but our team lost.

C Magazine: You said in another interview that: "I'm building my body up this summer, and I think people will see a totally different Michael Redd this year." Explain this in more detail?

Redd: Basically, I really worked on eating right and conditioning in the weight room more. So those are things I was committed to doing this year. I had a knee injury against Cleveland and just wanted to build my body up. If I hadn't had that injury, I don't think I would have gotten a trainer. It was a blessing in disguise, even though the team suffered. But in the end, it will turn out better for all of us.

C Magazine: What was the single best piece of advice given to you in the league and who gave it?

Redd: Irving Johnson still. We talk about life more than anything. Enjoy

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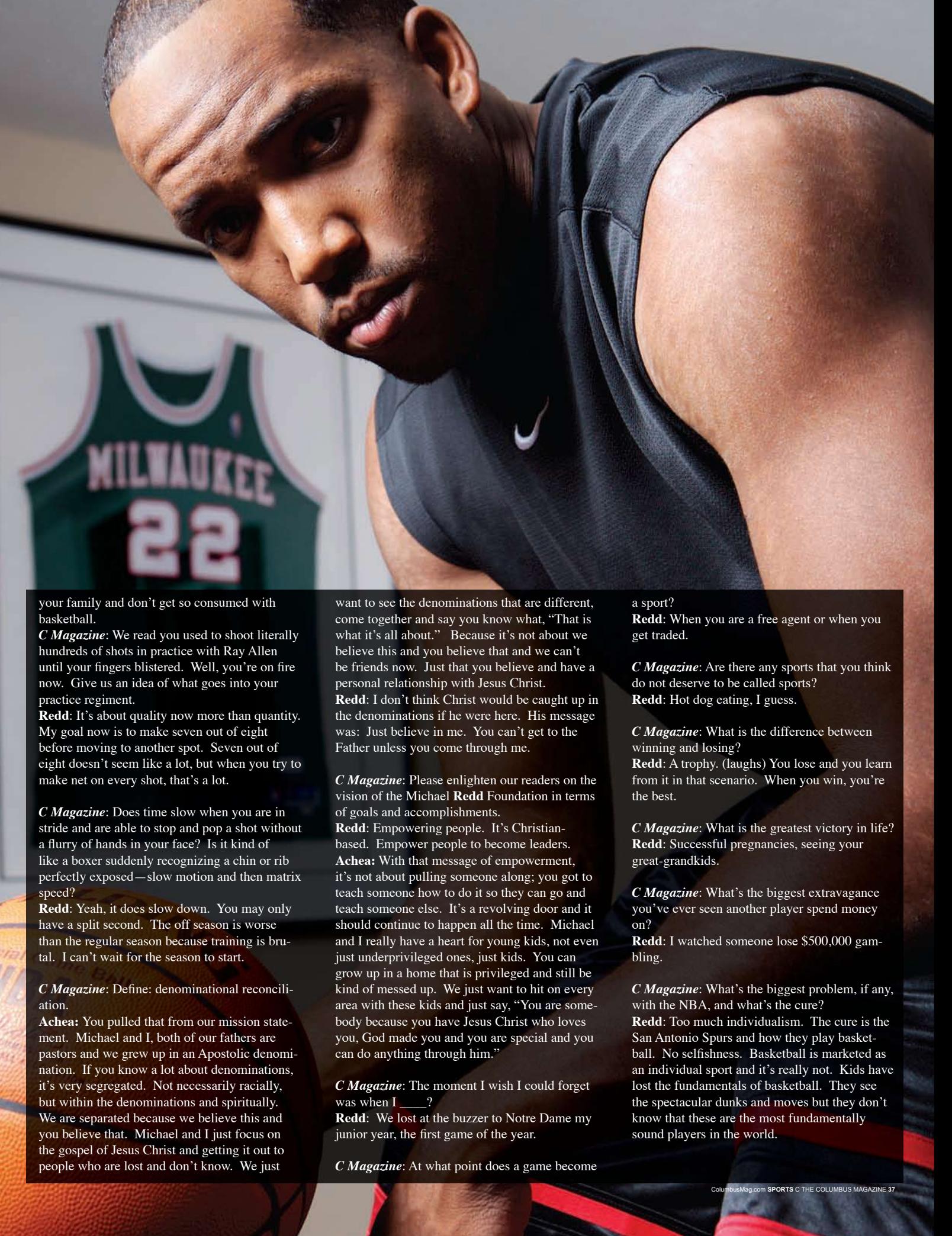
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your family and don't get so consumed with basketball.

C Magazine: We read you used to shoot literally hundreds of shots in practice with Ray Allen until your fingers blistered. Well, you're on fire now. Give us an idea of what goes into your practice regimen.

Redd: It's about quality now more than quantity. My goal now is to make seven out of eight before moving to another spot. Seven out of eight doesn't seem like a lot, but when you try to make net on every shot, that's a lot.

C Magazine: Does time slow when you are in stride and are able to stop and pop a shot without a flurry of hands in your face? Is it kind of like a boxer suddenly recognizing a chin or rib perfectly exposed—slow motion and then matrix speed?

Redd: Yeah, it does slow down. You may only have a split second. The off season is worse than the regular season because training is brutal. I can't wait for the season to start.

C Magazine: Define: denominational reconciliation.

Achea: You pulled that from our mission statement. Michael and I, both of our fathers are pastors and we grew up in an Apostolic denomination. If you know a lot about denominations, it's very segregated. Not necessarily racially, but within the denominations and spiritually. We are separated because we believe this and you believe that. Michael and I just focus on the gospel of Jesus Christ and getting it out to people who are lost and don't know. We just

want to see the denominations that are different, come together and say you know what, "That is what it's all about." Because it's not about we believe this and you believe that and we can't be friends now. Just that you believe and have a personal relationship with Jesus Christ.

Redd: I don't think Christ would be caught up in the denominations if he were here. His message was: Just believe in me. You can't get to the Father unless you come through me.

C Magazine: Please enlighten our readers on the vision of the Michael Redd Foundation in terms of goals and accomplishments.

Redd: Empowering people. It's Christian-based. Empower people to become leaders.

Achea: With that message of empowerment, it's not about pulling someone along; you got to teach someone how to do it so they can go and teach someone else. It's a revolving door and it should continue to happen all the time. Michael and I really have a heart for young kids, not even just underprivileged ones, just kids. You can grow up in a home that is privileged and still be kind of messed up. We just want to hit on every area with these kids and just say, "You are somebody because you have Jesus Christ who loves you, God made you and you are special and you can do anything through him."

C Magazine: The moment I wish I could forget was when I ____?

Redd: We lost at the buzzer to Notre Dame my junior year, the first game of the year.

C Magazine: At what point does a game become

a sport?

Redd: When you are a free agent or when you get traded.

C Magazine: Are there any sports that you think do not deserve to be called sports?

Redd: Hot dog eating, I guess.

C Magazine: What is the difference between winning and losing?

Redd: A trophy. (laughs) You lose and you learn from it in that scenario. When you win, you're the best.

C Magazine: What is the greatest victory in life?

Redd: Successful pregnancies, seeing your great-grandkids.

C Magazine: What's the biggest extravagance you've ever seen another player spend money on?

Redd: I watched someone lose \$500,000 gambling.

C Magazine: What's the biggest problem, if any, with the NBA, and what's the cure?

Redd: Too much individualism. The cure is the San Antonio Spurs and how they play basketball. No selfishness. Basketball is marketed as an individual sport and it's really not. Kids have lost the fundamentals of basketball. They see the spectacular dunks and moves but they don't know that these are the most fundamentally sound players in the world.

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Story by Carl Chapik
Photography by Eric Wagner

There is a spot at Easton where thirsty and overwhelmed patrons of clothing and gadget boutiques can get a carefully-constructed cocktail that consists entirely of fresh, made-to-order ingredients. That very same cocktail will be served to the eagerly-awaiting consumer in a room that feels as though it was built by artisans and craftsmen. It is a glaring anomaly in a microcosm of cheap and flashy junk. You can find it by looking for the giant brass lobster on the wall—some flash is good.

McCormick and Schmick's may be a chain, but unlike most chain restaurants, it feels like a mom-n-pop joint. That is if we assume that this particular mom and pop are profoundly OCD and very discerning

and particular. Everything is in its place, including the crease in the server's pants and the smile on the hostess' face. The warm, wooden accoutrements of the vaulted room almost magically soak up tension, like the kind one gets by carrying twenty shopping bags. There is something about a well-kept hardwood floor that brings stress levels down at least a notch or two. If you are lucky enough to get one of the booths along the periphery of the main dining room, you have the option of closing the heavy velveteen curtains for an additional level of removal from the maddening bustle. Once inside, take some time to read through the very elaborate cocktail menu. Inside, there are histories of classic drinks, some familiar, like the Margarita, and others more obscure, but

equally as delicious, such as the Sazrac. It matters not whether the cocktail you choose is familiar or obscure; it will be made with the utmost care and freshest ingredients. Heck, McCormick and Schmick's not only makes their own sour mix, but they actually put egg white in it, just like sour mix had back before sour mix was invented.

Since the beverages alone are worth your stay, every subsequent pleasure is just gravy. The calamari doesn't actually come with gravy, but it does come with a trio of dipping sauces. The translucent pinkish one goes great with Jadot's Beaujolais Village, but the creamier one works best with the Sonoma Cutrer Russian River Ranches Chardonnay. Get a glass

of each, or get a bottle of the Willamette Valley Pinot Noir that will compliment all three sauces and the oysters on the half shell that are certainly already on their way to the table. It will go with the seared yellow-fin tuna, too, but you may want to chase the spicy wasabi down with what is left of the perfect, minty Mojito you started with. Besides, Oregon Pinots make tremendous accompaniments for salad courses, especially if those salads have strawberries and pickled onions on them (as their spinach salad does). Of course, Chiantis and Rhones also go great with spinach, strawberries and pickled onions, as they do with arugula, fresh tomato and Thousand Island dressing. It could be a tough call, especially since McCormick and Schmick's is a seafood



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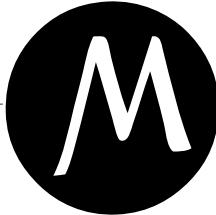
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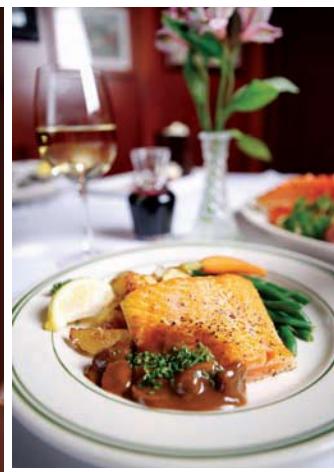
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restaurant and you might actually want to stick with white. Fear not. They have everything white, from Spatlese Rieslings to Matanzas Creek's giant Chardonnay.

Look at the top of the menu. There you will find a list of the freshest seafood McCormick and Schmick's is purveying on any particular evening. Be sure to notice the fresh list just under the day and date. With any luck, black cod will be on the list for the evening that you choose to visit. If it is, be sure to get the Miso Black Cod. The firm, fleshy whitefish pulls apart at the slightest suggestion. Every bite is then completely saturated with a mild tart ginger miso broth. It clamors for a crisp white or something with bubbles, like Trimbach's

Pinot Gris or Perrier-Jouet's Grand Brut. Both of those could hold their own with tilapia stuffed with lobster, spinach and artichokes. However, since McCormick and Schmick's has upwards of five presentations of salmon and it's close cousin, Arctic char, the savvy diner will have a bottle of medium to full-bodied red available as well. Ridge's Geyserville Zinfandel is juicy and spicy enough to take on the asparagus in the Northwest Salmon Sauté and even the Spicy Shrimp Diavolo. Plus, someone at the table almost certainly will want to try one of the meat dishes, and Geyserville can take those to the mat, too.

McCormick and Schmick's has customized their menu at Easton

to reflect the more four-legged tendencies in our flesh consumption inclinations. They have expanded the meat section to include no fewer than nine different steaks. Some of the steaks are just traditional and grilled to order, but the Florentine Steak boasts spinach topped medallions of tenderloin served with a tomato and spinach risotto that could manhandle the biggest of the big reds, like Nickel and Nickel's Sullenger Cabernet or something from Medoc. You will want a bottle of that stuff sitting around for the desserts, anyway.

The desserts are presented openly on a large tray. They are big enough to satisfy several sugary fixes, so order wisely. Be sure to try the chocolate bag (even if you

are alone); there is a great chance it'll steal the evening's show—no matter how good your Halibut might have been. It's a fully edible chocolate bag that sits upright and is filled with frothy passionfruit mousse and fresh berries. Order your coffee early; you'll need several cups to get its rich persona down. The upside-down apple pie, with its country-looking pastry crust covered with walnuts and caramel sauce and encases a mound of viscous, salty-sweet apple slices, is the embodiment of joy. For those who prefer eating and drinking dessert, try that Sazrac now.



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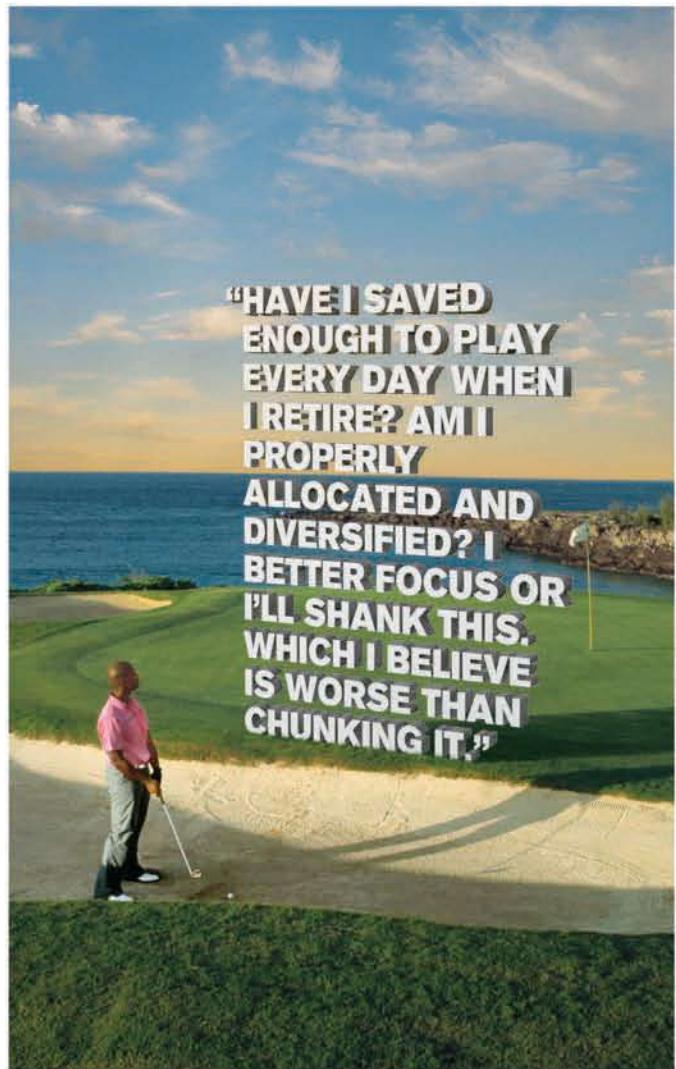
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Rippled tin gives the Metal Works building an industrial look

All in a Name

The Jeffrey

If we could use but one word to describe our visit to The Jeffrey, the newest luxury residential complex in Columbus' historic Italian Village, no one word is more accurate (or more deserved) than a simple and slightly awestruck, "wow." The development, located at the corner of North Fourth Street and East First Avenue, was once home to a thriving manufacturing company producing mining, conveying and heavy industrial equipment. But now that the ambitious vision of urban real estate developer, Cityspace, has at last come to fruition, the result is a truly flawless fusion of old-meets-new that is sure to delight potential residents and the surrounding community alike.

Though it has but one name, the project is actually comprised of two unique structures. The first building, now named The Jeffrey, was built in 1924 to serve as the original world headquarters for the Jeffrey Manufacturing Company. The second is the adjacent research and development building, now called the Metal Works. Great care was taken by the developer to restore both buildings, as many of the original materials remain or have been

Story Michael Scott
Photography Eric Wagner

reconditioned to fit the modern interpretation. The Jeffrey now consists of 65 one and two-bedroom classically-revived units, while 33 raw, loft-style spaces occupy the industrial Metal Works building. "The Jeffrey is an ideal location for young professionals seeking a lifestyle upgrade," says Dan Schmidt, president of Cityspace. "With 46 unique floor plans, the project has many personalities from which tenants can uniquely reclaim their space."

The personality of The Jeffrey is immediately apparent upon entering the building's Grand Lobby. And, in this case, "grand" is no overstatement. Original floor-to-ceiling marble remains, reflecting the elegance of the world headquarters from 83 years ago. The space is adorned with original fresco art, commissioned by local artist Paula J. Nees, and comes complete with an espresso bar, billiards area and lounge (relaxation is far from overlooked, to say the least). Leading away from the lobby are softly-lit and richly-colored hallways, wide enough to accommodate any move. Even the stairwells add to the building's elegance, with deep, burnt-orange walls, black-painted metals and steel-gray carpeting.



Rich finishes and high ceilings characterize units in the Jeffrey building

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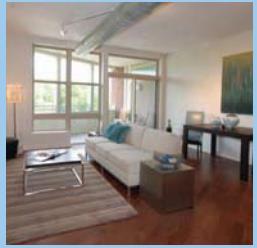
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The Jeffrey's Grand Lobby greets visitors in style



Natural light brightens the bedroom of the model unit

In the model unit, it's nearly physically impossible to keep from throwing your head back and admiring the ridiculously high ceilings (some of which top out at 16'). In fact, only after you've sufficiently surveyed the ceiling-height do luxury features like hardwood floors, stainless steel appliances, custom wood cabinetry, granite countertops, and under-mounted sinks even become apparent. Master baths come complete with pedestal sinks, wood flooring, period reproduction designer fixtures and ceramic tile surround.

The project's second personality, the industrial but no-less-stylish Metal Works, gives new meaning to the definition of urban loft living. The exterior design of the building incorporates garage doors and rippled-tin, which fit perfectly with hallways built of cinder blocks and lit with a combination of natural and black light. Inside the model unit, there are polished concrete floors, massive floor-to-ceiling windows with custom window treatments, and exposed steel beams, piping and ductwork. Select units come with an actual garage door functioning as traditional French doors would, in that it opens manually to an outdoor patio space. Kitchens include stainless steel appliances, custom, modern cabinetry, granite countertops and under-mounted sinks. Master baths have granite vanity tops with inset sinks, industrial-style flooring and glass-block walk-in showers with rain-head showerheads.

Regardless of which building you prefer, every unit in The Jeffrey complex comes with a high-efficiency furnace and is pre-

wired for broadband high-speed internet, cable television and phone. Shared conveniences include a private communal courtyard, laundry facility (although washer/dryers are available in each unit), tanning bed, trash chutes, and a roof-top deck with amazing views of downtown and the surrounding areas. The onsite gym comes complete with free-weights, fitness machines, cardio equipment and even a flat-screen television. Cityspace Residential also has a shuttle bus that runs on select nights to the hottest nightlife destinations and for large events like Oktoberfest and the Columbus Marathon.

Because it's located just north of downtown and minutes from the Short North, it's important to note the emphasis on security at The Jeffrey. Security cameras are located throughout the property with 24/7 in-unit security video feed. There is key card access to both buildings and an electronic guest entry system and a resident access card is needed to enter the gated parking lot.

Prices start at \$129,000 for a one bedroom unit and \$229,000 for a two-bedroom unit. Because residents have the option to buy or rent, purchase price is locked in and secured at today's market value, and a portion of the rent may be credited toward purchase should a tenant wish to buy their unit.

For more information about The Jeffrey, Cityspace and its planned events, please contact Sarah Vida Corra at (614)-827-1000 or visit www.thejeffrey.com.

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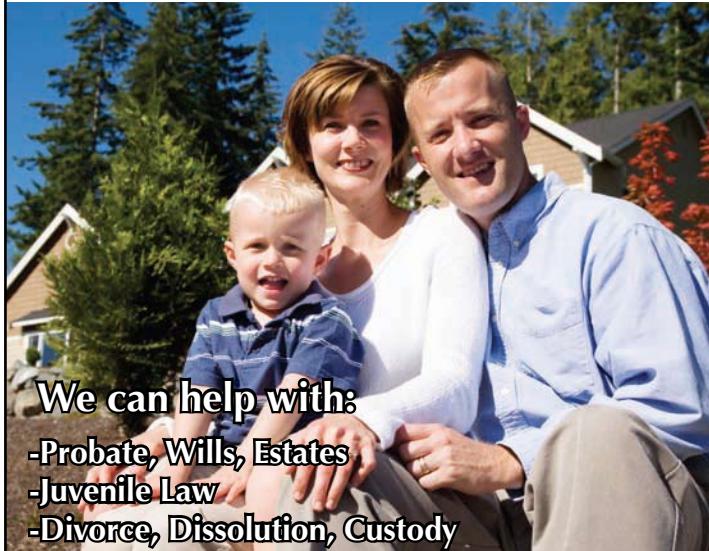


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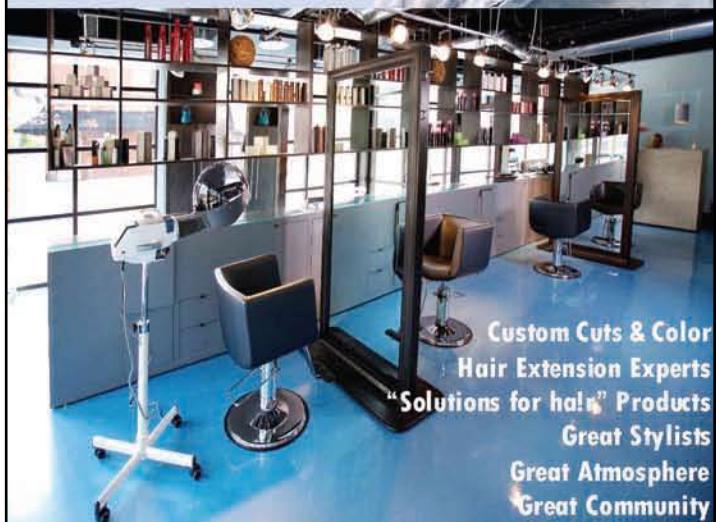
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Furnished Fun

The gang at American Furnishings unveiled their coveted 2008 collection to a gathering of special *C Magazine* guests at their Polaris location on September 28th. Not only did invitees get a personal tour of the new offerings by owner/designer Dennis Blankemeyer, they were also treated to fine Floribbean Fare from Banana Bean Café and drinks courtesy of Grand Marnier, Belvedere Vodka and NAVAN, Natural Vanilla Liquor.



A Matter of Taste

This year's Columbus Food and Wine Affair satisfied their spectacular expectations. Nearly \$50,000 was raised with the help of the 1,400 attendees; each was invited to sample their choice of more than 450 international wines. Along the way, they were served generous tastings of exquisitely prepared food from some of central Ohio's finest restaurants. A prized silent auction rounded out the evening to benefit several Central Ohio charities.





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Vintage Vogue

On Friday, September 14th, guests attending Vintage Vogue at the Franklin Park Conservatory enjoyed a festive night filled with worldly wine, live jazz and antiques while shopping the Antiques and Gardens Fair after hours. On hand was guest speaker and nationally-renowned floral designer Ron Morgan. A tasty spread of hors d'oeuvres rounded out the experience.



Drink for Thought

On Thursday, September 27th, fortunate guests were able to buy into one of the hottest dinners in town. The Bexley Monk hosted a "Whiskies of the World" dinner that entailed five brilliant courses paired with five rare whiskies. The event kicked off the fall season and is but one of many exciting events planned.





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2008 Big Dog Ridgeback

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Story Louie Lopez
Photography Eric Wagner



We wanted to reintroduce the Ridgeback for 2008. For those of you who don't know the Ridgeback, please allow me to get you familiar with her. She's a rigid chopper, and by rigid I mean she's got no rear suspension—right, no rear suspension! In 2005, Big Dog discontinued the model and went with a new, smaller model chopper with a softail suspension.

Fast forward to '08. The chopper gods have smiled upon us. The Ridgeback is back and badder than ever. This time around, she sports the biggest tire Big Dog's put on a bike yet—a 330mm in the rear. And the thrills don't stop there. The bike now has a 39-degree rake on the front end and is 9ft. long. What could possibly move such a big bike? Well, this bad baby also sports an S&S 117cc motor that puts out an unbelievable 120 horses and 135 lbs. of torque to the rear tire. Tie this in with a Baker 6-speed right side drive transmission and you get all that power and still get 40 miles to the gallon (highway).

It must also be said that we have the very first bike to roll off the assembly line. That's right, VIN #000001! Not only is she the first; her paint job is unreal. Called Burning Benjamins, this bike is black with real flames and burning \$100 bills painted on the tins. The devil's own kitchen isn't even this hot!

Don't let the hardtail scare you away from this amazing machine. It rides beautifully. Stop down to the Big Dog Motorcycles of Columbus and take one of the two Ridgebacks we have in stock for a test ride.



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Hard Hittin' Fatkid Dodgeball

The harmonies will smash into your head with the intensity of a grade school bully hurling an array of bold-colored Nerf balls at recess. Much like Fatkid Dodgeball's moniker implies, you won't be able to escape the catchy hooks or solid rhythms because you're slow, chubby and a reasonably big target. "The intensity that we bring to the table...," says Fatkid drummer Ryan Eisert, "it's the one thing that you can find in every song."

Fatkid Dodgeball has performed their energetic sets on stages across the country since 2001 when they started playing the campus bar circuit. Over the years, the band's fan base grew out farther and farther from the confines of Columbus as their music took them on tour all over the country and to MTV's *The Real Laguna Beach*, where their song "Seventeen Forever" played during a major scene. "We won a contest for MTV2's "Bands on the Rise," says Brian Frank, Fatkid's lead singer and bass player. "It was crazy hearing that in the background."

Taking a lot of their influences from late '90s pop punk bands like Blink 182 and the Foo Fighters and blending it with straight-ahead Guns 'n' Roses rock has lead to an interesting and new sound. "We really just call ourselves rock," says Frank. "We don't like to limit ourselves. We could be playing punk or something more metal. We're always on the rock side of things though."

The band has grown since its inception, going through more drummers than Spinal Tap, as well as realizing there is more to write about than teenage heartbreak. For that reason, they are taking the songwriting on their new CD, out early next year, in a different direction. "I've never been in a band that everything just flows out so freely," says Eisert. "When we get together to write, it just comes out naturally."

For more information on Fatkid Dodgeball duck over to <http://www.myspace.com/fkdb>

Fast Forwarding>>



The Academy
is energetic and fast paced with lyrical hooks that catch any ear. See them perform at Newport on November 15th.



Chris Cornell

The Audioslave front-man is going solo and coming to Lifestyles Pavillion on November 13th.

UPCOMING SHOWS TO C



The Cult

The legendary band is making their way to Columbus, sponsored by Jaegermeister. See them on November 18th at Newport Music Hall.



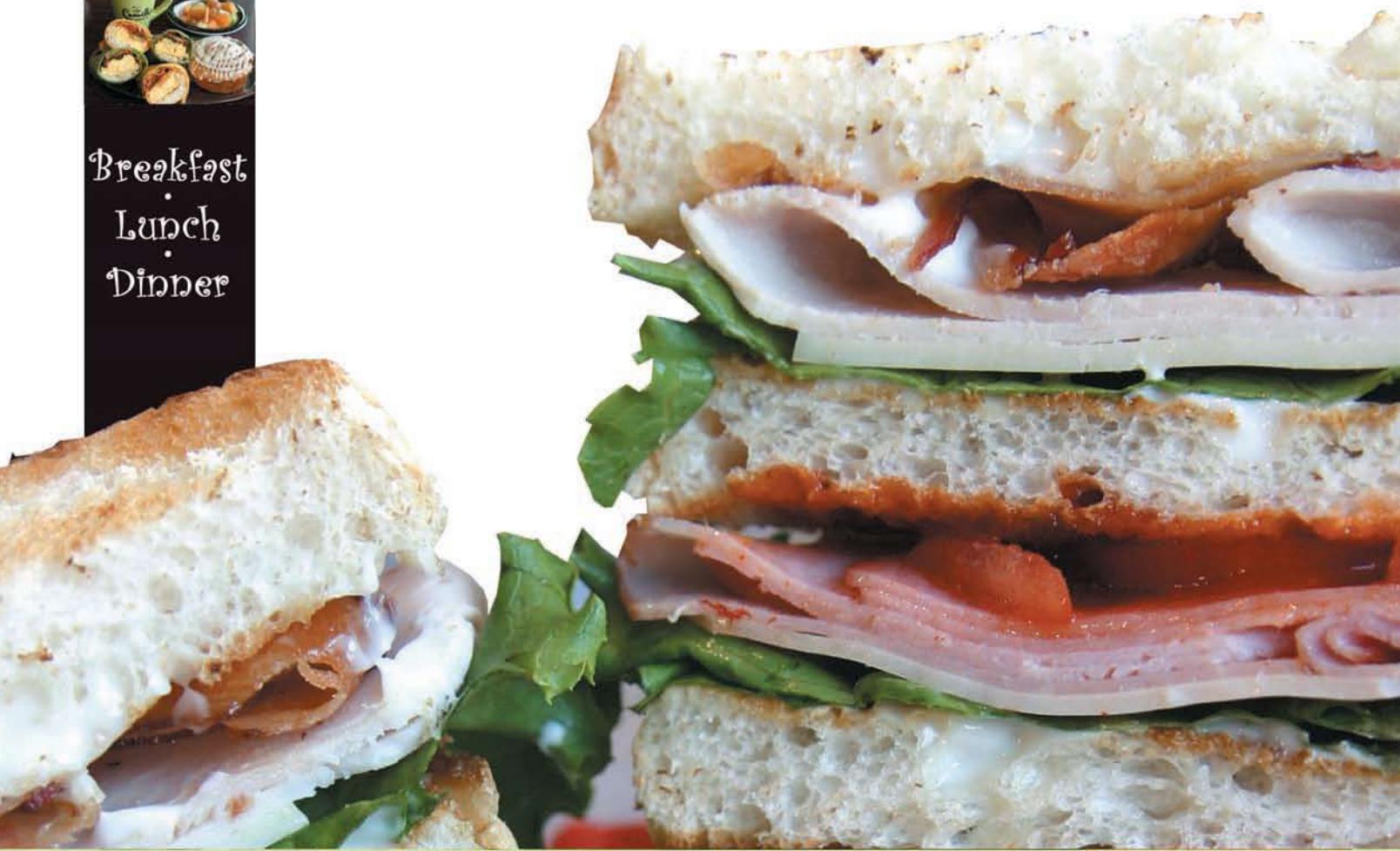
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* C Magazine is published 11 times per year monthly. No issue is published in January.

Fast Food

Nicky Morse

Interview by Jason E. Ohlson
Photography by Eric Wagner

Once a month, *C Magazine* interviews a prominent Columbus figure to discuss a little monkey business. This month, we met up with JEGS' Team Chef Nicky Morse.

C Magazine: What is something most people don't know about you?

Morse: I had Hodgkin's disease, a type of Lymphoma, 12 years ago. Most people don't know it's the best thing that happened to me. It made me try to be a better person.

C Magazine: What athlete do you admire the most and why?

Morse: I probably couldn't name five athletes. Working for JEGS, they drew me in. I got a lot of admiration for Jeg because he's so sincere. He's just a down-to-earth guy and treats everyone equally. He's got a winning attitude and it's neat to be near that. He knows how to win and it's fun and he doesn't ever put that aside.

C Magazine: What's the craziest rant you've heard from any of your training chefs?

Morse: I wasn't there, but I did hear that one chef took a duck right off the heat and smacked another guy in the face with it because he wasn't cooking it right.

C Magazine: Where can you be found when you're not on the road?

Morse: With my family or out fishing.

C Magazine: What's the most expensive grocery bill you've spent prepping for a race?

Morse: Maybe \$1,500 - \$1,800. That's in one stop. I might go to a dozen grocery stores for one race.

C Magazine: Are you a fighter or a lover?

Morse: I fight to love and I love to fight.

C Magazine: Where have you had your best meal?

Morse: 172 First Street, London, Ohio. It was my grandma's house. Maybe 1973 and I was 8 years old. I ate Pasta Fagioli with Locatelli cheese.

C Magazine: Easiest and hardest dish to make?

Morse: Both the easiest and hardest? Bread.

C Magazine: If life is a bowl of cherries, what is sex?

Morse: The spoon.



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