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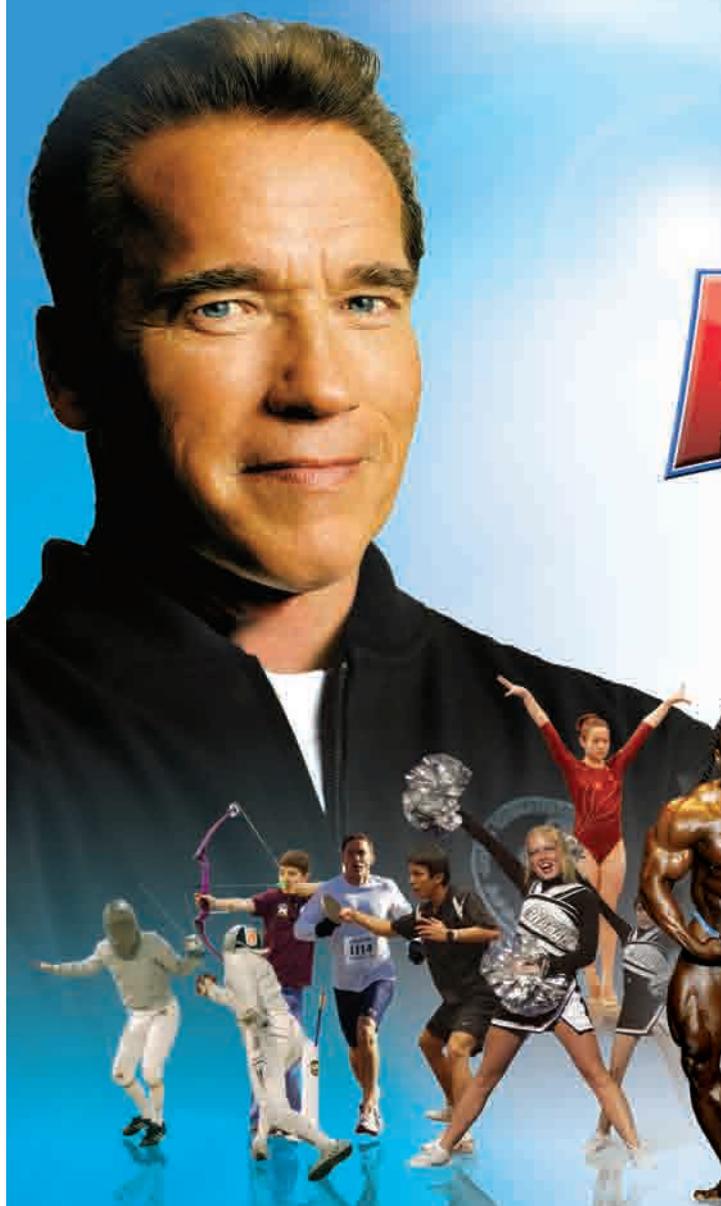
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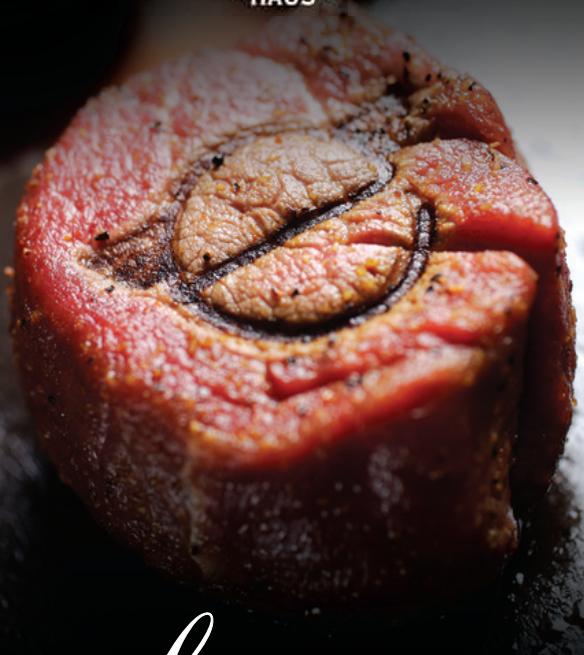


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CARY SMITH, ERIC WAGNER

**FINAL WORD**  
JASON E. OHLSON, ERIC WAGNER

**DROP POINT**  
ALLYSON McCARLEY

**COVER STORY**  
**PHOTOGRAPHY:** ERIC WAGNER  
**INTERVIEW:** JASON E. OHLSON  
**INTRO:** ANNIE BEECHAM



THIS MONTH'S HEALTH & WELLNESS AMBASSADOR IS NONE OTHER THAN OHIO'S OWN PRIDE AND JOY PRO-SKATER, CHAD KNIGHT. HIS HUMBLE BEGINNINGS AND FAMILY VALUES ARE THE FOUNDATION FOR HIS UNFORGETTABLE SUCCESS. READ ON TO LEARN MORE ABOUT THIS AMAZING TALENT FROM WESTERVILLE. GRIT AND DETERMINATION ARE HIS SPECIALTIES.

*special thanks:*  
C MAGAZINE WOULD LIKE TO THANK ALL OF OUR SPONSORS, ADVERTISERS AND SUPPORTERS FOR THEIR MUCH APPRECIATED TIME AND ATTENTION OVER THE LAST TEN YEARS. AS ALWAYS, WE WILL CONTINUE TO BRING YOU THE INFORMATION YOU NEED TO ENJOY COLUMBUS IN FULL AND THE EXCLUSIVE FEATURES WE'RE CERTAIN YOU WON'T FIND ANYWHERE ELSE. LET THE GOOD TIMES ROLL IN 2011!

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FROM THE EDITOR  
editor@columbusmag.com



Jason Ohlson with professional skater Chad Knight

## THE ME IN TEAM

Unlike our tropical predecessors, who were blessed with an abundance of natural resources and seasonal advantages, thus affording them a propensity to share, Western culture developed during a frozen time of sparse offerings, a time that demanded a keen sense of self-preservation. Our innate instincts are to hunt, gather and hoard because for so long we needed to. And when survival was at stake, it was the “me” before the “we” every time.

Dating back centuries before the rise and fruition of Western culture, however, man has regularly performed intellectual and physical miracles, not so much as individuals, but with the cooperative strength of the masses. For when populations subscribe their hearts and souls to a common intellectual or physical goal, their individual members are only then reminded of their full potential. As time has often shown, the power of one can be great, but the power of many can be magnificent.

Individualism is a double-edged sword. On one side, it keeps conformity at bay and defends against tyranny; on the other, it sometimes severs the bonds of unified efforts. What’s society’s answer to all of this? Teams. It’s in our work, our entertainment and our families. This concept is in every facet of our lives. It works well for our culture, because as much as it brings individuals together to work on common goals, it leaves room for personal achievement and competition. Unanimous dedication may be too great a leap for our current culture to take, but in groups, we at least find ways to take steps. Sum them all, and the distance we cover is inspiring.

In this, our *Health & Wellness* issue, we’ve chosen to spotlight some justly celebrated local figures whose entire lives revolve around individual accountability and teamwork.

Check ‘em out. You’re sure to be inspired.

Jason E. Ohlson

# HEALTH & WELLNESS 2011



## COVER STORY | 22

### 11 | SUITLESS

These guys are all over the place – and all with gusto and great intention. Brian Pitzer stimulates the populous with his caffeinated water; Matt Maglicic upgrades his clients’ life experiences through fitness; and Laura Miller reminds children that their bodies are a gift, no matter what their packaging may be.

### 18 | 9 FOR \$9

As we all know, there’s never a shortage of new, unique lunchtime joints in Columbus that’ll make your day a little more worth trying. From meatball and Italian subs to loaded nachos, wecks to wrecks and everything in between, we got them figured out for \$9 or less.

### 21 | ARTFUL VIEW

This year marks the first year for The Arnold Sports Film Festival (ASFF). Produced in partnership with Ideas United – the creators of Campus MovieFest (CMF), the world’s largest student film festival – the ASFF will seek films and filmmakers who explore the journey of individuals who participate in athletic expression and competition.

### 22 | RAMPING UP

As a teenager at DeSales High School in the early ‘90s, Knight was an enigma. “I was at a school where I felt totally ostracized because of what I did, but I loved it too much to give it up and try to fit in,” Knight said about skateboarding when we recently caught up with him in Columbus. He’s proved all of the naysayers wrong who didn’t believe a Midwest boy could break into the extremely competitive world of pro-skateboarding.

### 30 | THE FARE

You’ll find the world of Mezzo, an ultra alluring eatery, perfectly situated in the heart of Gahanna. A cosmopolitan crowd awaits, as well as a delectable representation of Italian fare. The food here will inspire you, but it’s the sophisticated ambiance that will sweep you off your feet. Read this month’s feature to learn Mezzo’s ins and outs. There’s no doubt you’ll upgrade your date nights.

### 37 | RIDE 23

Mike Arfa desires maximum performance from his ride. In this month’s feature, he boasts about his Nissan 370Z, decked out, supercharged and tons of fun. To revamp, repaint, install supersonic sound system? For Arfa, these are just a few of life’s biggest questions. For him, it’s about performance and passion. Read this month’s feature to see which comes first.

### 39 | BEYOND 270

The Town Monster, Columbus’ own spooky music marvels, delights in mixing up various genres of sound to create eerie masterpieces. This ambitious trio consistently shoots out material and constantly looks to the future. See what’s up ahead for these frightfully talented men.

### 40 | FINAL WORD

Anthony Schlegel, former Buckeye and NFL quarterback sniper, gives this month’s final words. While many are aware of his intense nature and drive to dominate opponents, few are as familiar with his inspirations, annoyances and weaknesses. Even fewer know of his secret fondness for malts and bedtime story sessions with his kids.



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**FOOD FOR THOUGHT LAURA MILLER**

Like most 8-year-olds, Laura Miller had a dream. Some kids dream of making the last shot in the NBA Finals at the buzzer or being an astronaut on the way to the moon and beyond, but hers involved pirouettes and gracefully floating across the stage with the ease of butterfly. This dream came to an abrupt halt when a dance instructor told her that being a ballerina wasn't in her future, and in so many words, that she was too fat for ballet.

"It really crushed me," says Miller. "It had a huge impact on my self-image and my self-confidence. I don't think it's anything that any kid should have to go through."

Years later, when David Wilson formed the Children's Body-Image Foundation in Columbus, an organization dedicated to creating self-esteem for children who have health issues, it seemed like the perfect place for her to help. Now the executive director for CBIF, Miller helps children who might be burn victims or have prosthetics realize the self-confidence and courage to pursue their dreams.

"With some of the health issues that I had growing up and my issues I had with my own body image," says Miller, "I

thought that I could understand and help children deal with some of what I went through a little better."

Miller also became involved in nutrition after years of being misdiagnosed as hypoglycemic by doctors only to find out that she had an allergy to gluten. It made her take a much closer look at the nutritional contents of everything she was buying for herself and her son, and made her realize most things marketed to children are unhealthy.

Once Miller improved her eating habits and started analyzing the nutrition facts for every item, her son began following her lead and doing the same. This led to her creating *Follow Me! Healthy Parents, Healthy Kids*, a group to educate parents and children on better, healthier eating habits. The group has been putting on events across the state with tremendous success.

"I think there is a lack of education out there on what is nutritious, and it becomes harder to see through the marketing and convenience of foods that are not good for you," says Miller.

**Cary Smith**

**WORK YOURSELF INTO SHAPE**

Ever found yourself sitting at your desk at the office, thinking, "How in the world am I going to squeeze in gym

time today?" Then, get this: Dr. James Levine of the Mayo Clinic studied the effect of standing while working, which led to the study of walking while working. Yes, walking. He propped his

desktop up on his treadmill, and EUREKA! Walking just one mile per hour, for one hour, burns 100 - 130 calories. Do all the math, and you are looking at a possible weight loss of 57 lbs. a year.

Visit [treadmill-desk.com](http://treadmill-desk.com) to learn more about Dr. Levine's studies and for a step-by-step on a DIY treadmill desk that costs around \$400.





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**THE AVERAGE**

**HOW DO YOU COMPARE?**

Check out a few of the characteristics of the average U.S. runner. Whether you're a hard-core elite runner, or a casual jolly jogger, you can compare your routine to those in the middle of the pack.

**SEASONAL**

The average runner will run 11 months of the year, about four times per week.

**GOING THE DISTANCE**

The average runner travels 21 miles per week. That comes to 1,102 miles per year — approximately the distance from here to New York City and back.

**GO FOR THE GOLD**

Only 14.2 percent of runners are competitive runners, but 81 percent have entered into a running event of some kind, with an average of 8.1 events in the last two years.

**WITH A PURPOSE**

69.9 percent of runners run primarily for health and fitness.

**DEMOGRAPHIC**

Average age: 36  
40% Male, 60% Female  
82% college educated



**IN THE CLEAR BRIAN PITZER**

When Brian Pitzer came up with the idea of selling caffeinated water, he got a lot of weird looks and questioning glances. Why would anyone want something like that? People get their caffeine from coffee and soda; people who drink water will just drink water, so that's never going to fly. Three years later, Avitae energy water can be found stacked on shelves in cities across the country and grows more visible every day. His idea is going from a puddle to a great lake in a hurry and expanding every year.

"I don't know if it was the way that I was raised or what, but when I decide to do something, I do it," says Pitzer. "I knew this was a great idea and that there were people out there that wanted this product."

While attending The Ohio State University, Pitzer would put caffeine pills in his water or Gatorade to give himself an extra jolt of energy to get through class and workouts in an effort to avoid the unhealthiness of soda or coffee. The only problem was the medicinal taste from the pill coating, something absent in Avitae thanks to natural caffeine.

"We used to think that we had a pretty specific group that was drinking Avitae," says Pitzer. "It's kind of the beauty of it that it's appealing to so many different walks of life that we can't target, and that's coming from a marketing guy."

With his roots in marketing and advertising, Pitzer talks about Avitae as if it were a living person who walks and talks and has a personality. He describes the product's first three years as its birth to its awkward adolescence and now, 2011 is going to be its coming of age. Future plans include a double-dose-of-caffeine Avitae and some major endorsements from NFLers Rey Mauluga and Johnny Knox, with more to come.

"Columbus has really been the perfect place for us to start out and grow," says Pitzer. "We really have the same kind of aw-shucks, not-too-flashy, but work-hard-and-do-a-good-job-at-what-we-do mentality."

For more information on Brian Pitzer and Avitae, go to [www.avitae45.com](http://www.avitae45.com)

■ Cary Smith

**GET YOUR RUN ON**

M3S Sports is making it easy for runners in Columbus, both competitive and casual, to get connected to the various running events the capital city has to offer. If you're looking for an event to get involved with, check out these upcoming races. More on these and future running events can be found at [M3Sports.com](http://M3Sports.com)

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**Bottom Note:** Blackcurrant from France; Bulgarian rose.

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FITNESS FIRST MATT MAGLICIC

The first thing anyone would notice when walking into Matt Maglicic's office is the futuristic escape pod-looking device in the corner, not something normally situated within the walls of your standard fitness club. As it turns out, it's actually a Bod Pod, a high-tech device that measures body composition, more specifically, lean body mass versus body fat. It's just one of the high-tech toys that Maglicic uses in his twelve-week weight-loss program, *The New You*.

"There are only so many of these within the state," says Maglicic. "They ship out three or four of these into the NFL Combine every year in Indianapolis; it's the most accurate way to track progress and know where to go from there."

Up until a couple years ago, Maglicic was working as a national sales manager for a plastics company when he decided to change his life and do something that he had a bit more passion for. He had always had an interest in the science of the human body. In fact, it went all the way back to his middle-school science-fair entry. So, he gave up the corporate office life and got certified as a personal trainer, researching devices and methods to utilize in his weight-loss program that would eventually become *The New You*.

"I try to ultimately help people understand why they're struggling with their weight and why rapid weight-loss diets are not healthy," says Maglicic. "It's really a program to help people know what to do to manage their weight long term."

Every aspect of his program is aimed towards maintaining this weight after the twelve weeks are over, from nutritionists to life coaches who might help you deal with the speed bumps. The emphasis is on trying to burn off body fat and not to lose the lean body mass. There are no packaged meals, and there is no easy fix; it's your own healthier personal and realistic biggest loser reality show.

"In the end, it's really up to the person," says Maglicic. "I can tell them what they need to do, track their progress, get them on the right path, but I can't be there when they order something off the menu or hit the snooze button again in the morning. That's why *The New You* is about the long term, not the quick fix."

For more information on Matt Maglicic, go to [www.thenewyounow.com](http://www.thenewyounow.com)

■ Cary Smith

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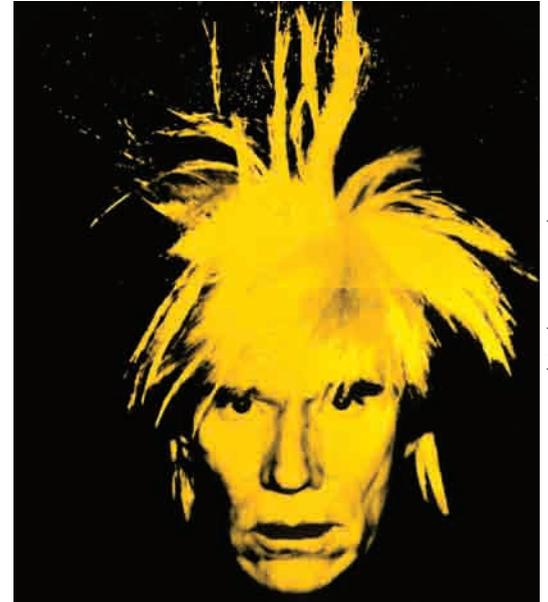


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## ART LOVERS LOVE PITTSBURGH

Travelers take note: "Pittsburgh is big enough to offer world-class museums and cultural venues, small enough to make navigating simple, and hip enough to offer some great food," so says *The Orange County Register*. No question that the art scene in the City of Bridges rivals major cities 10 times its size.

Pittsburgh is the birthplace of the world's most famous Pop artist. Spend more than 15 minutes at The Andy Warhol Museum on the North Shore. This "art that dares" museum celebrates the life and work of Pittsburgh native Andy Warhol and is considered the most comprehensive single-artist museum in the world. Carnegie Museum of Art is home to an amazing art collection – from Van Gogh to street artist Banksy. The Carnegie's collection features American and European Impressionist and Post-Impressionist works, furniture, architecture, international contemporary art and more..

Around town, there are numerous, always-interesting exhibitions by the Associated Artists of Pittsburgh, a 500-member, well-respected Pittsburgh artist organization. Throughout its 101-year-old history, thousands of artists have had the opportunity to exhibit through AAP. Previous annual exhibitions have featured works by Edward Hopper, Jonathan Borofsky, Aaronel deRoy Gruber and Philip Pearlstein, to name a few.

This year, the 2011 Pittsburgh Biennial – a contemporary art exhibition – showcases Pittsburgh-area artists

and is bigger than ever. The founding organization, Pittsburgh Center for the Arts, is expanding the program by partnering with The Andy Warhol Museum, Carnegie Museum of Art, Miller Gallery at Carnegie Mellon University and Pittsburgh Filmmakers.

Pittsburgh's art history dates back 200 years when Pittsburgh was known as America's "Glass City." The "Glass: Shattering Notions" exhibit at the Heinz History Center highlights the beauty, science, utility and technology of western Pennsylvania glass over two centuries.

As one of the top glass art centers in the world, the Pittsburgh Glass Center is a public access school, gallery and state-of-the-art glass studio. Here, visitors interested in learning more about glass making may come to take a class, explore the contemporary glass gallery and watch live hot glass demonstrations.

The Westmoreland Museum of American Art is an art oasis in the Pittsburgh countryside, showcasing a national and regional collection of 18th to 20th Century American art. With works by such celebrated artists as Winslow Homer, Louis Comfort Tiffany and Pittsburgh native Mary Cassatt, the Westmoreland captures the American spirit in a way few museums do.

A visit to Pittsburgh will show why the city is consistently named one of the best arts destinations in the country. Go to [visitpittsburgh.com/art](http://visitpittsburgh.com/art) for more info.



Take a fascinating look at American history through the eyes of great American artists. The Westmoreland Museum of American Art features a distinctive collection of paintings, sculpture, furniture and more that describes the heritage of our nation and southwestern Pennsylvania region.



# Nine for \$9



Veggie Philly (\$6.75)

## Zuppa

180 E. Broad St. (614) 225-9220

If you're looking for a low bill, no frills, extra-chill cafeteria joint, then Zuppa is your place. At the Upper Arlington three-level locale, you can get wired with their full coffee shop menu, unwired with their free wi-fi, play a little foosball, or just relax by the fireplace on their comfy couches. The menu of soups, salads, sandwiches and pastas are served quick and made to order. The **Veggie Philly (\$6.75)** is a perfectly herby garden delight served on freshly leavened ciabatta and sprinkled with mozzarella, Parmesan, provolone and Italian salsa. Be sure to save room for their to-die-for desserts.

## Ange's Pizza

1018 N. Hamilton Rd. (614) 855-9500

Y'know how the pepperoni on Columbus-style pizza curl up into flavor-catching cups and the edges get all crispy and brown? Well, Ange's keeps their pies in the oven just long enough to get the perfect ratio of crispy-brown crunchiness and spicy salted meatiness. Each nook is filled with melted or crispy cheese, again a perfect ratio, this time of tangy to stringy. Because they ran out of perfect ratios on a pizza, Ange's created one of Capicola and homemade creamy Italian dressing on the **Italian Sub (\$5.50)**.



Italian Sub (\$5.50)

## Kobe Japanese Steakhouse

3884 Morse Rd. (614) 428-8880

Kobe makes a good case for everything they make; every dish has purpose and balance, even the simplest offerings. We especially enjoyed their Vegetable Soba Noodles and Udon Noodle Soup, which is a delicious combination of thick rice noodles in miso yaki broth and topped with tempura flakes, seaweed and mini fish cakes. With so many great entrée selections, don't be tempted to overlook their fantastic selection of appetizers, like **Shrimp Tempura, Edamame and Steak Kabobs (\$7.95)**.



Steak Kabobs (\$7.95)

## Indochine

885 S. Hamilton Rd. (614) 231-7357

Respectable cuisine governs; however, genuine hospitality steps the extra yard. Case in point: Indochine, one of Columbus' finest restaurants specializing in Vietnamese and Laotian cuisine. Their savory favorites, like their tasty specialty Sub Sandwiches, Laotian-style Beef and **Bun Cha Gio (\$7.00)**, which consists of rice vermicelli noodles mixed with select vegetables, herbs, tender grilled pork and a spicy fish sauce, is equaled only by the house's kind and caring service. There is no doubt someone or some dish at Indochine will make you smile.

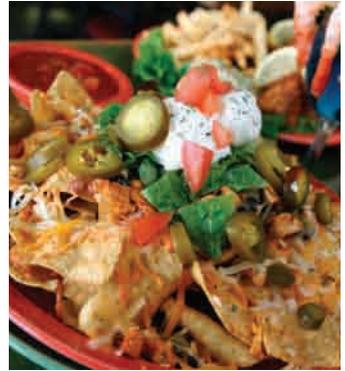


Bun Cha Gio (\$7.00)

## Caribbean Jerks

1262 E. Powell Rd. (614) 844-6501

Have you ever wished you could take your standard lunch fare and immerse it in the crystal-blue-green waters or golden sunshine of the tropics? Well, forget about it; the good people over at Caribbean Jerks are doing it for you. Their unusual deliciousness may be the last thing you were expecting to find this close to the North Pole. The sweet and spicy on or in everything blends perfectly with that island flavor that we've yet to invent a name for, especially on the **Beachside Nachos (\$7.99)**, which could make you swear off corporate chains forever.



Beachside Nachos (\$7.99)



Meatball Sub (\$7.95)

## Fabian's

691 N. High St. (614) 221-8240

The deeper the dish, the more Chicagoan the pizza...and Fabian's has dishes so deep, you half expect to hear the roar of the crowd as someone slugs one over the ivy-covered outfield wall. But lucky for us in the Buckeye State, this spot also has several favorites to keep us happy like Stromboli and **Meatball Subs (\$7.95)**. This sub defines Italian comfort, and to deny yourself this simple pleasure is utterly foolish. Grab a beer or glass of wine and enjoy a little piece of heaven.

Brunch, Lunch,  
Dinner or Dessert



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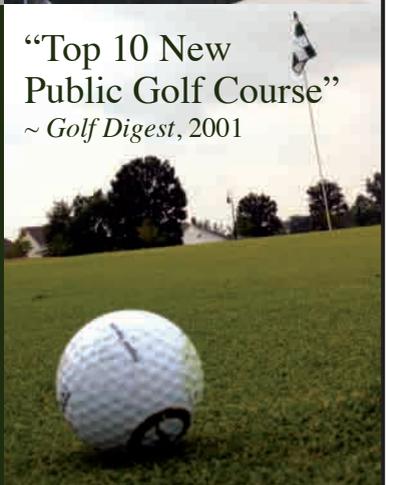
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It's A Wreck (\$4.50)

## Potbelly Sandwich Works

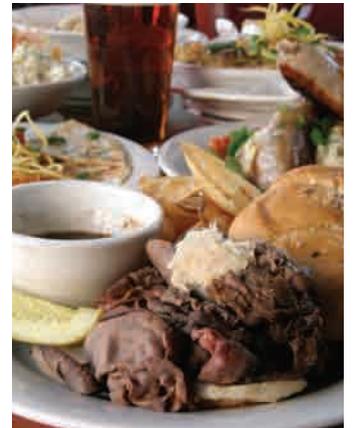
17 S. High St. (614) 224-1976

It could have been either evolution or intelligent design that morphed a small antique store into a chain of unique sandwich shops, but it doesn't really matter. What matters is that everything at Potbelly is crazy cheap and ridiculously good. The freshly toasted sandwiches are overflowing with thinly sliced meats, handmade tuna and chicken salads, and/or meatballs. Each sandwich is good for about a dozen napkins, because the delicious dressings, hot pepper juice, mayo, mustard and whatnot are bound and determined to make it to the elbow. One sandwich barely has room for sauce, since the salami, roast beef, turkey, ham and Swiss take up all the room. **It's A Wreck (\$4.50).**

## Digger & Finch – A Fine Scottish Grille & Pub

6720 Riverside Dr. (614) 889-8585

If you're lucky enough to find a good Guinness Stout and a delicious, aged Cheddar soup, you might consider walking barefoot over broken glass and rattlesnakes to get to it. Or since you're in Columbus, with easy access to Digger & Finch, you might take it easy on your feet and simply make a short car trip. Plus, after the soup, you can get a huge plate of Bangers and Mash, some Shepherd's Pie or **Scottish Beef on Weck (\$8.95).**



Scottish Beef on Weck (\$8.95)

## Honey - Baked Ham

1085 Polaris Parkway (614) 880-9900

Yeah, these cats have cornered the market with their insanely good ham—correction: bone-in, spiral-sliced and honey-spice glazed ham. It's ready at a moment's notice, just like the **Supreme Box Lunches (\$7.79)**, all of which feature signature homemade sandwiches (including the bread) that are loaded with an incredible serving of top-shelf meat that's pulled from the standby American lunch dining lexicon and served with a homemade cookie, a side and a drink.



Supreme Box Lunches (\$7.79)



### DON'T SEE YOUR FAVORITE PLACE?

If it's less than nine bucks for a lunch, e-mail us at [editor@columbusmag.com](mailto:editor@columbusmag.com)

# ART WHERE'S

More to C » p.39



## RETURN OF THE STRONG

Since its inception, the Arnold Classic and Fitness EXPO has attracted athletes from around the world to compete in a multitude of events and sports throughout the 3-day festival. This year, 76 athletes were invited to compete in the 2011 Arnold Sports Festival IFBB professional bodybuilding, fitness, figure and bikini events on March 4-6.

Co-producer Jim Lorimer said this year's contestants will once again "astound fans" with a fantastic show of muscular and fit physiques. Many past champions and fan favorites will join rising stars to battle it out at the Arnold Classic, Ms. International, Fitness International, Figure International and Bikini International competitions. Some of those who were invited to return include Branch Warren, who came in third behind Kai Greene in the 2010 Arnold Classic, and defending champion Iris Kyle of Cypress, Texas, who will return to the Ms. International in 2011.

The EXPO Stage also hosts the Arnold Strongman Classic and prejudging for the Ms. International, Fitness International and Figure International competitions. At \$10, that's the best deal you can get in sports entertainment!



## BLOOMING WINGS

*Blooms & Butterflies* returns to Franklin Park Conservatory March 19 - Aug. 14. Experience the emergence of exotic butterflies and watch their release into the Franklin Park Conservatory's Pacific Island Water Garden. Dozens of species from around the world take flight and feed on tropical blooms. Tickets are \$11 for adults, \$9 for seniors and students and children 3 and over are \$6. It's a great way to welcome spring!



## MASKED ART

If you are desperate for something fun and innovative to do that also supports a great cause, then look no further than the inaugural *Columbus Arts Ball* on March 26. This innovative fundraiser at the Bluestone (formerly BoMa) will include a masquerade social (guests are encouraged to wear black and white masks), live entertainment, silent auction, fashion show and an artwork display by Courage Unmasked.

# ROLL OUT CHAD KNIGHT

Interview: Jason E. Ohlson

Intro: Annie Beecham

Photography: Eric Wagner

Chad Knight's sentences are liberally peppered with "dudes," "rads," "right ons" and other southern California-isms that might fool you into thinking that he's lived on the West Coast his entire life. Though it's nearly impossible to tell, Knight was actually born and raised in Westerville, Ohio. He escaped the Midwest immediately after high school for San Diego, accomplishing the nearly impossible task of making a career from his hobby. Now, the professional skateboarder's SoCal dialect is likely the only aspect of his persona that make him stick out in Columbus, but when he was growing up here, there was much more that made him feel like he never quite fit in.

As a teenager at DeSales High School in the early '90s, Knight was an enigma. "I was at a school where I felt totally ostracized because of what I did, but I loved it too much to give it up and try to fit in," Knight said about skateboarding when we recently caught up with him in Columbus. He's proved all of the naysayers wrong who didn't believe a Midwest boy could break into the extremely competitive world of pro-skateboarding. Since committing himself to the sport, he's garnered a lengthy list of sponsors, including 1031, a skateboard company that sponsors several other Ohioans.

The next time Knight will be back to Central Ohio is in March for the 22nd Arnold Classic. "I think about the growth of a skater, the artistry, the thought and, of course, the individualism that comes from growing in the culture and the lifestyle that is skateboarding," Knight said. "Skateboarding and The Arnold are an amazing fit when it comes to celebrating the self-made person." In our exclusive Q&A, Knight reveals more about what he's sacrificed in his quest for skateboarding greatness, what he's got planned for the future and what it means to be a good father. Right on, dude.



10-IN  
TABLE SAW

SAFETY  
ON  
OFF

1/2" DOWN  
3/8" 3/4" 1" 1 1/4" 1 1/2" 1 3/4" 2" 2 1/4" 2 1/2" 2 3/4" 3" 3 1/4" 3 1/2" 3 3/4" 4" 4 1/4" 4 1/2" 4 3/4" 5" 5 1/4" 5 1/2" 5 3/4" 6" 6 1/4" 6 1/2" 6 3/4" 7" 7 1/4" 7 1/2" 7 3/4" 8" 8 1/4" 8 1/2" 8 3/4" 9" 9 1/4" 9 1/2" 9 3/4" 10"

MODEL  
SERIAL

CRAFTSMAN

CRAFTSMAN

# ROLL OUT » CHAD KNIGHT

## Q & A » » » » » » » »

**Where in Ohio did you grow up?** I was born and raised in Westerville.

**Where did you go to high school?** I went to DeSales for the first three years, and then I switched over to Westerville North. I had enough credits that I only had to take one class, and I would go to Fort Hayes for the second half of the day for the graphic design program they had over there.

**What is Fort Hayes?** It's a vocational school. They have a high school there. I think it's what is referred to now as a charter school, but I don't think they had that term then. They have nursing programs, photography, fine arts. I always had an interest in art and doing something in that. And considering that I had acquired enough credits to graduate, it was like, "Am I going to take a bunch of English classes again, or am I going to go where I can actually learn what I want to learn?" It was right before the computer era had started; it was 1994-1995. It was before the commercial design and graphic art had gone over to using all computers, and our teacher at the time was fighting it. So, I would get there early every day, and I would teach myself Photoshop—they had a computer lab there. So, I definitely knew what I wanted to get out of it and found a way to make that happen.

**Define "generation next."**

To me, "generation next" is the second generation of what was started by the generation that transformed this culture from the Olympic-watching

to the X Games-watching. It's the generation that fell out of the team sports and wanted to do their own thing. That boundary was broken by guys like Tony Hawk, Matt Hoffman and Danny Way, guys that were willing to do it just for the love of it, knowing that they weren't going to get rich off of it—because at the time there was no money to be made—they just wanted to do it. And they opened it up, so the next generation that came in saw that and it was more approachable and believable. It became more accepted and you didn't have to fight as hard to do what you want. And now the kids, they see the videos, and X Games, and all the contests, and it's all over TV, and they see what people are doing now, and it's stuff that 10 years ago we thought was impossible. They think that's the standard—that's the norm. So, they watch these videos. Someone that jumped down a 20-stair handrail 10 years ago was the cover of every magazine, and now these kids think if they can't do that within the first year ... it's all about what's possible. If you see what people are doing, and you assume that is the norm, then it makes it that much easier to do it. That ground has been broken. It's just this generation—there's so many more people in it now, too, since it's become more acceptable and more kids want to do it. The level of talent in the pool has become a lot greater, and the level of progression in all of the sports is just ridiculous.

**You arrive in Columbus and are given \$500 right away.**

**How do you spend it?** First thing I would do is probably go to Skyline Chili and spend \$100 of it. I'd get a jumbo 3-way and a bunch of coneys. I used to order that stuff in San Diego when I moved out there. I love that place. And then probably Surly Girl—go hang out. You know, I've been gone so long, I don't know many of the hot spots. I'd love to go to an Ohio State game. If I could get a reunion together with all of my buddies, that would be the ideal situation. We'd go over to Skate Naked Skatepark and ride there, and man, I wish the Kahiki was still here. If the Kahiki was still open, I'd take the boys there, and we'd go celebrate in the Rainforest Lounge. We'd live it up for a night.

**Your sport doesn't have a traditional coach. How do you work around that?**

Skateboarding definitely does not have any type of traditional structure. And when I started, there weren't even very many tricks. And that was the cool part—there was so much innovation happening that the curve for learning was huge. But without the traditional coach, it's kind of cool because you have to teach yourself. You watch things, and you study it over and over.

**Drop a list of the bodily sacrifices you've made for your sport and career.** Oh, man.

Where do I start? Two years ago, I had an orbital blowout. I was trying to run out of a trick and I was kind of trying to catch my hands on the ground—head leading, scrambling, trying to catch my balance. Then, I smashed my face into the base of a handrail. In the footage you can hear it. It just sounds like someone hit a baseball bat on

it. You go to [fkdparkproject.com](http://fkdparkproject.com), and it's the second one of my videos. So, I smashed my face. I saw double for about a month and a half.

**Any concussions?** No, nothing serious. Luckily, I haven't hit my head too hard. Next, I had an AC separation in my right shoulder from filming my buddy. He went to go push, and I was too close behind him. He kicked my board, and instead of falling on his camera like I should have, I took it to my shoulder, and it just tore the ligament, and it was another one like my eye, where there's just nothing you can do about it but let it heal. I still have this huge lump from where the shoulder drops. On the other shoulder, I have a rotator cuff injury from '94 when I first went out to San Diego. I tried to do something I had no business doing and ended up diving on my face and shoulder.

**Knees, legs, ribs?** No ribs—that doesn't seem like a fun one. I used to skate ramps a lot, so my hips have calcium deposits and they feel like broken glass under the skin. And that's with my elbows, too, just from sticking halfway up the ramp and falling all the way to the bottom. And then knees - I've got minor patellar tendonitis in both. Then, my worst injury was my left leg. I had a spiral fracture where my left foot landed back on my skateboard—it was the only thing that landed back on my skateboard—and my board went 90 degrees left and shot out, and my body was going forward, so my foot twisted. It's a real common soccer and basketball injury, where your foot dislocates and it takes your fibula with it, and it spins

## ROLL OUT » CHAD KNIGHT



it around and breaks it like a spiral. So, I had a torn ligament off my tibia, and it broke. Then, I broke my foot, I broke my ankle, multiple sprained ankles, I had a permanently dislocated right pinky toe—it just hangs out there like it just gave up. It can rest overtop the other one. Damn quitter toe.

**You tattooed your name on your back. Why?** So I don't forget who I am. No, I'm just kidding. That's always everyone's reaction: "Did you forget your name, dude?" No, I always said if I ever turned pro, I would get my first board-graphic tattooed on me. And that was my first pro-graphic.

**How can you spot a poser in your world?** Well, it's funny because it's transformed: We

used to be able to tell a poser because the kid would have a skateboard and there were no marks on it. Now, it's just the dude who sits there at the park with his fresh gear on. You can tell the dude who's got the coolest gear, but is always just sitting there watching and talking shit about everyone else.

**When you were roaming the halls of DeSales High, did you ever think you'd be a world-class athlete?** No. It's surreal to be where I am now. I was very close to staying here and going to school and not pursuing the skateboarding career. I don't know if it was a lack of belief in what I could accomplish out there, but I remember moving to San Diego and things really started moving, and things

were going a lot better than I expected. I remember really surprising myself on the stuff I was doing because you go somewhere where you're around people—you're always influenced by what you're around, and it's another one of those examples where you see what's possible. You're limited to the people you ride with and you don't see any outside influence. When I got all this new input with people who were pushing me, it tripped me out that I was as good as I was.

**Did skateboarding give you security, or did it alienate you?** There were very few skateboarders, and at my school, I was the only one. So, it was the exact opposite. Being a skateboarder meant ridicule and being the "skater-fag." I got

a lot of flack. It really sucked. I was at a school where I felt totally ostracized because of what I did, but I loved it too much to give it up and try to fit in. Now, that's what trips me out though—it's so socially accepted, and skateboarders are like the trendsetters. You see fashion as it's current, and you go back a couple years and you see it in skateboarding. When I moved out to California from here, and realized that skateboarders were the cool ones, and that was mind-blowing to me. I was like, "My God, I'm kind of cool now." I was the goof that everyone made fun of, and now it's cool. It was like finding my mecca.

**Who were you riding against when you were like, "Dude, I can beat so-and-so"?** Probably Ryan

# ROLL OUT » CHAD KNIGHT

Kenrich. It was at the Missile Park Skatepark in San Diego that's no longer around, but it was the first contest I entered out there, and I got first place, and I was blown away.

**How much did you win?** Oh, I think it was \$500.

**What's the most you've won?** I think it was three grand. I think it was the best-trick contest at the Make-A-Wish Foundation. But, I primarily do video and magazine stuff, so I don't concentrate on contests.

**Why don't you do X Games?** I think I initially didn't get into it because I like the core aspect of street skating, and it's what skateboarding was to me. And the X Games seem like they're not made by or done for skateboarders. And now the guys that have concentrated on contests this whole time, that's all they do. They're amazing at it, they're experts at it. They've got it on lockdown. So, now going in and competing against those guys is just kind of not worth it. It would be fun to do, but it would be like going from the ski jump to doing slalom.

**What do you represent?** I like to think that I represent the possibility of success in pursuing what you want to do, and what you're passionate about—even if it's pursuing it knowing that what your goal is makes \$100 a month. You make it happen for the sole purpose of making it happen for you and not living with the regret of “what if?”

**What do you love?** I love freedom of expression, and I love the opportunity to be able to push boundaries.

**What has skateboarding given you?** Oh, man. Skateboarding has given me so much. For starters, it gave me a real sense

of accomplishment. It gave me a lot of self-confidence and a feeling of self worth that I don't think I had growing up. It's given me the opportunity to travel the world; it's given me the opportunity to meet amazing people; and it's just given me the experience so much further than I ever dreamed I would get out of it.

**What have you given back?** I've given skateboarding my heart and my body—a lot of blood and tears. But, I like to think that I've contributed somehow to the progression of skateboarding.

**What's the raddest trick you've pulled off?** God, that's a tough one. I'd say the coolest thing I've ever done was a switch-backside kick flip at the San Diego Sports Arena Double Set because it was this iconic spot that had been in all the videos when I lived here. When I moved to San Diego, it was probably a year after when I did it, so it was very early on in my career. But, it was the first thing that really was like, “I cannot believe I just did that.” I remember riding away thinking, “That just changed my whole career.” In the photo of the trick, my eyes are closed. It's like I blinked, looked up and was riding away. I think that's hands down the best thing.

**If you were not skateboarding, what would you be doing?** I would be doing what I am pursuing now which is 3-D modeling and animation.

**What conversational topic do you avoid at all costs?** If I'm sitting next to someone on an airplane, the conversation that I would most like to avoid is what I do for a living because then I have to answer the same three questions: Are you on TV? Do I know Tony Hawk? Are you in the X Games?

**Did you go to college?** I tried to go to college several times, and I just actually started again. I'm on my third major, which is 3-D modeling and animation. I'm going to Palomar; it's a community college in San Diego. It's one of the only colleges in Southern California that offers the program that I want, so it's pretty fortunate that it's there in my backyard.

**Last book you read?** Currently, I'm reading *A Million Little Pieces*.

**How close are you to your family?** I'm very close to my family. We're really spread out. I've got a brother in Chicago, a brother in Rhode Island, my sister lives up in Sandusky, my dad's in South Carolina and my mom is here. I'm the youngest to my closest brother by seven years and my oldest brother by 14 years. So, growing up we weren't that close. My oldest brother was off to college when I was four, and then he went to med school and everything, so he was gone after that.

**From whom do you pick up your OCD, your mom or your dad?** Oh, I think my dad. They're both a little neurotic, but my dad definitely is the one who won't let anything go until he's accomplished it. He's 74 now, and six years ago, he rode his bike from L.A. to Boston.

**What is your finest achievement yet?** Not having a son—because anyone can do that—but being aware of my being a good father.

**What was your favorite toy growing up?** He-Man.

**Compared to all other athletes in the world, where do you rank a skateboarder on utilitarian skill and ability?** I think skateboarders have to be up on top with any sport in terms of coordination on every level.

Granted, you see skateboarders throw basketballs and it's a little harder to tell if they're good at it or not. But you see so many other athletes jump on a skateboard, and they're killing themselves!

**What is the last line you used to get a girl?** I don't use lines. But if I did, it would be, “Want to be knight rider?”

**What is your favorite movie?** *Iron Man* or *Fight Club*.

**Who is your celebrity crush?** Angelina Jolie.

**What keeps you motivated?** Innovation.

**What do you often find yourself saying?** “Why?”

**Biggest pet peeve?** People putting stuff in my face.

**You are walking down death row. What was your last meal?** Endless Skyline Chili buffet.

**Do you see yourself following the American Dream...big house, wife & kids?** I do have a son, a 10-year-old son, Colin. He's a great kid.

**What's the measure of any father?** I think the quality that is best for a father to have is complete selflessness. I think that really epitomizes what being a father is.

**What is your favorite tradition from your childhood that you would like to pass onto your son?** Being as young as I am in my family, and how significant the age gap was, I missed a lot of the traditions, so I would like to start new ones with him.

**Got a nickname?** Suge Knight.



## TOP 10 THINGS SKATERS WANT TO SEE AT ARNOLD SPORTS FESTIVAL (OTHER THAN SKATEBOARDING)

(1) **Table Tennis:** High-energy competitors are from 7 to 70 years-old. They all play one another, big money on the line. *\*Note: Don't call it ping pong.*

(2) **Art at the Arnold:** Amazing artists come to Columbus and compete with other artists and showcase their talents. \$1000 is up for grabs. *\*Note: Great chance to scope art for skateboard decks.*

(3) **Party with the Pros:** A night filled with actors, pros, great food, nonstop drinks and Arnold himself, all in one place! *\*Note: Wear your best flannel for this one.*

(4) **Arm Wrestling:** What can we say, it's arm wrestling! Have you seen the movie *Over the Top*? It's on, unless Stallone shows up and owns it all. *\*Note: Turn your hat backwards.*

(5) **Active Living Festival:** So, this is a senior's festival at Arnold, but they have sports, dancing and get prizes, too. Oh, yeah... and pickle ball! Look it up ([www.usapa.org](http://www.usapa.org)) *\*Note: Get a pickle ball team together.*

(6) **Cheerleading and Dance:** These girls and guys have it together; they cheer for respect and to brag about it all year. *\*Note: They flip people; skaters flip boards.*

(7) **The Arnold Expo:** The monster that is the ASF Expo, thousands of vendors, free stuff galore, lots of celebrities and gorgeous models at the booths. *\*Note: Samantha Baker for President. No, really*

(8) **Hockey:** Now this is what we are talking about. Hard slams, quick pace, blood, the sound of the crowd going wild and skating...It's a sure crowd pleaser. *\*Note: Skaters love skating*

(9) **Arnold Armature Bikini:** The boss, Bob Lorimer, runs this one and does it well. They have to turn away ladies for this one. One of the bigger events at ASF. Be there early for a good seat. *\*Note: If only they'd let me judge this one.*

(10) **Arnold Classic:** Of course, this is going to be the number one event. It's the foundation that this whole festival was built on. For almost 30 years, this event has brought hundreds of thousands of fitness enthusiasts to Columbus, Ohio year after year. This juggernaut shows no signs of letting up; it's an event that is so seeded in Body Building, that 1000's are considered, but only a small percentage actually make it to the stage. To say that you went to The Arnold Sports Festival and didn't see this event is an "F" on your final exam. *\*Note: Time to hit the gym. 2012 is not that far off.*

### ■ TED COOKERLY



Everyone has, at some point, thought about how they would love to have their own business. Wally Carl turned those thoughts into reality in 2001 when he opened Old Skool Skateboards in Westerville, Ohio. He has made a solid name for himself in the community over the last decade, and when Jim Lorimer's crew at The Arnold Sports Festival added skateboarding to their sport listing, Carl got the nod to co-chair.

Those close to Wally were not surprised by the appointment. After all, Carl has lobbied for the Westerville Skate Park, built indoor parks when he could, and is the crowd's favorite marcher every year in the Westerville Fourth of July Parade. Drive out to Westerville Skate Park, and see his style of approachable grit firsthand. If he's not instructing 20 kids how to rip, then he'll be ripping the park up himself. So when the folks at the offices of The Arnold Sports Festival asked him for help, he hit the ground rolling just like he's always done.

In 2011, Skateboarding at the Arnold, or as it's fondly referred to, *The Cow Town Showdown*, will host 250 skaters and more than 3,500 spectators over 3 days. Through this event, Carl is helping to usher in a new life's blood into Columbus' growing skateboard community. There's no doubt it is only going to get bigger and better over the years.

**MARCH 4-6, 2011**



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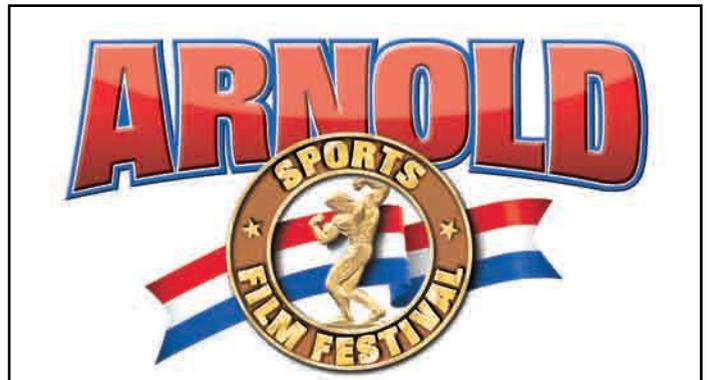
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The Arnold Sports Film Festival will be open to filmmakers of all ages and showcase short films (15 minutes or less) that focus on the athletic endeavors and motivations of the individual athlete. Event is hosted by former NFL and Ohio State football star Eddie George. For more information on submission, deadlines, prizes, and show times visit:

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## READY, SET, ACTION!

The Arnold Sports Festival moved into new territory last year when it debuted a new art competition known as “Art At The Arnold.” The juried show attracted more than 50 artists and drew rave review from the likes of Arnold Schwarzenegger and Sylvester Stallone, who each bought original works of art.

This year, the Sports Festival will feature moving pictures, too. The first-ever “Arnold Sports Film Festival” will be held March 4-6 at the Arena Grand Movie Theater as part of the multi-sport festival that brings 18,000 athletes and more than 175,000 attendees to Columbus each year.

Like the art competition, the film festival will be judged by a celebrity panel that will also include Schwarzenegger, the mega movie star who has also found fame in bodybuilding and politics. The film festival will be hosted by Ohio State football legend and former NFL star Eddie George, who has pursued an acting career since retiring from pro football after the 2004 season.

“The Arnold Sports Festival has always been about the celebrations and health and fitness and encouraging young people to participate in sports,” said Jim Lorimer, the Worthington resident who co-produces the event with his longtime friend Schwarzenegger. “The film festival is an extension of that celebration of sports and we think it will be one of our most populated events this year.”

The film festival will feature two categories: open and high school. More than 50 local high school students submitted films to the competition, and the shorts will be featured from 7-9 p.m. Friday, March 4.

On Saturday, March 5, the best of the festival’s more than 75 international submissions will be shown at the Arena Grand from 7-9 p.m. The event culminates with an awards ceremony hosted by Schwarzenegger at 1:30 p.m. on Sunday, March 6. A variety of free workshops will be held from 8 a.m. to 5 p.m. on Saturday, March 5 at the Greater Columbus Convention Center.

The festival will feature films that are 15 minutes or less and focus on the aspiration’s and athletic achievements of individuals athletes, including in the sports such as gymnastics, cheerleading, fencing, martial arts, dance, archery and others that are part of the Arnold Sports Festival.

Winners will receive hand-crafted crystal trophies and filmmaking equipment. The grand prize winner will receive a trip to Hollywood to visit Schwarzenegger on a movie set.

Admission to the Arnold Sports Film Festival is included in the festival’s Daily EXPO ticket (\$10 in advance, \$15 at the door). Theater seating is limited for the screening and awards.

For more information, visit [www.arnoldsportsfestival.com](http://www.arnoldsportsfestival.com).

PHOTOS: ERIC WAGNER



## MIDDLE GROUND MEZZO ITALIAN KITCHEN

130 Creekside Plaza, Gahanna, OH (614) 476-9900

### WHAT:

Tucked away in a plaza in the heart of Gahanna you'll find the hidden world of Mezzo. First impression: opulence. It was dizzying, hypnotizing almost walking into this eatery. One can't resist the sophisticated allure of the bar. We found it bustling with a rich tableau of urbane 40-somethings all nestled in their spots – cozy dark booths, and the focal point, a gleaming black swirled bar speckled with pale-pink lamps. A backdrop of live musicians added even more texture to this milieu. We started our party with the red house-made sangria, freshly fruity and just a little bit bubbly, before beginning the jaunt to our table. We sauntered past Chef Ben Geltzer, formerly of Bexley Monk and Hyde Park, who

was busily expediting dinner plates from an open kitchen. We were led through cavernous aisles plush with velvety drapes amidst mixtures of brick and terra-cotta hues, all the while observing an ever-growing cosmopolitan crowd settling into their tables. The ambiance of Mezzo had us captivated before we even tried one taste.

### WHO:

A multitude of owners are invested in this locale, close to its third anniversary; a second Mezzo is soon slated to open in Dublin. It was general manager Jon Cohen who we had the pleasure of meeting this evening. When asked what makes this Italian restaurant stand out from the rest in Columbus, he's quick to

point out the spot's ambiance. There are three aspects that contribute to a stellar dining experience, he says: great food, great service and great ambiance. The trick is putting the whole package together.

### WHEN:

Dine at this Italian kitchen for lunch or dinner. Lunch is served Monday through Friday from 11:30 a.m. to 2:30 p.m. Dinnertime starts at 5 p.m. all week. Closing is at 9 p.m. Sunday through Thursday and 10 p.m. Friday and Saturday.

### WHERE:

Mezzo is tucked in the heart of old Gahanna, one mile east of I-670 and I-270. There are plenty of parking options: street, valet and an

underground parking garage, which is free most evenings. This eatery is a bit hard to find, but look for the pond and fountain. Mezzo sits back on the right. As with most places, reservations aren't required, though strongly suggested.

### THE TEST:

Stereotypical Italian fare this is not; the menu here showcases dishes laden with fresh produce, seafood and sauces, not all of the tomato kind. We first dabbled in the Mezzo Tasting Trio, a plate of fresh mozzarella fritters, lightly fried risotto balls seasoned with a touch of rosemary and gooey cheese in the center, all set atop garlicky luscious pomodoro sauce; braised meatballs, so fine they tasted creamy; and a jewel of

### HOT TIP

Linger over Mezzo's menu while sipping a fruity-fresh sangria. This house-made wine cocktail sparkles with a perfect balance of fresh fruit flavors and bubble. Available in your choice of red or white.

Lunch	Mon.-Fri. 11:30 a.m.-2:30 p.m.
Dinner	Sun.-Thurs. 5-9 p.m.; Fri.-Sat. 5-10 p.m.
Private Dining	Yes

### TAKE NOTE:

Mezzo means "middle" in Italian. Think of this eatery as finding a balance – between old-world cuisine and new-world flavors, between food and wine, between casual and sophisticated.



a centerpiece – a scallop blanketed in prosciutto, bedded on a polenta cake, subtly tasting of truffles. We found this starter to be a good representation of what you'll find on the menu here. We rounded it out with the house salad, the La Casa Insalata, standard, but tasty with mixed greens, Gorgonzola cheese and vinaigrette.

Before our second course, we were treated to a glass of Forefront cabernet, such a remarkably dry, earthly vintage from Napa Valley, we were caught off guard. It paired well with the Wild Mushroom Pizza that soon arrived. Homemade crust, hot out of the brick oven, this paper-thin pie came to us heavenly with meaty-rich wild mushroom and cheese flavors, each perfectly balanced with a thin layer of marinara sauce. A sugary port reduction drizzle pulls all the flavors together. Other notable pizzas include: Bianco, with artichoke hearts and red peppers; Duck Confit, with poached duck and arugula;

and Porchetta, with pulled pork and pistachio fig jam.

We were excited to see how wildly delicious our third course might be, curious just by viewing all the boundless menu options: veal cannelloni, gnocchi, walnut-crustured trout, chicken scallopine picatta and more. We were excited to be presented with Cioppino, an Italian seafood stew that's not easy to find. Mezzo's version came brilliantly crimson with visible spices and seafood so plump, the dish was picture perfect. We dipped right into this zestful bowl with a ciabatta crostini leading the way.

The highlight of our meal, and certainly one of the best we've had, was the Lasagna Al Forno. So simple was this dish, but its construction made all the difference. This pasta plate came loaded with smoky-tasting cheese firmly layered upon a pile of seasoned beef and veal. The meat was a critical element because it stood on its own, not simply as filler. And the

syruy balsamic vinaigrette reduction drizzled over top elevated the dish to a whole new level.

We couldn't visit any place without perusing the dessert menu. We put our faith in our server with his own selections: Lemon Tart and Chocolate Cake. Both options you might find anywhere, but these had a twist. The Lemon Tart was unique in that it wasn't overwhelmingly sweet. The lemon crème was more of an accent to the sugary graham-cracker crust – not the other way around. We also loved the Chocolate Cake, sort of a gourmet Hostess Cupcake, torte-like dense and cool with a creamy center of Mascarpone mousse. Try any dessert with a Mezzo coffee drink. Our Caffee Mezzo, with Frangelico and Creme de Cacao, warmed us immensely.

We departed anxious to come back for another experience. See for yourself. We're sure you'll be impressed 360 degrees.

■ Jackie Dee

## FRESH, FLAVORFUL, FUN

This feast stands as a good representation of what Mezzo puts out. Enjoy a mélange of flavors with The Mezzo Tasting Trio: braised meatballs, Mozzarella fritters and scallop with prosciutto. And if you only try one dish here, it must be the Lasagna Al Forno. Finish with the Chocolate Cake, served with chocolate sauce and fresh berries.



## SPECIALS:

**Monday:** \$5 specialty cocktails.

**Tuesday:** Sample wine tasting – 5 varietals only \$10.

**Wednesday:** \$5 pizza & flatbread in the bar.

**Thursday:** Live music in the bar and ½ off all bottles of wine.

**Friday:** Live music in the bar.



## DIGESTIF

The dessert menu here highlights numerous cordials and dessert wines. In addition, Italian coffee concoctions are all spelled out: Caffè Bianco with Bailey's Irish Crème and Coffee Amaretto with Tia Maria are merely a couple. We tried the Caffee Mezzo, a steaming mug of dark roast coffee with Frangelico, Crème de Cacao and whipped cream. Yum!



## Drop Point



**WINTERFEST 2011** | Mad River Mountain put out the lights on January 29, 2011 for their annual Winterfest. Presented by Bud Light, this all-day event featured live entertainment, ski races, a cash purse BIG AIR event and an extensive firework display. Guests won a variety of prizes, including two Burton snowboards, a pair of Atomic twin tip skis and hundreds of t-shirts, hats and other goodies. One lucky winner won a grand prize trip for two to Mount Snow including roundtrip airfare, three days of skiing and riding, and two nights lodging at the Historic Old Red Mill Inn.



**HOT-BUTTERED FUN!** | Mad River Mountain spread the skills across the hills late this January during their annual Red Bull Buttercup contest. Born in 2009 and spread across the US in 2010, Red Bull Butter Cup is a national contest series that showcases creativity in technical flatland trickery. "Pro" (advanced) and Am division riders buttered up and cut loose on multi-featured custom pads, showcasing their best bag of tricks. Format was head-to-head jam session, with cash and fresh gear on the line for winners.

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**FI-NAL-E WEDNESDAYS COMEDY SHOWCASE** | Once again, *C Magazine* and Bud Select sponsored the FREE monthly comedy showcase at the Easton Funny Bone. Always held on the last Wednesday of the month, FI-NAL-E WEDNESDAYS features various comedians from national comedy showcases and television. Call Easton Funny Bone to make reservations.



**LION DANCE** | Seekers of good luck, good fortune and great food converged upon the Chi Thai Restaurant in New Albany on January 31. Performers from the USA Shaolin HG Institute of Hilliard came to celebrate the Chinese New Year with the Lion Dance. Two Lions took blessings and gave good fortune to all present by reaching the symbolic lettuce. No stranger to sharing good fortune, the owner, Steven Yee, will be celebrating his own day on April 19—as declared by the Mayor of New Albany—for his generous sponsorship of 67 youth softball and baseball teams in New Albany.



**TRAVEL EXPO** | The AAA Great Vacations EXPO, held January 21-23 at Veterans Memorial, offered unheard-of discounts for travelers seeking the best deals on vacations and getaways. AAA Travel and the dozens of other EXPO exhibitors offered a host of specials throughout the three-day event, but those deals were available exclusively to EXPO guests. Whether travelers were seeking a Caribbean cruise, a family road trip or a quick romantic getaway, they had their best chance to find them at this incredible event.



**SUPER SUSHI BOWL** | Super Bowl 45 was a great game, but pairing the action on the field with a complimentary buffet, half-off sushi rolls and sets from DJ Richie made the *C Magazine* Super Rock Party at Sushi Rock on February 6 the place to enjoy the big game. Drink specials from Bud Light helped to wash down the wasabe, and the varied selection of big rolls left plenty to share with new friends.

# JEGS



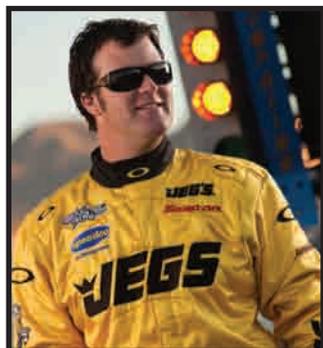
## Visit our Retail Locations

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or Shop Online at **JEGS.com**

## JEG COUGHLIN JR. STEPS AWAY FROM PRO STOCK IN 2011



Five-time world champion drag racer Jeg Coughlin Jr. has announced he will not return to Pro Stock in 2011.

"When the chance to get back into Pro Stock presented itself towards the end of '06, we sat down and thought about the goals we could go for if we did return," said Coughlin. "We knew we wanted to pass the 50-win mark. We accomplished that. We wanted to be in position to contend for the championship each year, and we won two more since we returned. And we really wanted to salute our dad and family business on the 50th anniversary of JEGS, which happened throughout this season."

One of the most prolific drivers in NHRA history, Coughlin is planning a less hectic schedule of Sportsman events in a variety of race cars in 2011, forgoing the time demands of the 22-race professional circuit.

"My career has turned out better than I would have ever imagined," said Coughlin. "I feel so fortunate to have raced with the people I've raced with and to have won the races and championships we've won for the yellow and black. It's just been a phenomenal ride, and it's not over by any means. I have been going Mach II with my hair on fire since the early '90s and I kind of want to take a breath."

To date, Coughlin has collected four Pro Stock titles (2000, 2002, 2007 and 2008) and 52 national event Pro Stock trophies to go with one Super Gas world championship (1992) and 14 more national event Sportsman victories.

"I also want to make it clear that I'm not done racing at the pro level. I have been approached and am considering some of the opportunities. I have no idea what the future will hold. I just know that for right now I want to take a step back and relax a little bit."

For more information, visit [www.jegs.com](http://www.jegs.com)



Owned by Mike Arfa

## 2009 SUPERCHARGED 370Z

Ever since I was little, I have loved cars and going fast. So, any car that I have ever owned has always been modified in some way. Most of the time, I would upgrade small things in the engine and revamp the audio system. The first car I owned was a 2006 Honda Civic, which was a great first car, but was never fast enough. Eventually, I had to upgrade and bought a 2003 Celica GTS. Unfortunately, I moved into the city and had no need for a car. So, when it came down to buying a new car when I moved here to Columbus, I wanted to buy a fun sports car that I wouldn't have to upgrade much. Little did I know that I was going to do way more to this car than any other I have owned.



When I purchased my Nissan 370Z, I decided that I wanted to start with the performance upgrades and then move on to visual and audio aspects. The first add-on was a Stillen exhaust and Stillen intake. I still wanted more power than the 290 whp (wheel horse power) my car was putting out. At that point, I was trying to work out if I wanted to go with a turbo or supercharger for the car. In the end, I went with the Stillen supercharger since it would add 155+ whp and 100 ft/lb. I thought my car was fast when I first bought it, but now it's tons of fun. Not saying I drive crazy fast, but if I had a wish, I'd ask the police to look away for a few seconds when I am driving past them on the highway. It's too tempting to open it up when I see them!

I would just like to thank all the guys at Performance Theory and GRD in Chicago for all their work on the engine and programming. Also, thanks to Columbus' Wheel Medic and Drivers Image in Chicago for the visual and body work done to the car. I still have to decide what my next move is for the car. Do I want to go with a coilover system, or just new springs? Do I want to repaint the body? What do I want to do with the sound system? It's a never-ending battle, and I'm totally fine with that.

■ Mike Arfa



### JEGS Recognized by Community Group

JEGS Mail Order, a worldwide leader in the high performance parts business, was recognized by the Greater Linden Development Corporation with its "Beautiful Business Award -- Large Business Category" during the seventh annual Linden Awards and Gratitude Celebration in downtown Columbus, Ohio.

JEGS was honored for its "continued demonstration of community pride and commitment" and for "setting a standard that makes Linden proud," according to Donna J. Hicho, executive director of the nonprofit organization.

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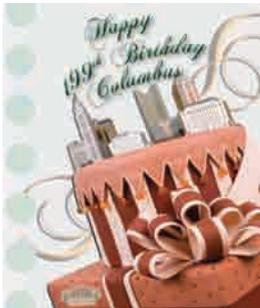
**ART  
WHERE'S**

Continued from p.23



**UP CLOSE AND PERSONAL**

If you are a fan of ballet but not quite ready to step into those pointed shoes, then step into spring with the action-packed BalletMet *Up Close*, in the BalletMet Performance Space. This is your chance to feel the energy and intensity of movement with new works from guest choreographers and BalletMet dancer Jimmy Orrante. This is a unique experience you won't want to miss this season. Performances run from March 11 – March 26. For more information and tickets, visit [www.balletmet.org](http://www.balletmet.org).



**HAPPY BIRTHDAY, COLUMBUS!**

It's hard to believe that the city of Columbus is about to celebrate its 199th birthday, but it is and the Columbus Historical Society (CHS) is throwing it a party! The CHS will also honor an individual, organization and company with the prestigious Lucas Sullivant Gift Award in recognition of their contribution to the great city of Columbus. The event will take place on Feb. 28 at the Columbus Club and tickets are \$125. Visit [www.columbushistory.org](http://www.columbushistory.org) for more information.



**THE TOWN MONSTER SCARY GOOD**

With the poking and prodding of synthetic ivories, a crowd of voyeurs stamp closer to the stage with each drumbeat and guitar strum in a state of curiosity at the eerie tones. The trio plays a Frankenstein monster mash-up of music that can ooze of 1980s-era post punk, and then be pulsatingly danceable the next moment. Piece by piece, limb by limb, the creature is one sewn together by musicians not afraid to take a stab at anything. They are The Town Monster, Columbus' very own experimental spooky musical behemoth, and they like it that way.

"Our songs are kind of all over the place from one song to the next musically, or one EP to the next," says guitarist/keyboardist James Allison. "There is definitely something about a Town Monster song that you can tell it's us. It may be the vocals, but I think it's more of a feeling."

Painting Midwestern landscapes infused with spookiness since 2008, the band started when Nathan Photos met up with drummer Matt Grady and a bass player who has since left the band, giving way to Allison's inclusion. The Town Monster has been scaring up fans over the region with their keyboard-heavy version of rock, even opening for Weezer

at a recent show at Ohio University. Over the last two years, they have managed to put out a full-length album, *Autumn People*, and one EP every month for the entire year. Ambition is not something they are lacking.

"By about halfway through the process of recording the Ohio EPs, I was kind of wondering what the hell I was doing when I made the decision to do this," says Photos. "Now that it looks like we are actually going to complete this, it's produced some really great music and allowed us to hone or writing skills."

Next year, they hope to release the entire Ohio EP collection on a flash drive accompanied by original art sent in from Columbus and beyond that is somewhat Town Monster related. "We're really trying to do more multi-media aspects with our music," says Allison. "We've got some really interesting stuff we're planning for the near future, but I'm afraid to say yet."

For more information on The Town Monster, go to [www.thetownmonster.com](http://www.thetownmonster.com)

**Cary Smith**

**THE TOWN MONSTER SOUND:**

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PHOTO: ERIC WAGNER



## STRONG WORDS ANTHONY SCHLEGEL

Each month, *C Magazine* sits down with a prominent Columbus figure to see what makes them tick at 5:01. This month, we sat down with former OSU and NFL hitter, Anthony Schlegel. He's tough as nails, brutally intense and a softy for malts and family.

**Who impressed you the most in college?**

Coach Tressel. He's about changing lives. He's more than a coach; he's an example.

**As a strength coach for a major university football team like OSU, what's the hardest thing to build, the mind or the body?**

At a place like OSU, it's required to have a certain attitude or "stank," as I call it. The hardest

thing to teach these kids is to do every snap, every routine like it was a real game. That's when they'll dominate people.

**Which current OSU player reminds you the most of yourself?**

Probably Sweat or Simon. They both have a rare capacity for training. They already have the "stank."

**At what point did a sport become a**

**way of life?** When I was 4 years old and I answered everybody: "Anthony Schlegel, fullback."

**What is the most outrageous thing you've eaten?** Buffalo tongue and whale.

**It has been noted you are a hunter. What's your game of choice?** Wild hogs. I killed 70 last year with nothing more than my dogs and a knife.

**What is your favorite tradition from your childhood that you would like to pass on to your children?**

Quality time without television. Going on adventures, playing games and eating together. Just making time for each other.

**What was your best Halloween costume growing up?** I was always a football player. Even when they told me to change

it up, I just added it to football, like zombie football, space football, whatever.

**What is your greatest achievement?**

Marrying my high school sweetheart, Stephanie, and having my beautiful kids, Hunter and Faith.

**What's your Death Row dinner?** My wife's chicken pot pie.

**What is the difference**

**between winning and losing?** All losses are compromises.

**Got a serious pet peeve?** I can't stand anyone who brags.

**Is there something that you can't say no to?** Chocolate malts.

**What animal would you be?** I'd be a 275-pound boar hog with two and one-half-inch cutters.

■ Jason E. Ohlson



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