



THE COLUMBUS MAGAZINE

9

HOT SUMMER LUNCHES

AMBER HERRON IS ROOTED

+

ON COURSE
JOHN FLYNN

BASES COVERED
AKISA FUKAZAWA

WHAT'S LOVE GOT TO DO WITH IT?
SHANE O'NEILL



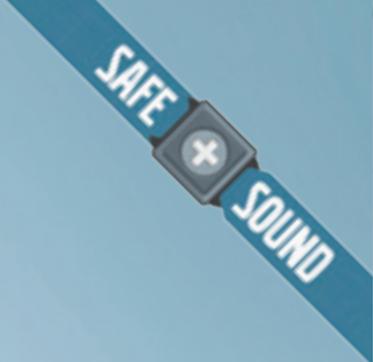
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CLOTHING: G&CO COUTURE, HOMAGE



ON THE COVER:

OSU ALUMNI AND NFL DRAFT PICKS MALCOLM JENKINS IN HOMAGE T-SHIRT, LAGUNA BEACH DENIM AND SMET SHOES, AND JAMES LAURINAITIS IN HOMAGE T-SHIRT, SANG REAL DENIM AND CHRISTIAN AUDIGIER SHOES, TAKE TIME OUT FOR AN EXCLUSIVE Q&A AND PHOTO SHOOT.

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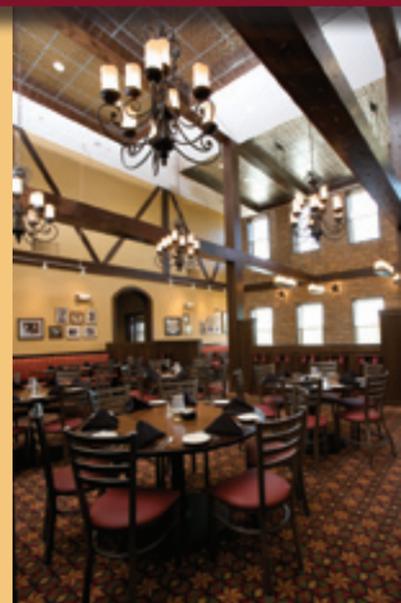


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The Crew's Danny O'Rourke, Jason Ohlson and OAR's Jerry Depizzo take it easy at the Eleven Cachaca party.

from the editor
editor@columbusmag.com

Keepin' It Kelvin

Despite the current economy's incessant pinch on our pocket books, this month's issue is filled to the brim with eye-popping events, promotions and exclusive features that will put a grin on your face and an idea or two in your mind as to how to live well through the final days of summer.

You're holding our annual *Hot Issue*. Highlighting this theme is the hottest car in the state: Who other than DSW exec Jon Ricker would own the original Skyline from *2 Fast 2 Furious*? We're still wondering if he had to sell his soul to the devil to score that ride.

Read on and you'll also find a signature set of features on Columbus professionals that refuse to play in the cold clay of other people's ideas: A man who brings his artistic background to the business of golf course design, John Flynn; DeepWood's nostalgic owner, Amber Herron; and Columbus's reigning queen of baseball—not to be confused with softball—Akisa Fukuzawa. Also, check out our Q&A with Shane O'Neill who dated a VH1 reality show contestant for a hot moment.

This issue also features two football dynamos whose names are very familiar to Buckeye fans. We caught up with James Laurinaitis and Malcolm Jenkins before they jetted away from Columbus to join their respective NFL teams. The photo shoot showcases the duo messing around in some badass threads, courtesy of our friends at G&Co.

Fine some shade and read one of our hottest issue to date.

Jason E. Ohlson

HOT ISSUE 2009



COVER STORY

24 | LAURINAITIS & JENKINS

James Laurinaitis and Malcolm Jenkins are just like the rest of us—they like to spend time with their families, listen to music, dine out—oh, except for one thing: they're freak athletes! Check out our exclusive Q&A and photoshoot with the former Buckeyes to find out what makes these best friends tick, what pumps them up and where they're headed next.

11 | SUITLESS

In this, the *Hot* issue, three Columbus professionals are laying on the heat. John Flynn is gaining steam as his popularity as a golf course designer grows overseas and at home; Amber Herron is serving delicious meals in her hot restaurant, DeepWood; and Akisa Fukuzawa is spending the summer where she's most comfortable: on the baseball diamond.

34 | THE FARE

La Chatelaine opened in downtown Dublin instead of at Easton or Polaris because community is key when it comes to serving countryside French cuisine. The Dublin location is one of three family owned and operated La Chatelaine restaurants in Columbus. For their real French food, we give a big *merci beaucoup*.

45 | RIDE 23

DSW's Executive Vice President, Jon Ricker, shows off one of his many rides: the original Nissan R34 Skyline from the movie *2 Fast 2 Furious*. Just one of his cars from major motion pictures, this racecar was customized inside-and-out for its film debut and was fully restored to pristine condition before Ricker got his hands on the wheel.

47 | BEYOND 270

Check out Couch Forts, a folk-meets-rock-meets-indie three-man band who is preparing for their first full-length album release in fall 2009. And the best way for them to meet their slated release date: spend some time in a rural Pennsylvania cabin. When they're not busy writing tunes, they may pass the time getting creative with couch cushions.

48 | FINAL WORD

Columbus native Shane O'Neill had a recurring role in VH1's *Tough Love* as contestant Jody's date. Having transplanted to L.A. to live underneath perpetually sunny skies, the entrepreneur discusses what he misses most about Columbus, the secrets to his success and the phenomenon of reality TV.



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ACCESSORIZE

Additionally, you can purchase a green flag and ball cup at your local golf store.

A GOOD GAME John Flynn

Barely a year ago, John Flynn was asked to board a plane to Moscow based on some golf course designs that an overseas developer had heard of through word-of-mouth. Within a couple of days, Flynn was laying some rough sketches of his plans on the developer's desk, which overlooked Red Square. After a brief translation, Flynn was simply asked, "How much?"

"It's interesting," Flynn says. "Most people start designing courses in the states and then try to get into Europe. For some reason, with me, it's the other way around."

With three courses in Russia under his belt, and many renovations of courses under way in the states, Flynn spends a lot of time walking on them. His first steps on a fairway were in his hometown of Toledo, Ohio, following his father around with a nine iron. After constantly playing courses while growing up, his love affair with golf was in full swing when Flynn found his purpose one summer while working at a golf course.

"I was out working on the course, and I noticed that something on a hole could be fixed with a slight adjustment," Flynn says. "I told them, and they said I shouldn't be working on the course, that I should be designing it."

After working for eight years in Toledo for Arthur Hills and Associates, Flynn took an artistic background and applied it to laying out courses in a style he calls "urban," which is a mix of courses in the 1930s and what we see today. He hopes to bring this style to his adopted hometown of Columbus in the near future.

"I'm hoping that I can bring something here that would be a destination for everyone—a mixed-use course that everyone can enjoy," Flynn says. "It would be a lot more than just a golf course."

For more information go to www.flynnolfgdesign.com

■ Cary Smith

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The dog days of summer are here. Check out these hot tips on keeping you and your family cool.



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PHOTO: ERIC WAGNER

HERE TO STAY Amber Herron

The aromas and intrigue of the family kitchen grabbed at Amber Herron's curiosity from an early age. Her parents knew how to get around a kitchen, which cultivated her enthusiasm for assisting in the family meal. Her family's travels exposed her to different cultures and foods, peaking her interest even more. These early seeds were all it took for Amber Herron to realize that concocting dishes, and eventually opening her own restaurant, DeepWood, were the only alternatives to a more traditional career path.

"I was very lucky in the fact that I always kind of knew what I wanted to do with my life," Herron says. "I was always so interested in food and cooking. It was like they chose me."

After growing up in Connecticut, and never really putting roots down, Herron went to Cornell's School of Hospitality Administration. She went on to work at many different restaurants in New York City and along the East Coast, learning the ropes of restaurant management. When her

family made the move back to Ohio, she decided to follow suit, and when the opportunity arose to open DeepWood, she jumped on it.

"Everything just kind of came together, and I was able to realize my dream," Herron says. "DeepWood is the kind of place I always wanted to open."

Deepwood Road in Easton, Conn., is what Herron associates with home, since her family lived there for four years. She always knew she would bring that idea into her restaurant. And that she did with DeepWood: her invitation to Columbus to come into her home for an amazing meal.

"It has kind of come full circle," Herron says. "I've never really felt at home anywhere since Deepwood in Connecticut, until I came to Columbus. The people and feel of this city have really made me feel at home again."

For more information go to www.deepwoodrestaurant.com

■ Cary Smith

CRAZY HOT Chemist Wilbur Scoville devised a scale to measure the hotness of peppers, measured in what else, but Scoville units.



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STEPPING UP TO THE PLATE

The history of women's baseball is almost as old as the history of baseball itself.

1850's

Amateur baseball leagues first appeared at women's colleges in New England as early as the mid-nineteenth century.

1900's

Later, into the twentieth century, women started playing alongside men. In fact, 17-year-old Jackie Mitchell of the Chattanooga Lookouts struck out both Babe Ruth and Lou Gehrig in an exhibition game, resulting in a voided contract by the Commissioner of Baseball.



IN THE GAME Akisa Fukuzawa

Like most children that fall in love with the game of baseball, Akisa Fukuzawa discovered it while playing with local boys and girls in the neighborhood parks and diamonds of her corner of Japan. As she got older, fewer and fewer girls were playing alongside her, as they moved on to more accepted paths for Japanese girls. The greatest symbol of her parent's disapproval came when she received a red-plastic-toy glove, after asking for a new glove.

"It was very embarrassing going out and playing with the boys with that toy glove," Fukuzawa says. "Everyone had these nice leather gloves, and I had this plastic toy glove. I just wanted to play baseball."

To this day, playing baseball is really all that Fukuzawa wants to do. As president of the Columbus Women's Baseball League, she is trying to get more women involved in playing hardball baseball, while enjoying the game and being taken seriously. She has really been on a quest to make baseball

a sport that is accessible to women all of her life, as the alternative of softball never appealed to her.

"They are really two different sports," Fukuzawa says. "It would be like asking a tennis player to play ping pong – they just aren't the same game."

Though the CWBL is still relatively young, it has retained members and grown every year. It still could use a few players. Fukuzawa encourages women who have any interest at all to come out and play ball with her. Her dream is to have a women's team that could travel and play regularly. She really just wants equality.

"There is no physical reason why women shouldn't play baseball," Fukuzawa says. "Women play football, soccer, basketball and hockey. Why not baseball?"

For more information go to www.columbuswbl.com

■ Cary Smith



1940's

With America's entry into World War II, several major league baseball executives decided to start a new professional league with women players in order to maintain baseball in the public eye while the majority of the men were away at war. Thus the All-American Girls Baseball League was created. The League peaked in attendance during the 1948 season with 10 teams attracting almost one million paying fans.



1990's

A League of Their Own, directed by Penny Marshall and released in 1992, is a big-screen adaptation of the Rockford Peaches women's baseball team during World War II and their struggle to survive in the public eye.

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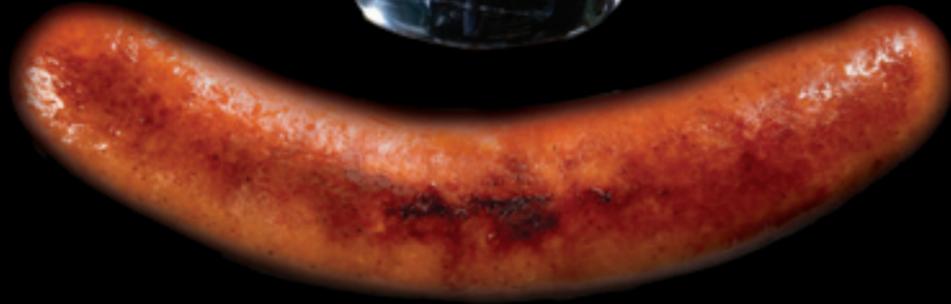
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Creole Kitchen

1052 Mt. Vernon Plaza Columbus, OH (614) 372-3333

Chef Henry Butcher is a 56-year-old Louisiana Creole and transplant to Columbus, Ohio. Lucky for us, he brought a whole lotta' Bayou flavor with him. Enter the Creole Kitchen, and order the **Oyster Po-boy (\$6.00)**: a hoagie bun brimming with oysters in Creole breadcrumbs, topped with a muffledetta salad of salami, capicola ham, provolone and mozzarella cheeses, accompanied by a side of Creole potato chips. Creole Kitchen has it all, but go for the Red Beans and Rice if you want a simple, New Orleans staple.



Oyster Po-boy (\$6.00)

Doc Henderson's

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Rarely can one say that a visit to the doctor's consisted of an elegant meal on the porch of a restored 19th century mansion. We prescribe **Doc Henderson's Hot and Cold Plate (\$7.00)** as the antidote to lunchtime fatigue. The hotness of the pickled ginger pork straws is tamed by cold scallop ceviche, all served in wonton shells with Szechwan vinaigrette. The stuffed mushrooms are served four to an order, brimming with lobster salad, boursin cheese, artichoke puree and scallop crudo. Doc Henderson's is sure to be the cure-all for midday hunger, but for other ailments, you'll have to go somewhere else.



Doc Henderson's Hot and Cold Plate (\$7.00)

Pita Hut Grille

4965 N High St. Columbus, OH (614) 433-0996 - CLINTONVILLE

This month, we came across one of the most impressive kabob joints in Columbus. The Pita Hut, located near the Graceland shopping center, invited us to taste items on their menu. After tasting the **Lamb Shawarma Sandwich and Fries (\$7.99)**, it came as no surprise why the Pita Hut is quickly being recognized as one of the most addictive restaurants in the city. Each sandwich is slathered with their homemade hummus and secret herbs and spices imported from Jerusalem, giving it an authentic taste that makes it stick out from the rest.



Lamb Shawarma Sandwich and Fries (\$7.99)

Spaghetti Warehouse

397 W. Broad St. Columbus, OH 43215 (614) 464-0143

It's the original place with lots of crazy nostalgia on the walls, train cars parked inside, and even a 100-year-old elevator car you can eat inside of. Here, the **Lasagne (\$7.99)** has 15 layers of cheese, meat, noodles and sauce, but you'll swear you're tasting at least 17 layers of flavor. If that's not good enough, there's actually beer in the chili and several different colors of cheese on the crispy Chicken Parmigiana. Plus, it's in a warehouse just across the river from the office, which means you will have time for the Goopy Brownie Sundae.



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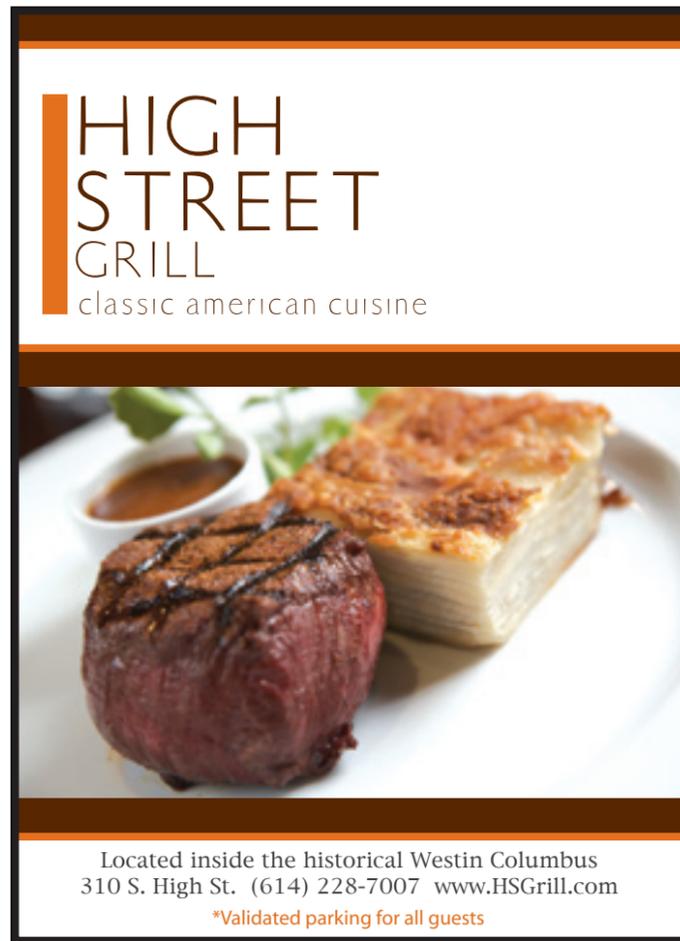
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La Michoacana

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Take a trip down the road of authenticity with these surprisingly traditional Mexican dishes in northeast Columbus. Not only do they offer traditional Mexican platters that are bursting with fresh ingredients, but a customary Mexican market is also located in the same building. If you couldn't get enough of their **Chile Relleno** (\$7.95), two poblano peppers filled with cheese, topped with ranchero sauce and chile con queso, served with a heaping pile of rice, refried beans, lettuce, tomato, avocado and sour cream, take a stroll through their market isles and pick out your own dinner at home.



Chile Relleno (\$7.95)

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As soon as you exit onto Polaris Parkway, a sanctuary for your stomach awaits in the Polaris Grill. Their classy restaurant decor and diverse menu won't disappoint. Seafood, red meat, white meat, pork, veggies - you name it, and their menu will accommodate. We dove into their "55" House Salad and the Chicken Quesadilla for starters. Then we closed the deal with the **Hot Italian Sub** (\$8.95): a garlic toasted roll that houses delicious layers of salami, pepperoni, ham and provolone cheese. Better believe you'll be hard pressed to leave Polaris Grill hungry, broke or unhappy.



Hot Italian Sub (\$8.95)



Polish Sausage (\$3.15)

Wholly Joe's Chicago Eatery

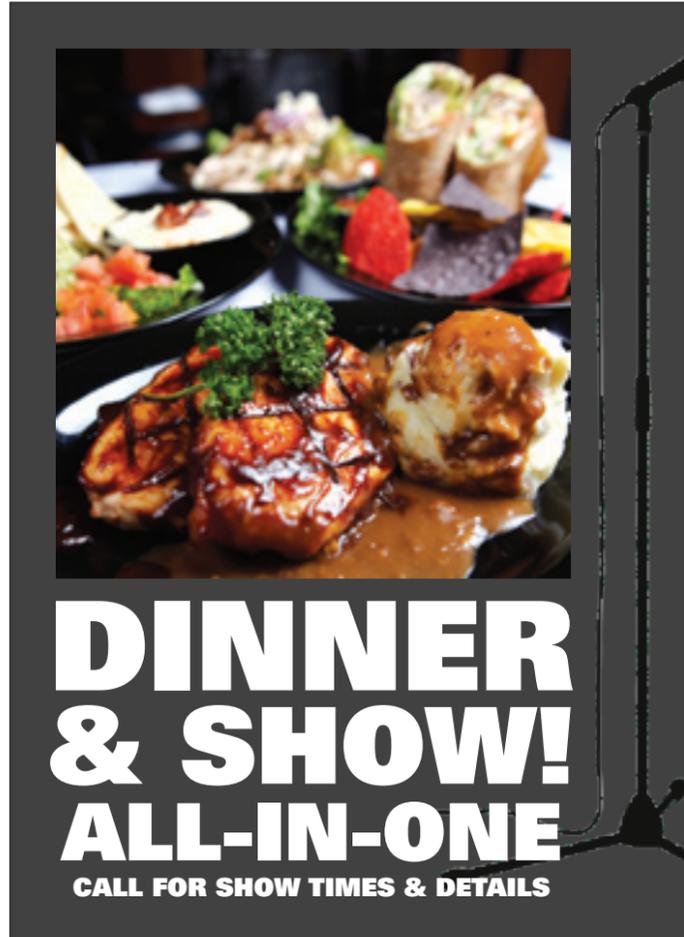
1182 E. Powell Rd. Lewis Center, OH (614) 430-9441
Wholly Joe's brings Chicago-style eats to Columbus. This is good because we don't have to brave the traffic and blistering winds to enjoy their Chicago-style **Polish Sausage** (\$3.15), with all the toppings you'd like - onions, relish, mustard and jalapeno peppers, for starters. Wholly Joe's will take care of you like Chi-town's prohibition era gangsters took care of its politicians.



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ART WHERE'S

More to C » p.47



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Look who we got this month!

ARIES SPEARS AUG 9 - 12
Aries Spears has been making people laugh since he first tested his wit on his family as a child. With recurring roles on MADTV, Spears has become famous for his impersonations of Michael Jordan, Bill Cosby, Mike Tyson and others.

JOHN PINETTE AUG 20 - 23
John Pinette has been on the comedy circuit for over 15 and was named Stand-Up comedian of the year in 1999. He landed every comedian's dream with an appearance on the last episode of "Seinfeld."

J. MEDICINE HAT AUG 27 - 30
The rock & roll comic/hypnotist, J. Medicine Hat melds unbridled charisma and a warped imagination into a performance that leaves people clamoring for more. His performances are not for the easily offended for he delivers an act that is littered with adult language and content.

Appearing also this month:
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SUMMER LOVIN'

For those who don't know who G. Love and Special Sauce are, you might think they're either a funky dish or something a little kinky. Don't get us wrong, they are truly funky and extremely kinky, but only because this alternative hip-hop band from the town of brotherly love is known for their laid-back blues sound.

The quartet, consisting of Garrett Dutton, a.k.a G. Love, Jeffrey Clemens on drums, Mark Boyce on keyboards and Tim Shanko on bass, returns to the Newport Music Hall on August 13th with promises of music that will totally rock your world.

Touring in support of their 2008 album, *Superhero Brother*, the band is now minus bassist Jimi "Jazz" Prescott, who left the band in January. Regardless, the group still remains strong in sound and in beat. In addition to this tour, G. Love will spend a few late summer nights on the road with Jason Mraz.

If that's not enough to fill you up with Love, then visit their site at www.philadelphonic.com for more tour dates and free downloads of their newest music. Otherwise, we'll see you at the Newport on the 13th.



KICK IT UP

One of the most popular end-of-summer events, the Greek Festival at the Greek Orthodox Cathedral in the Short North, returns September 4th - 7th. You can get your fill of authentic Greek fare, including the coveted freshly-baked baklava, dance to traditional Greek music and learn the history of the cathedral during special tours. Your summer won't be complete if you miss this event.



TASTE THIS!

Looking to spice up your life a little? Why not head to Sabor de Columbus at the Columbus Zoo on August 20th. Sabor de Columbus, that's Spanish for taste of Columbus, will feature more than a dozen of Columbus' best in Hispanic and Latin cuisine, as well as music and dance, all laced with Latino flavor and flair. Tickets are \$25. Visit www.columbuszoo.com for more info.



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power struggle

JAMES LAURINAITIS AND MALCOLM JENKINS have left big shoes to fill at alma mater Ohio State University as they transition from NCAA to NFL this fall. Two of the highest picks in the 2009 draft (Jenkins was a first round pick, fourteenth overall, Laurinaitis was a second round pick, thirty-fifth overall), the former Buckeyes acquired a glittering collection of trophies, accolades, awards and titles during their four-year reign. The three-time All-Americans were regarded as two of the nation's top defensive players: Laurinaitis was awarded the Butkus Award for the nation's best linebacker and Jenkins was the recipient of the Jim Thorpe Award, given to the nation's best defensive back, among a number of other prestigious honors.

Laurinaitis and Jenkins were interviewed separately, but asked the same questions. While the two have individual nuances, life experiences and quirks—Jenkins is a leading member of his fraternity, Omega Psi Phi, Laurinaitis comes from a lineage of WWE wrestlers—what is strikingly clear from their interviews is that they possess that universal something that takes an athlete from good to great, and eventually, to phenomenal. Each mentions passion, faith, family and competitiveness as valued traits. But perhaps the most important idea that both athletes discuss is self-sacrifice: putting their social lives on hold to squeeze in two-hour workouts between classes, sending their bodies through hell to become stronger, faster, leaner machines. And they did it all without complaining. They did it because they have the heart and that indefinable whatever-it-is: that mystery quality that it seems only the highest tier of athletes share like a whispered secret.

Laurinaitis and Jenkins leave behind a legacy of excellence at OSU. Jenkins is heading south to play for the New Orleans Saints and Laurinaitis will be trading scarlet and gray for the St. Louis Rams' blue and gold. Certainly they will find success on their new teams, too. How could they not? These two are self-assured and dedicated beyond belief—it seems everything else just falls into place.

Interview: Jason E. Ohlson | **Intro:** Annie Beecham | **Photography:** Eric Wagner
Clothing: G&CO Couture and Homage



Malcolm Jenkins in
SMET t-shirt

James Laurinaitis in
Christian Audigier t-shirt

power struggle: LAURINAITIS & JENKINS

Q&A

You're asked to pen the newest Nike slogan. Do it.

Laurinaitis: "Get it."

Jenkins: "Why not?"

What do you think is your most notable characteristic?

Laurinaitis: My unpredictable personality.

Jenkins: I'm kind of like Dr. Jekyll and Mr. Hyde. When you're interviewing me, I'm really relaxed. But out on the field, I go crazy. I go from one extreme to the next.

You are walking down death row. What's your last meal?

Laurinaitis: I would have eaten some sushi. Definitely some sushi.

Jenkins: I would like to have some fried turkey, just like Thanksgiving Day meal. I would have eaten yams, collard greens, macaroni and cheese, all that stuff.

Do you talk to the opponent during the game? If you do, what do you say?

Laurinaitis: No, not that much.

Jenkins: I don't know if you could print it in the magazine. Pretty much, if they do anything wrong, I'm going to be riding them about that through the rest of the game. Even if they do two touchdowns and 300 yards, I'm still going to be in their ear about that pass that they dropped.

Which player talks the most?

Laurinaitis: Malcolm does. By far he talks the most.

Jenkins: That would be me. I talk more than anybody I've ever met.

Define your tattoos?

Laurinaitis: I've got two of them. The one on my right bicep is a cross with my last name over top of it plus my mom, dad and my sister's name on there. It's really my whole family. The left bicep has my initials done in a tribal style. I really wanted it to look like a tribal tattoo.

Jenkins: I have four of them. One of them says my mom's name, Gwendolyn, with a superman symbol with a "G" in it instead

of an "S." I have "Fear No Man" on one of my shoulders. I have "Killer Instinct" on my back. Then, on my forearm, I have all of Psalms 91:4.

What bands or songs did you listen to before games to get pumped up in college?

Laurinaitis: I usually listen to "In the Air Tonight" by Phil Collins.

Jenkins: The morning of, I would listen to all kinds of Gospel music. I wouldn't listen to anything but about two hours of that. Then later on, I would listen to a lot of music about guns because we call ourselves the silver bullets.

Pabst Blue Ribbon or Budweiser beer?

Laurinaitis: Budweiser.

Jenkins: I don't drink beer. I drink Crown Royal and Sprite.

What qualities do you like most in a coach?

Laurinaitis: I like a coach that demands the best out of you. He demands perfection.

Jenkins: I like a coach who can get in your face, but at the same time will teach you. Every coach will yell at you, but in the end you won't learn anything. Any coach can say "Do this or that," but the best kinds of coaches will tell you what you did wrong, and what to do instead next time.

What is your greatest fear?

Laurinaitis: I hate bugs. Spiders and things like that totally freak me out.

Jenkins: Heights.

What is your current state of mind going into the pros?

Laurinaitis: Excitement. It's pure excitement thinking about getting there. I will realize it is a dream fulfilled the first time I put on that uniform with that pro team emblem on the front and the matching helmet.

Jenkins: I want to come in and dominate. My mindset is kind of getting back to the way things were for me freshman year of college. I just have to be humble

and be hungry to learn. I have to find my niche in the league. I can't come in expecting to be an all-pro right away.

What one possession do you treasure the most?

Laurinaitis: My Bible.

Jenkins: My Jim Thorpe trophy.

What do you dislike the most about yourself?

Laurinaitis: I'm a perfectionist.

Jenkins: I can be a little too competitive. I'll be playing Monopoly with my mom and stuff, and I won't let her win. Anything I compete in, I'll be trying to win, and I'll even talk smack to my mom. That's probably my biggest loss: being too competitive.

What is the most important issue facing the world today?

Laurinaitis: Lack of faith.

Jenkins: Everybody needs to learn how to love everybody else. I think everyone is so caught up with themselves that they forget the whole love thing. All the problems we have in the world today could be solved if people just stopped caring only for themselves and started really caring for other people.

What's one thing you've always been a sucker for?

Laurinaitis: That would have to be strawberry cheesecake.

Jenkins: Coldstone Creamery's birthday cake remix ice cream.

Your secret dream is to ____.

Laurinaitis: Travel to Jerusalem.

Jenkins: I wish I could sing so badly. I'll be singing in the shower or something, and then when I turn the shower off, I'm afraid of what I sound like.

Say you can trade shoes with any other athlete. Whose shoes do you take?

Laurinaitis: LeBron James'.

Jenkins: Probably Shaq's, just because I'm curious about how big they are and what they really look like.

Who was on the first poster in your room?

Laurinaitis: My first poster was of Kirby Pucket.

Jenkins: Kobe Bryant. I've never really been a big poster fan. I've only had that one poster on my wall my whole life.

Do you have a favorite restaurant in Columbus?

Laurinaitis: It's between Hyde Park and Haiku.

Jenkins: Applebee's.

What annoys you?

Laurinaitis: Lack of effort from other football players really annoys me.

Jenkins: In team sports, the guys who just "don't get it" really annoy me.

What makes you angry?

Laurinaitis: Losing.

Jenkins: Not much makes me angry, but I really only get angry at myself when I'm not performing up to my own standards.

Ever been in a real fist fight?

Laurinaitis: No.

Jenkins: Yeah, but not since high school, though. I never lost a fight. A lot of people say that, but I really mean it. I haven't had a lot of fights, but I win them all.

Time is ____.

Laurinaitis: Eternal.

Jenkins: The best way to answer that is by referencing a poem entitled "Minute." A minute is forced upon you. You can't control it or get it back. If you don't use it, you'll have to face the consequences of not using it wisely. It is invaluable and permanent.

Family is ____ and the root of ____.

Laurinaitis: Family is everything.

Jenkins: Family is the foundation and the root of your blossom.

Got a post or pre-game ritual?

Laurinaitis: I have a ritual of

>>>continued on page 28

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power struggle: LAURINAITIS & JENKINS (continued)

praying in the end zone.

Jenkins: James, Marcus and I, we always do a Bible study before the game in the hotel room.

Besides working out, what do you look forward to most in the off-season?

Laurinaitis: I look forward to the next time I can play football.

Jenkins: In the past four years, it has been nothing but football, school and my frat. In the couple weeks that I've had off, I've gone home to New Jersey to see my family. What I'm looking forward to now, in the off-season, is just some time to myself.

Who is your hero?

Laurinaitis: Jesus Christ, for sure.
Jenkins: I really don't have any heroes, but if I had to pick someone to follow, it would be Jesus Christ.

What is the hardest thing you've

"You gotta sacrifice your body, you know, because basically our body is our business now."

ever had to do?

Laurinaitis: I've been blessed, I don't know.

Jenkins: Getting into and joining my fraternity, Omega Psi Phi.

What's the best advice you ever received, and who gave it?

Laurinaitis: My dad told me that the day I get completely satisfied with the way I am as a football player, I should quit, because at that point, everyone will start to catch me.

Jenkins: I've had a lot of good advice, but just recently, when I was meeting with the Tennessee Titans, a woman gave me some. This lady was in the shuttle with me going to the airport, and overheard me talking with the driver about the whole process of the draft and everything. She said, "Oh, so you're about to get drafted in a couple weeks?" I said,

"Yeah." And then she said, "Well, don't you think you need to buckle up?" That was one of the best pieces of advice I've heard in a long time.

Do you work out because you enjoy it, or do you work out to be the best?

Laurinaitis: I enjoy it.

Jenkins: I work out 'cause I want to be the best.

What is your favorite part of a football game?

Laurinaitis: Winning as a part of the team.

Jenkins: Playing it. You know, I wouldn't even say that preparing for it is a necessary evil, but you have to work out and all that. But once you take all that, you put it into a game you have on a Sunday afternoon and everything. There's nothing like that. It's one thing I love the most. It's gratifying. You as a person, you know how good

your work can be. That's why you see guys can have a big game, but they know the opportunity could've been missed. Whenever you can see it play out, you take advantage of your opportunities.

Favorite movie?

Laurinaitis: *300*, *Step Brothers*, and *Sex and the City*.

Jenkins: Any Will Ferrell movie is my favorite movie. But between *Step Brothers* and *Superbad*, I think those are the two movies I probably watch the most.

The draft: were you scared just a bit at how chance and circumstance might play with your future?

Laurinaitis: I'm not scared at all.

Jenkins: Not at all. I mean, people ask me over and over again if I was all right because I was calm, and honestly the draft was really

the last thing on my mind. I was more about trying to spend time with my family. And everyone was worried about me because I wasn't really nervous. It was just 'cause I knew God was going to put me where He wanted me to be. He really put me in a great place and in a great situation.

Choose one to be remembered by: class act, tough as nails, or smart as hell.

Laurinaitis: Class act.

Jenkins: I think I'll be remembered as the guy who had all three of them. If I had to choose one, it wouldn't be any of those. It would be "ultimate competitor."

Single or dating?

Laurinaitis: Dating.

Jenkins: Single.

Do you ever wake up and go, "I'm the man!"

Laurinaitis: Never.

Jenkins: Nah, I wake up and go "Dang, I gotta go to class."

Laurinaitis, I read about you playing hockey when you were growing up. Explain that.

Laurinaitis: I played up through senior year of high school. I had to decide in my junior year to either enter my name in the draft for the NHL or to focus on college football. I decided on football.

Did what you learn in hockey end up helping you in football?

Laurinaitis: Hockey helped me with my angles. I had to deal with a lot of short and quick guys, and so I had to take angles and cut them off. Hockey helped me learn to cut guys off and keep them away from the net. It also trained me in moving from my hips.

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Laurinaitis: Dion Sanders would represent speed. LeBron James will bring the explosive power. Barry Sanders had vision and Lance Armstrong is endurance.

Jenkins: I would take Dion Sanders, Ray Lewis, Payton Manning, and Lance Armstrong.

How long do you train per day?

Laurinaitis: Two and a half hours.

Jenkins: I probably train about two hours a day.

Self sacrifice: apply it to your career and personal life.

Laurinaitis: Self sacrifice for football is training when you don't want to. In my personal life, it is putting others before yourself.

Jenkins: You gotta sacrifice your body, you know, because basically our body is our business now. You gotta fight the pain in your muscles, and train your body, period. If you cannot do that, then you cannot play this game. In my personal life, somebody like me, I prepare. I take my day seriously so during the season there really is no social life. We may hang out after games at the end of the week, but during the week there really is no social life. I'm doing extra film in the morning between classes, after classes I'm doing some more extra film, and then in the evening, I'm popping in take home DVD's and studying what I've learned, so there really is no extra social life.

Given your aspirations and projected future, are you really able to leave it all on the field at this point in your career? Can you take those risks?

Laurinaitis: Yes. That is what the game is. It's finite and won't last forever. I have to go 100 percent all the time.

Jenkins: I'm gonna play the game. The money part only comes because that is what the NFL is now. If people in the league weren't making so much money, I would still play. It's not about the money, it's about the game. That's just the way I have to play the game, full speed with all the strength I've got.

What three words would you use to describe yourself?

>>>continued on page 31

Laurinaitis in
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power struggle: LAURINAITIS & JENKINS (continued)



Jenkins in
Smet t-shirt
Laguna Beach denim

Laurinaitis: Perfectionist, faithful, and passionate.

Jenkins: Passionate, enthusiastic, and caring.

Oatmeal and a banana, or steak and eggs?

Laurinaitis: Oh, steak and eggs.

Jenkins: Oatmeal and banana.

What moment are you most proud of in your college career?

Laurinaitis: Every time we would beat Michigan.

Jenkins: When I won the Jim Thorpe Award.

If you could change one thing in your past, what would it be?

Laurinaitis: I would be scared to change anything because it might place me somewhere different than I am today.

Jenkins: I gave up a touchdown in a championship game, and I would take that back.

What game did you play during recess growing up?

Laurinaitis: Touch football.

Jenkins: Kickball.

Women are the best at ____.

Laurinaitis: I've got to be careful how I answer this. They are the best at getting what they want.

Jenkins: Breaking you down.

What animal would you be?

Laurinaitis: A lion.

Jenkins: A cheetah.

If you could combine any two sports what would they be, and what would you call it?

Laurinaitis: I would combine hockey and football. It would be called "football on ice."

Jenkins: Oh man, um, that's funny. I've never gotten that question.

What two sports should they be? Probably football and hockey: "football on ice."

What's more important—talent or heart?

Laurinaitis: Heart.

Jenkins: Heart.

Check out ColumbusMag.com for the full interview.

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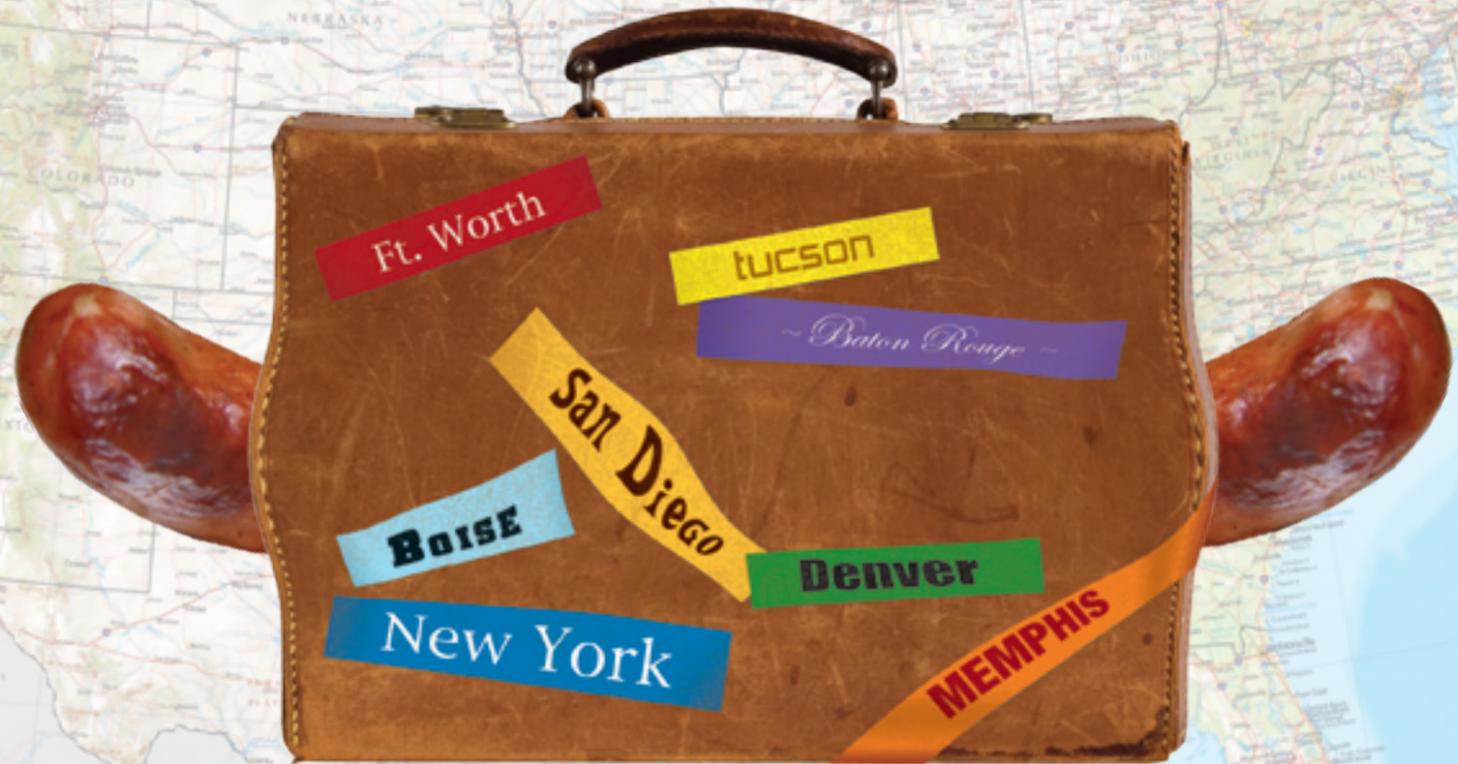


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WHAT La Chatelaine in Dublin, the newest of the three restaurants that the Wielezynski family has opened in Columbus, recreates the atmosphere of a small French neighborhood at its location on Bridge Street. “Restaurant,” though, is not really an accurate term to describe La Chatelaine. A combo bakery, patisserie, café, bistro, bar, and brasserie, La Chatelaine is a place where one can dine three times a day but have a completely different, yet always traditional, French experience each visit—and it won’t break the bank, either. Grab a cup of coffee and a pastry in the morning at the café, pick up

a soup and salad at the bistro for lunch, and sit down for an authentic French meal in the evening—with the house wine or a Belgian beer, *s’il vous plait*. And one of La Chatelaine’s biggest draws: don’t ever expect to pay more than \$16 per entrée.

WHO Val Wielezynski, owner of the Dublin restaurant, is one of four siblings who run the family-owned business which his parents began after immigrating to the U.S. in 1985. The senior-most family members, patriarch and matriarch Stan and Gigi, are still very much involved in

the restaurants. However it’s the three eldest children, Tad, Val and Marie-Charlotte, who take care of the day-to-day operations of the three locations. It is obvious that La Chatelaine is intrinsically different than any chain restaurant because of its familial roots, and it is especially distinctive from American faux-French eateries because of the authenticity of the recipes, passion of and talent within the family. Go to any of the locations—Dublin, Lane Ave., or Worthington—and you’ll be dealing directly with a Wielezynski family member.

WHEN The posted hours are 7 a.m.

to 9 p.m., seven days a week. The actual hours are more like 7 a.m. to whenever-the-last-customer-leaves. Val, concerned with his diners’ experience, doesn’t hesitate to keep his restaurant open late for those capturing the spirit of a true European dinner, which has a way of turning into a lengthy affair. If you’re a happy-hour adherent, don’t miss out on La Chatelaine’s; theirs runs 5 p.m. to 7 p.m. at all locations.

WHERE The Dublin restaurant is a 2007 addition to the downtown historic district. Val and his father, Stan, designed the building, influenced by the architecture

FRENCH FOR FOREIGNERS

CAFÉ Where a *Français* picks up his morning pastry and coffee – a cup quite unlike what Americans sip.

BISTRO From the Russian word for “quick.” Offers a quick and standard meal each day.

BAR-TABAC The French one-stop shop for cigarettes, drinks and snacks, and nothing more.

BRASSERIE An upscale bistro, with a full service bar. Diners sit down and eat, usually in the evening.

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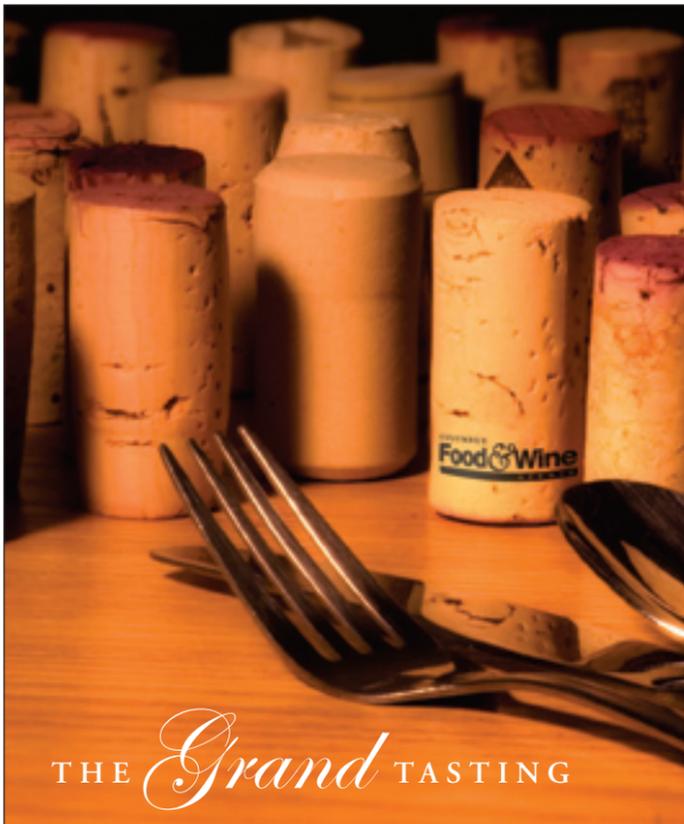
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A mouth-watering selection of La Chatelaine's pastries and desserts available à la carte at the bakery counter.

of the French countryside. Val had the opportunity to open the restaurant at Polaris or Easton, but he deflected due to the importance of being rooted in and surrounded by a community—which Dublin undeniably provides.

La Chatelaine *première*, opened in 1991 on Lane Ave., the street of which was incidentally inspiration for the name of the restaurant. The second opened in Worthington in 1993, and after a hiatus of 14 years, the family finally got the Dublin location up-and-running. The delay, Val explained, was due to a lack of family members of age and experience for the undertaking. The youngest Wielezynski, Janek, 22, is on track to become a contributing factor after enrolling at the Culinary Institute of America in California where he will decide if he wants to focus his education on pastries, bread or wine.

THE TEST Val indulged us with an authentic countryside

feast—with an emphasis on feast. The meal began with the Plateau de Charcuterie: a slice of homemade pâté—sans liver, but with cognac and black truffles—sausage, prosciutto, pickles and Dijon mustard. The Escargots de Bourgogne followed, prepared very simply with salt, pepper, garlic, parsley and butter.

As we tested the Flamekush Lyon, a flat bread with various meats, olives and a fire roasted tomato sauce, Val explained that the oven roasted bread, a staple of the Alsace region of France, has a history that reaches back to the Middle Ages. La Chatelaine's flamekush is cooked in old-fashioned ovens from Europe.

The Cuisse de Canard arrived, prepared confit: in its own fat. The duck is served as part of a stew with pork, beans, leeks, onions, tomato, red wine and garlic. The confit preparation of the duck gives it a rich flavor and tender consistency that is truly *française*. The best part

about La Chatelaine's meat is that it all comes from the Ohio State Butcher, which equates to freshness and value.

Moving on to another bird, we tested the Vol au Vent de Poulet, à la crème fraîche. This dish of sautéed chicken breast and mushrooms with a cream-based sauce is served in a light and flaky puff pastry, which allows for volume on the plate, but not in the belly.

To round out the meal, we were served Galettes de Crabe, Saumon et Crevettes. The three cakes were complemented by assorted root vegetables and jasmine rice—a savory, but not overly heavy dish.

For dessert, La Chatelaine is not short of options. Val's older brother, Tad, is a chocolatier and pâtissier, and prepares all of the pastries at the location on Lane. Their dense macaroon and the La Chatelaine chocolate cake are must-haves.

■ Annie Beecham

PALATE PERFECT

Request these three dishes for the right-sized sampling of La Chatelaine's staples. Start with one of the Flamekushes, each named after different French cities, for an appetizer. For your entrée, get the Galettes de Crabe, Saumon, et crevettes (crab, salmon, and shrimp cakes). Finish in true European style with the Plateau de Charcuterie, in lieu of a sweet dessert. The best part: all dishes beg to be shared, perfect for a romantic date.



Menus available online at
ColumbusMag.com



HOUSE WINES

La Chatelaine imports their house wines directly from France. The bottles are shipped with a custom designed label, unique to La Chatelaine.

Côtes du Rhône The house red from the Rhône region of France. Glass \$6.95 Bottle \$21.00

Macon Village The house white, a light, medium-body chardonnay from the Bourgogne region of France. Glass \$6.95 Bottle \$21.00

Happy Hour \$1 off drafts and bottles \$1 off glasses of wine \$3 off bottles of wine \$4 martinis



TAKE A SEAT

The Patio:

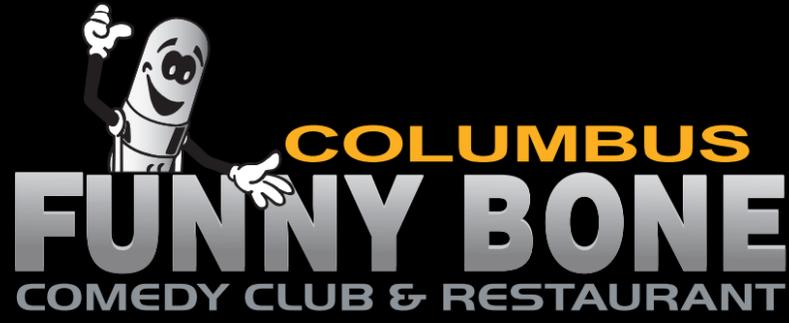
Eat lunch alfresco while sitting underneath one of La Chatelaine's familiar red and white umbrellas.

The Bar:

Grab a seat here during happy hour to have a glass of wine or one of La Chatelaine's specialty beers after a long day at work.

The Dining Room

Take dinner inside. With candlelight, top-quality food and great service, Dublin feels a bit less Irish and a lot more French.



ON THE PATIO

The July 16th debut of *C Magazine's* new Select Comedy Series at the Funny Bone was a crowd pleaser. The free event began at 5 p.m. on the patio with live music, thanks to local favorite Karate Coyote. Guests cooled off with Bud Select drink specials and enjoyed a complimentary buffet of crab cakes, roasted pork, potato skins, and chips and salsa, while anticipating the main event: the stand-up act of headliner Adam Ferrara. Ninety-nine of the 200 invite-only guests walked away with off-the-hook gift bags. The event was the first of more to come.

IN THE CLUB

Guests took shelter inside to refresh their drinks, grab a plate of food or to escape the July heat. At 7:30 p.m., everyone headed to the theater to grab seats for the comedy show. Columbus radio personality, Dino Tripodis, greeted the audience. Local comedian Rob Paulette and Mike Merryfield gave their own hilarious stand-up acts, before Long Island native Adam Ferrara took the stage. Ferrara, who has starred on *Rescue Me* and *King of Queens*, gave a tongue-in-cheek act that kept the audience going.

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LEVEL LOUNGE OPENING | The Short North welcomed a new member to its list of fine restaurants on June 13th as Level Dining Lounge celebrated its grand-opening. *C Magazine* was there to take part in Level's first Saturday at 700 N. High. The super posh restaurant aspires to provide "innovative displays of mixology," while serving excellent cuisine that runs the full gamut of culinary categories, from BBQ to Mediterranean, Italian to Cajun and everything between.

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SUMMER SMOKE OUT | BoMA fired up the grill on June 19th to welcome former Buckeyes Mo Hall, Roy Hall and Antonio Smith for an evening with no shortage of cigars, Jack Daniel's Whiskey, wine, live music and prizes. It was, without a doubt, the ultimate way to kick back and relax like a true gentleman. Good people, good conversation and a good atmosphere unquestionably welcomed summer the right way.

au bon pain.

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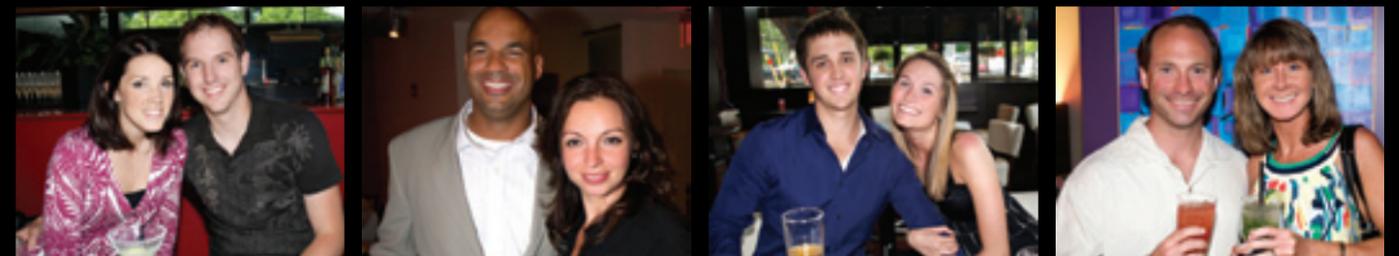
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SNUG HARBOR | Buckeye Lake's new waterfront community, Snug Harbor, celebrated its grand opening on June 13th. Saxophonist Paul Taylor headlined the event, which featured live music, fireworks and tours of the new development. The new village provides an upscale escape with a resort feel, and is only 35 minutes from downtown. The event expressed the community's non-cookie-cutter nature, with architecture inspired by worldwide coastal destinations.



LEBLON CACHAÇA | Hyde Park's Eleven mixed up some signature Leblon Caipirinha's on Tuesday, June 23rd. What is a Leblon Caipirinha, you ask? Start with a shot of Leblon Cachaça, a Brazilian rum distilled from sugar cane juice, mix with muddled limes and superfine sugar, and serve over ice. Guests enjoyed gourmet appetizers while perusing the stands and products of the event's exciting product partners: Astor & Black, Homage, Zodiac and Germain Mercedes.



SIP INTO SUMMER | C Magazine thought it was a great idea to kick off the summer at Details Mini Bar & Lounge on Thursday, June 18th with five signature cocktails overflowing with fresh juices, fruit and top-shelf liquor. Providing light hors d'oeuvres and plenty of cocktails, Details managed to loosen up C's guests, preparing them for the season of rest and relaxation.

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HOLLYWOOD

→ **HOLLYWOOD CARS**

Several outwardly identical "cloned" cars are typically built for a movie. Some are partial camera cars or "bucks," some are stunt cars built for specific purposes and scenes, and only one is the "hero" car (the one perfect car of the batch) for all of the close-up work. Ricker only collects the hero cars.

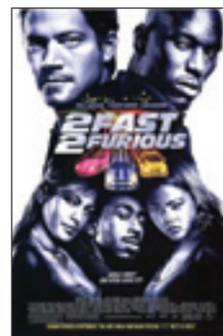


IMAGE | ©2009 NBC UNIVERSAL

This R34 not only had to be the hero car, but also had to perform the iconic race scene in the beginning of the film.



→ **BACK IN THE SHOP**

Immediately after filming, this R34 spent well over a year back in Ted Moser's shop to freshen it up to its pristine "pre-shooting" condition. Movie cars are working assets, and as a result, get their fair share of what's called "movie rash" during filming.

→ **TRIVIA**

Actor Paul Walker (who drove the R34 in the movie as "Officer Brian O'Connor") liked the Skyline so much that he imported his own personal R34 to be used for racing purposes.



'99 R34 SKYLINE V-SPEC

My sons and I have always had rather eclectic tastes in automobiles, and this R34 Skyline from the movie *2 Fast 2 Furious* is a great example. To American car buffs, the Nissan Skyline supercar was a mythical legend, as few were exported by Nissan outside of Japan (the new GTR35, out last year, was the first on the U.S. market). The R34 Skyline is a right-hand-drive, twin turbo-charged, all-wheel-drive/all-wheel-steering, 6-speed coupe powered by Nissan's legendary RB26 double overhead cam engine (factory 9000 RPM red line!). The car's much-touted advanced-computer-control system is so sophisticated that it can make a decent driver look like F1's Michael Schumacher on a road course! In fact, it handles and performs so well that the movie transportation coordinators had to actually remove the front drive shaft (making it only rear wheel drive) in order for it to drift, skid and burn rubber for the desired effects in the racing scenes.



Jon Ricker, Owner

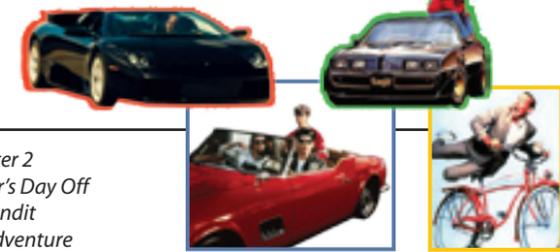
Custom "House of Colors" paint, complete graphics package, full body kit and carbon fiber wing were added. A full lowered racing suspension (including coil-over shocks, bigger brakes, software modifications and HRE wheels with Toyo low profile tires) were installed for better handling. The drive train was radically tweaked as well. The engine, clutch and transmission were completely race-built by RB in California (THE Skyline racing experts in the U.S. at the time). Using the race fuel tune on the AEM engine management system, this car produced 662 horsepower at the wheels on the all-wheel dyno without using the nitrous oxide. Pushing the buttons on the two-stage nitrous and inter-cooler spray system takes the performance from "scary-fast" to "absolutely insane." A racing fuel cell and fuel delivery system replaced the standard parts, and an exhaust flamethrower system was installed in the trunk specifically for the launch scene at the beginning of the race.

The interior was heavily customized including Sparco racing seats, harnesses and steering wheel; blue and gray alcantara fabric; a roll cage; three 20-pound carbon fiber NOS tanks and interior mounting bed; custom nitrous performance control system; ultra high-end audio gear; and all of those blue neon tubes that you saw in the film.

Jon Ricker

SILVER SCREEN DREAMS

Ricker's collection got us here at C thinking about our own dream movie car. Here's a few of the staff picks.



- Lamborghini Murcielago Roadster - *Transporter 2*
- Ferrari 250 GT Spyder California - *Ferris Bueller's Day Off*
- Pontiac Firebird Trans Am - *Smokey and the Bandit*
- Pedal Pusher Custom Bicycle - *Pee-wee's Big Adventure*

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BUD LIGHT

ART WHERE'S
Continued from p.21



TOP 10 GET DOWN
They captivated audiences around the world with their rise to stardom, and now their stars will burn bright here in Columbus on August 25th when the *American Idol* Tour returns to Value City Arena. Featuring the vocal performances of Allison Iraheta, Anoop "Dog" Desai, Danny Gokey, Lil Rounds, Matt Giraud, Megan Joy, Michael Sarver, Scott MacIntyre, Adam Lambert and winner Kris Allen. Tickets are still available at www.ticketmaster.com



ARLINGTON ART
Labor day weekend would not be the same without the Upper Arlington Arts Festival. As Central Ohio's premier one-day, blind-juried arts festival, it showcases nearly 200 fine art and craft artists from all over the country in an alfresco, interactive art space. Not to mention, there is music throughout the day, as well as fine fare to fill you belly! The show is free and takes place on September 7th this year.



BUILDING EASE Couch Forts

A Couch Forts song buries the listener under dense layers of banjo plucking, strums of electric guitar and swirling violins. Cushion after cushion, the three members build up a melody on stage that encompasses the audience with a sound that causes their feet to stomp and heads to nod until they are trapped in the fun that show brings.

"I think the idea is to try and create as much noise as we possibly can between the three of us," guitar player and vocalist Owen Kelley says. "We've tried to add more to it, but we always seem to come back to just the three of us - it just works best that way."

Kelley met violinist Matt Opachick in 2007, while attending Capital University. They got to know each other in music classes, and after finding out that he played violin, Kelley asked him to add to a couple of songs he'd written. After realizing that they had something, the two decided to

ask banjoist Tyler Evans to enter the fold. They've been spreading their folksy, playful brand of music around every venue in Columbus since.

"I think we're really just Indie Bluegrass maybe," Opachick says. "We have a lot of 'folk' in our music, but that seems to be the best way to describe it."

Already with two EPs to their credit, Couch Forts are hoping to put out their first full-length album this fall. The group is heading to a rural Pennsylvania cabin with no electricity in hopes of trying to capture something more on their record.

"It's going to be great out there with nothing but lanterns and candles while we're playing," Kelley says. "Hopefully, at night, we'll be able to look up and see some stars."

For more go to www.myspace.com/iliveinacouchfort

■ Cary Smith

THEY DID IT AGAIN PAPER AIRPLANE'S NEW ALBUM

We caught up with Paper Airplane to see what's been going on since we featured them last year. Turns out they have a new CD coming out soon. The much-anticipated "White Elephants" CD release party for Paper Airplane is Friday August 21st at the local Summit St. bar, Ruby Tuesday. With a full band lineup, including Super Desserts and Winter Makes Sailors, the show easily has the potential of being un-missable. You'll also be able to snag a copy of "White Elephants" online through iTunes, Amazon and others very soon.

PAPER AIRPLANE RELEASES "WHITE ELEPHANTS" AT RUBY TUESDAY ON AUGUST 21ST.



PHOTO: ERIC WAGNER



DEEP DISH Shane O'Neill

Once a month, *C Magazine* sits down with a prominent Columbus figure to understand their vibe at 5:01. This month, Shane O'Neill, who appeared on VH1's new series *Tough Love*, gave us the inside scoop on what it's like behind the scenes of a reality TV show.

Since appearing on *Tough Love*, do people notice you more? I definitely get noticed from time to time from being on the show. I notice it in places like coffee shops where they typically ask your name. They will say my name like I know them, but it's the first time I've ever been to that shop.

Would you do it again? No, I had fun participating on the show. I would do it again, but *only* if it was

another higher-budget show. Knowing that Drew Barrymore was one of the producers made it much more appealing to me. So many reality shows today are really pretty terrible!

What reality TV shows do you watch? I enjoy watching *Hell's Kitchen* because I like how Gordon Ramsay takes no shit from anyone and tells it like it is, much like I am. Not to mention, I love spending time in the kitchen!

If there were a reality TV show about your life, what would it be called? Wow, that's a tough question—I don't think most people could keep up with a show about my life. I'm all over the place, but it works for me.

What characteristics do you attribute for your success as an entrepreneur, businessman, and now, reality TV star? It's a combination of my ADHD and my desire to

try everything once that keeps me constantly exploring new things in my life.

What are your vices? Beautiful women! Love is like a see-saw: it has its ups and downs. I'm a big believer in falling in love, and I think there's no better feeling in the world than the feeling of being in love.

You've accomplished a lot already, but what are you most proud of? Hands down

participating in raising my amazing son. My 10-year-old son Quinn makes me very proud every day.

What's your favorite Columbus restaurant? Other than takeout from Shane's Gourmet Market in German Village, it would have to be Rubino's Pizza in Bexley.

What do you miss about Columbus? Columbus is a great place to be from—it's safe, clean, good people,

and all that together gave me a great foundation as I grew up. The gray weather is a totally different story—I enjoy visiting Columbus for a week or two each year, but then it's back to Los Angeles for me where I have my son and it's always blue skies.

You have one day to live: how do you spend it? With my son—I would make it the longest day of my life!

■ Jason E. Ohlson



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