

TriHealth Case Study

Surgery Gives Liberty Township Man Chance to Enjoy Every Day

Boy Meets Girl on the Fairway

High School Golf Gets Its Day in North Carolina with the Tarheel Cup

Changing Smiles & Lives

Dr. Scott Silverstein's Path to Periodontics

VOLUME 6 / ISSUE 4

AUGUST-SEPTEMBER 2019

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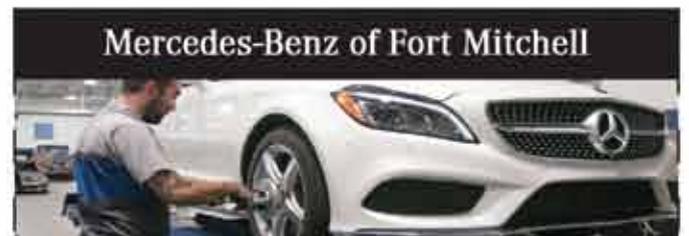
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Ultimate News



In the Community



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crew spotlight

Flight Attendant Chasity Burgess

Chasity Burgess has been a Flight Attendant with Ultimate JetCharters since November of 2014. With 14 years previously spent at Comair Airlines. This year marks 20 years in aviation for Burgess.

Burgess loves her career, meeting so many great passengers through the shuttle and charters over the years. One particular charter stands out the most. "I flew a group of children with special needs along with their families to Orlando, FL. Where they were going to spend three days exploring Disney. Most of these children and their families had never been on an airplane before so their excitement was heartwarming. We let the kids check out the cockpit after the flight and take pictures and ask questions. I flew them back to Pittsburgh again after their wonderful trip to Disney. All the kids couldn't wait to tell me their stories about their trip. I was so happy to experience this with these kids."

For Burgess, being a flight attendant is very rewarding. The little things can make her day. Hugs from children, to hearing "great job" from passengers that fly on a regular basis.

During her off time, Burgess loves to go to wine tastings, hang out with friends and most importantly, was spending time with her 14-year-old cat, Martini. Who recently passed in July. Chasity currently resides in Northern, KY, where she moved from Charleston, WV after completing college at Marshall University. (Continued on page 8)

BELOW: Flight Attendant Chasity Burgess



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CREW SPOTLIGHT (CONTINUED FROM PAGE 6)

Flight Attendant Stephanie Knutsen

Stephanie has been a flight attendant with Ultimate JetCharters since November of 2017. Her dad's career in the Air Force as a crewmember on the AWACS plane inspired her love for aviation. His love for aviation was contagious, and Stephanie decided that one day, she would like to pursue a career in this exciting field as well.

He also instilled in Knutsen a love for travel. During his Air Force career, she had a chance to travel to many places, not only here in the United States, but also other countries as well. She loved meeting and making friends with people from all over the world.

One of her most memorable Ultimate JetCharters flights was a private charter with a family on board that was on its way to Walt Disney World. The children on board were so excited and talked non-stop about their upcoming trip to Disney. Their happiness was contagious, and it was so much fun serving them snacks and hearing them talk about their trip. One of the highlights of the trip was when the children got the chance to go into the cockpit and take pictures with the Flight Crew.

Knutsen recently relocated from Denver, Colorado to the Cincinnati, Ohio area not only to be closer to the home base of Ultimate Air Shuttle, but also to be a little closer to family. She loves outdoor activities, especially hiking and skiing and engages in these activities as much as possible. Stephanie also loves spending time with her family. Her two nephews, Lucas and Jeremy are her pride and joy, and she likes to visit them as often as she can.

Prior to becoming a flight attendant, she worked in the mortgage industry. Her first experience working in the aviation field was as a crew scheduler. She enjoyed scheduling, but her favorite job is what she does now, being a flight attendant!



ABOVE: Flight Attendant Stephanie Knutsen

PROMOTIONS

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TriHealth Case Study

Surgery Gives Liberty Township Man Chance to Enjoy Every Day. **by Sandy Weiskittel**

JEFF LUNSFORD had just spent a memorable week with his wife and daughter in New Orleans, celebrating Mardi Gras and making a college visit to Louisiana State University. The 53-year-old Liberty Township resident couldn't have imagined that just days later he'd be in TriHealth's Bethesda North Hospital recovering from six-way open heart bypass surgery.

For some time, he'd been having

a burning sensation in his chest with exercise. With a history of ulcers, however, Jeff attributed his heartburn to exertional reflux.

"I dragged my feet and ignored symptoms for almost two years," he admits. Even when his wife strongly encouraged him to seek medical advice, Jeff was sure he simply needed an update on his ulcer medicines. He saw his gastroenterologist, Michel Ghastine, MD

with the TriHealth Digestive Institute, a few days after returning from New Orleans.

"I had convinced myself that I was perfectly fine," Jeff recalls. "Then things went from zero to 100 miles per hour."

Dr. Ghastine listened to Jeff's story and referred him immediately to TriHealth Heart Institute cardiologist Craig Sukin, MD, who had him complete a stress test on the spot. Jeff failed the





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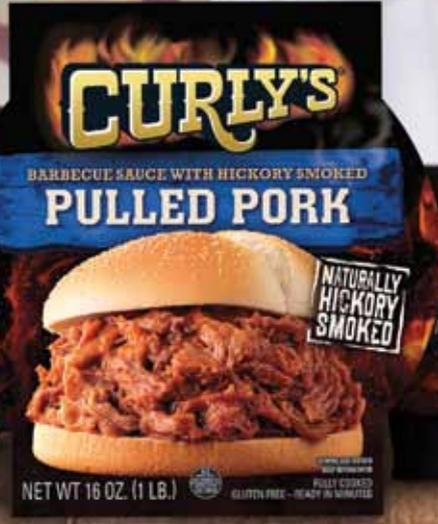
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stress test, becoming short of breath and showing changes on his EKG. The next morning, March 1, 2019, he met Dr. Sukin in the Cath Lab at TriHealth's Good Samaritan Hospital for what he thought would be an angioplasty with a couple of stents to open narrowed coronary arteries.

"I was sedated during angioplasty and went into it thinking everything was going to be great," Jeff says. "My next conscious memory was being transported to Bethesda North Hospital in an ambulance. The transport nurse said I was going to have open heart surgery."

The angiogram had revealed five major coronary arteries that were 99 percent blocked. The sixth artery was 75 percent blocked. Without surgery, Jeff's chances of having a heart attack were almost certain.

"I had felt fine and normal," Jeff says. "This was an absolute shock."

Timely Intervention

As Jeff was being transported up the highway for heart surgery, his wife, Jennifer, was on the phone breaking the news to their three daughters – ages 26, 20 and 18 – scattered across Michigan, Alabama and Liberty Township.

"My wife, a nurse anesthetist at Good Samaritan Hospital, had a heightened realization that this was really bad. It would require a surgeon on his best game to allow me to go back to my normal activities and do what we did as a family and a couple."

Cardiothoracic surgeon Eric Okum, MD, was up to the challenge of creating bypasses for the six severely blocked arteries supplying blood to Jeff's heart muscle.

The angiogram had revealed five major coronary arteries that were 99 percent blocked. The sixth artery was 75 percent blocked. Without surgery, Jeff's chances of having a heart attack were almost certain.





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“He used both internal mammary arteries in my chest and one vein from my leg to create the bypasses,” Jeff explains. “When I contemplate the amount of work I had done, and the knowledge and skill of the surgeon, it’s mind-boggling. The word ‘miraculous’ certainly applies.”

Life-Altering Event

Jeff woke to a new reality with a “big zipper in my chest. It’s a painful, life-altering situation. I want to single out the transport team for keeping me in the right place mentally when I had this bombshell dropped on me. The team in the CVICU [Cardiovascular Intensive Care Unit] was fabulous in managing my expectations and helping me get back on my feet.”

He went home with an education booklet, including pages to track

his blood pressure and activity. “My walking goal was to walk four times a day, three minutes at a time. I told my wife, ‘I can just do 12 minutes and knock this out.’ My wife just laughed. After two minutes, I was exhausted. It was a rude awakening about how much work it would take to get back to an average life.”

Three days a week in cardiac rehab at the TriHealth Fitness & Health Pavilion have boosted Jeff’s confidence and activity level. “The rehab team is fantastic. They do a great job encouraging and educating you,” he says.

He has made some heart-healthy dietary changes, and he exercises daily. He takes cholesterol medicine and a pill to regulate his heart rate.

Twelve weeks after surgery, Jeff returned to full-time work as manager of a Dick’s Sporting Goods store. “It takes

Three days a week in cardiac rehab at the TriHealth Fitness & Health Pavilion have boosted Jeff’s confidence and activity level. “The rehab team is fantastic. They do a great job encouraging and educating you,” he says.

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stamina and physical ability. I was apprehensive to jump back in, but it's gone extremely well. I feel 100 percent now, and I anticipate just getting better."

The events in early March have given Jeff a greater appreciation of life.

"I look at every day as a blessing – another day with my girls," he says. "I spend time being more present in conversations and less time with electronics. I don't get stressed out by things in life that used to seem so important. I have a new appreciation for how cool it is to have another day."

Why TriHealth?

Jeff says, "In my estimation, they're the best at what they do. They took a person like me who convinced himself there was no problem. It all started with Dr. Ghastine saying, 'I don't like the way

that sounds. I want you to see cardiology.'

"They listened, looked and checked and were so very thorough. When I needed the best care and highest skill, they provided just that. They took me from a situation where I shouldn't have a future and gave me that future.

"From the care transport team, to the care team who prepped me for surgery, to the surgical team with the skill and knowledge to do the surgery, they didn't just save my life but gave it back in full."

He continues, "Everyone was well-informed about what I needed next. Cardiac rehab knew my history before I walked in the door. I think it's easy to get lost somewhere, but I never got lost in the system. The system kept pulling me back, saying here's what you need next. That's TriHealth." ■

"They listened, looked and checked and were so very thorough. When I needed the best care and highest skill, they provided just that. They took me from a situation where I shouldn't have a future and gave me that future."





“And This One Belongs to the Reds!”

Broadcaster Marty Brennaman steps away from the mic after 46 seasons. **by Noel Ripley**

KNOWN FOR HIS OPINIONATED, zealous, and sometimes contentious style, Hall of Fame broadcaster and iconic voice of the Cincinnati Reds, Marty Brennaman earlier this year announced that his 46th season calling the Reds will be his last. Born July 28, 1942, in Portsmouth, Virginia, Brennaman has been the voice of Major League Baseball's Cincinnati Reds on the Cincinnati Reds Radio Network since 1974.

Brennaman, 76, is a legend in

Cincinnati sports. A 2000 Ford Frick Award winner at the Baseball Hall of Fame, he's been the voice covering three World Series championships in 1975-76 and 1990. Among many other big moments, he was behind the mic when Pete Rose became the all-time hits leader in 1985, when Tom Browning threw a perfect game in '88, and for Tom Seaver's no-hitter in 1978 and Ken Griffey Jr.'s 500th and 600th career home runs in 2004 and '08.

Brennaman was inducted into the National Sportscasters and Sportswriters Association Hall of Fame in Salisbury, North Carolina in 2005. That same year, he was also inducted into the National Radio Hall of Fame in Chicago.

Marty's voice – the voice that has been a staple in Cincinnati's homes, at backyard barbecues, and in cars riding down the freeway providing play-by-play commentary like no other – will be sorely missed.





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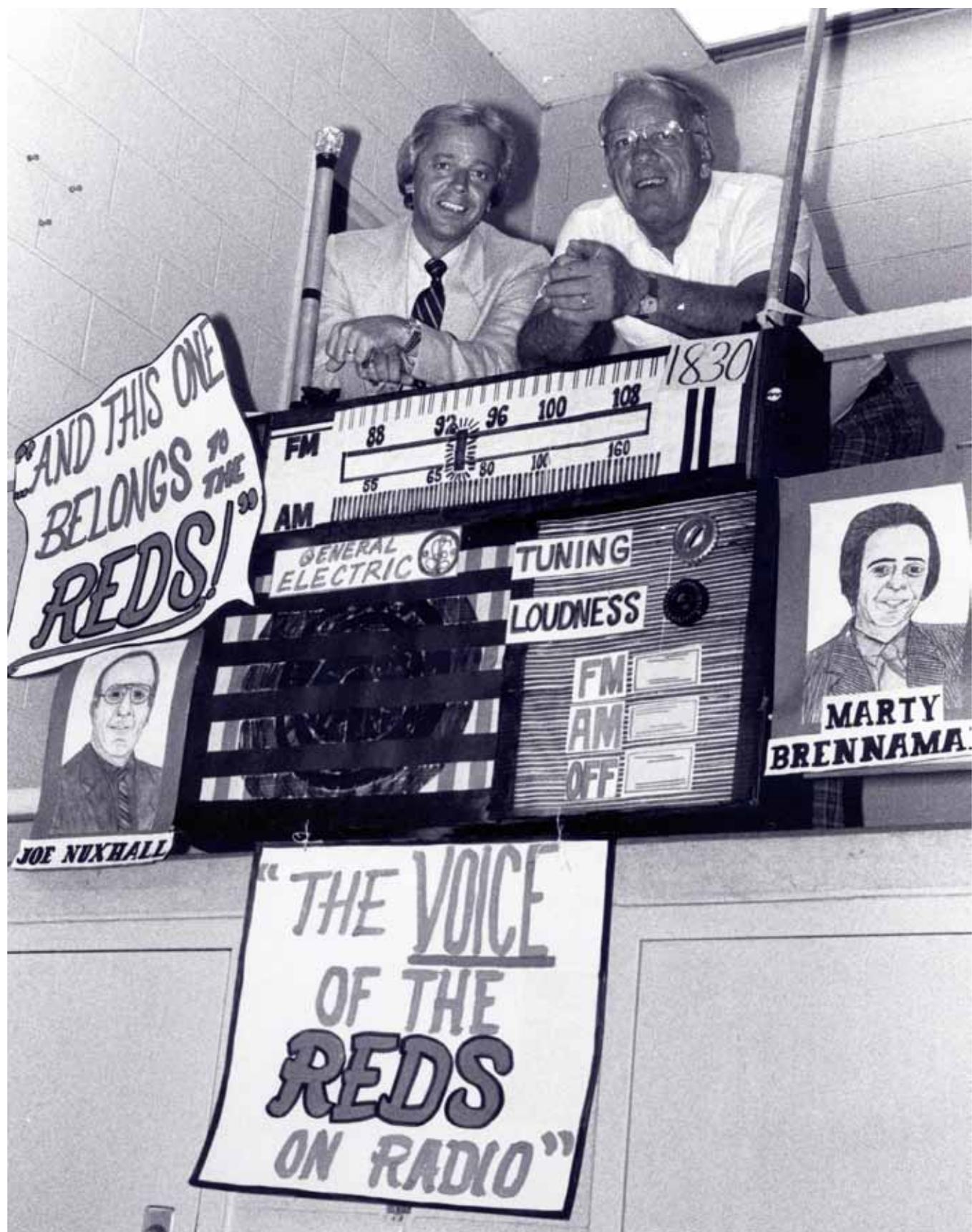


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Brennaman joined Joe Nuxhall on the Reds radio team in 1974. “Marty and Joe” became an institution in the city, appearing together in numerous radio and television commercials. Brennaman’s trademark call of a Reds victory (“And this one belongs to the Reds!”) was coined during his second game with the team. This same phrase was expected to be placed in lights, outside of the Reds new Great American Ball Park in 2003, but Hamilton County officials nixed the idea, citing that the ballpark “belongs to the taxpayers” and not the Reds. Instead, only Nuxhall’s signature signoff, “...Rounding third and heading for home” was used.

Recently I had the honor to sit down with Brennaman, I asked him what was his fondest memory working alongside his friend Joe Nuxhall. “I do not have enough time... we were together for 31 years. I’m as proud as that as any honor that has been bestowed upon me. Because the only two guys that have worked tandem together as long besides Joe and me were Vince Scully of the Dodgers and his partner Jerry Doggett. They were together for 31 years in the same park. Nobody will ever do it again.

It was a relationship that was just beyond words. We were like an old married couple, and basically, that was the way it was. We knew each other so well, I could stop a sentence in the middle of it and he could finish it and vice versa. We played golf together, ate together if we had an off night on the road. We were almost inseparable. I marvel at the way he handled his success. People



talk about Oscar Robertson and Pete Rose. There is no one that has lived in this town that even comes close to how iconic Nuxhall was and how he is still today. His son, Kim, and his wife Bonnie honored Nuxhall’s memory by building various facilities for special needs kids and adults – one of Nuxhall’s passions – in his name.

Joe’s other passion was education. The proceeds of Nuxhall’s



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annual golf outing help provide education to kids in Butler County who don't have the financial means to go to school. He was just as special a person as I have ever known and I was blessed to work with him."

Of course, I had to ask what the most memorable game he called was. "There isn't just one game that stands out. There's one that I didn't call, but I was there. It was the sixth game of the World Series in 1975 when the Red Sox beat the Red Sox by a run in extra innings at Fenway Park in Boston, forcing the seventh game. Many people feel like it was the greatest baseball game ever been played. I wasn't working, because the way the contracts were written back in those days, the network used club announcers to work with their regular NBC local announcers. Once we're back in Cincinnati, I work on the games on NBC TV. It was the most memorable game I have ever been associated with."

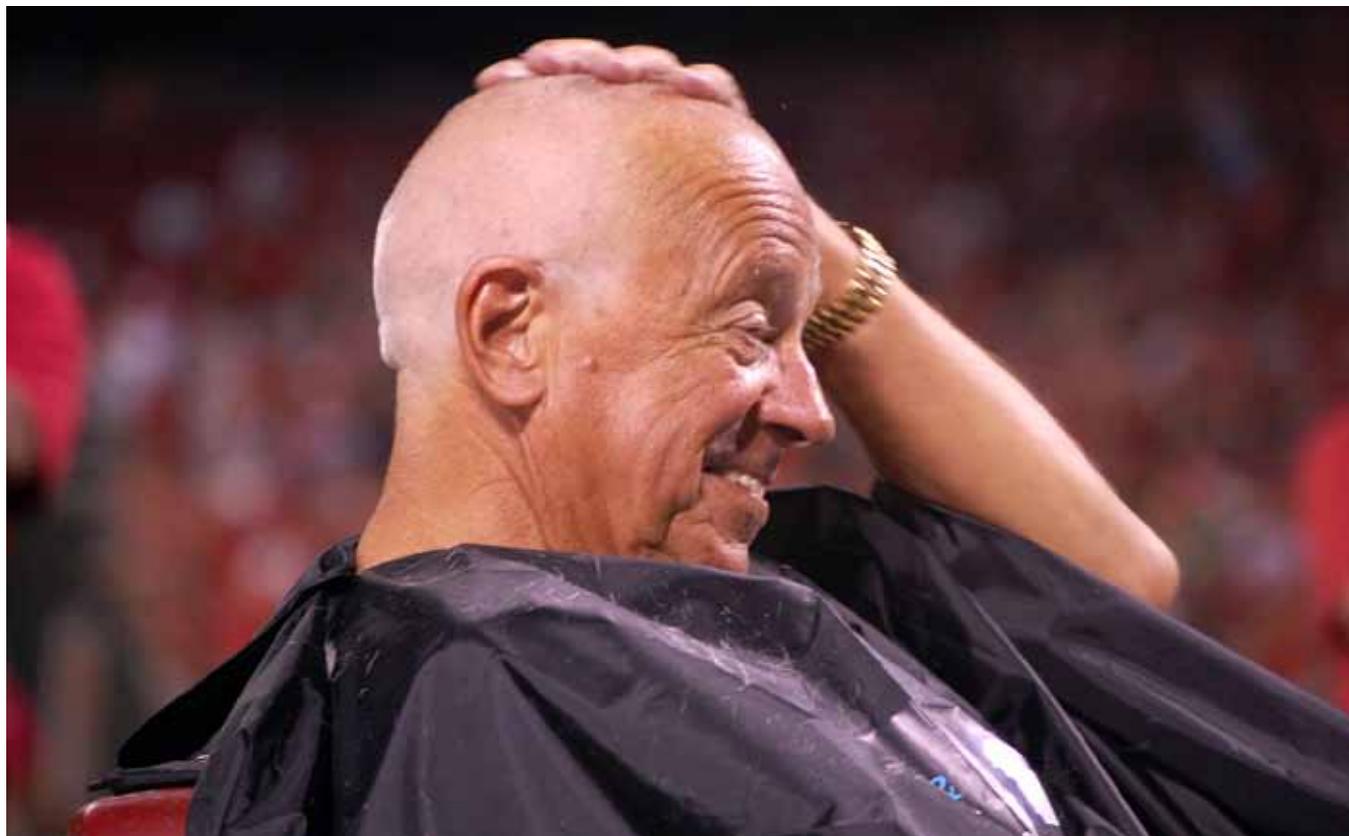
I asked Brenneman what he'd miss the most when he calls his last game. "That is easy, I'll miss the people. Someone told me that I have called about 6,500-7,000 games. That's enough. But I will really miss the people, which will be a major hurdle I will have to overcome. Seeing the people at the park every day, the people I have become friends with on the road, other broadcasters. It's going to be hard. When 5:30 rolls around on game day

MARTY'S ALL-TIME REDS STARTING LINE-UP

1	Eric Davis	CF
2	Tony Perez	1st
3	Pete Rose	3rd
4	Ken Griffey Sr.*	RF
5	Joe Morgan	2nd
6	George Foster	LF
7	Barry Larkin	SS
8	Johnny Bench	C
9	Tom Seaver**	P

*Tied with Ken Griffey Jr. ** Marty's starting pitching rotation would also include Mario Soto, Jose Rijo, and Tom Browning.





at Great American Ballpark, I'll probably be getting a little melancholy, as that is the time we all sit down to eat dinner together, my son, and all the TV and radio guys. That time will stand out very obviously for me."

When asked, "What would Brenneman's all-time starting line-up would be?," the list may sound like the Big Red Machine, but there are some interesting changes. "Slam dunk, the catcher would be Johnny Bench. First base, Tony Perez. Joe Morgan at second base. Shortstop, I would give the nod to Barry Larkin, as the best all-around shortstop that's been a part of this organization. However, Dave Concepcion is the best defensive shortstop I've ever seen. Pete Rose at third. Right field would be toss up between Ken Griffey Sr. and Ken Griffey Jr. I would have to let those two fight that out. Centerfield, Eric Davis and left field would be George Foster." Brenneman could pick a pretty good starting rotation as well: "Tom Seaver, Mario Soto, Jose Rijo, and Tom Browning, I would go to war with that team."

As for the current Reds team, Brenneman says they are a definitely an improvement over what we have been watching the last four years. "I think when the season began, that's what was promoted, they would be a better team. I include myself in this; my expectations become a bit higher when I saw what kind of talent this team has. It has a lot of talent, I expected them to be better than they are right now and I get a little bit impatient. But, by the time the season is over, this is going to be a team that has been improved over the last four years. You can't take giant steps that go from losing 94 games to winning a World Series the next year, that's almost impossible, I don't think that's ever happened before."

Over the years, Brenneman became associated with many different charities and foundations. One of the most memorable examples occurred in 2012 during a Reds winning streak. Marty – somewhat jokingly at first – said he'd shave off *all* his trademark puffy white hair if the streak reached 10 games.

After the Reds *did* win their 10th game



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in a row, Brenneman made good on his promise and turned the occasion into a way to help The Dragonfly Foundation – an organization which provides support programs for young cancer and bone marrow transplant patients and their families. Marty sat in a chair on the field of Great American Ball Park and, in front of thousands of fans, had his head shaved.

The event raised hundreds of thousands of dollars and, most importantly, awareness

for this great cause. The event also led to Marty forming an unexpected bond with a group of young kids who are literally in the fight for their lives.

Brenneman will still remain affiliated with the club post-retirement for non-broadcasting events. One of the most popular is the Annual Marty Brenneman Golf Classic, a two-day event that benefits the Reds Community Fund.

Brenneman has been around five Reds



SOME OF MARTY'S MOST NOTABLE CALLS

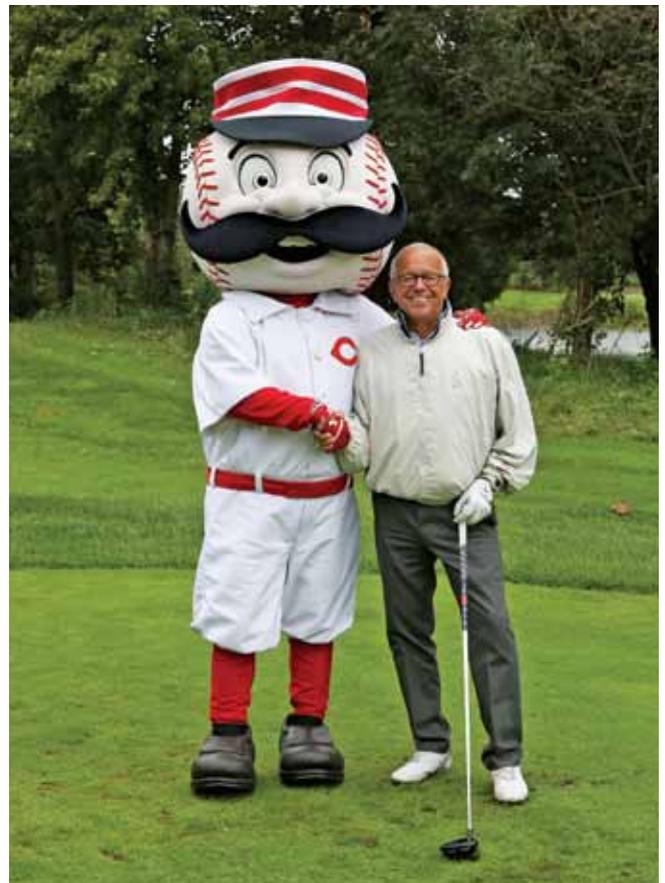
- **Hank Aaron's record-tying 714th career home run in 1974 (Brennaman's first regular season game as a Reds announcer)**
- **Tom Seaver's only no-hitter in 1978 when Seaver was a member of the Reds**
- **Pete Rose's record-breaking 4,192nd career hit in 1985**
- **Tom Browning's perfect game in 1988**
- **Ken Griffey, Jr.'s 500th career home run in 2004 and his 600th in 2008**
- **The Reds' World Series victories in 1975, 1976, and 1990**
- **Roy Halladay's no-hitter (second in postseason history) in game one of the 2010 NLDS between Cincinnati and Philadelphia.**
- **Jay Bruce's walk-off home run to clinch the NL Central divisional title for the Reds in 2010.**
- **Homer Bailey's no-hitters against the Pirates in 2012 and against the Giants in 2013.**
- **Jake Arrieta's no-hitter against the Reds in 2016.**

organizations over the years; the current organization has been good to him. The ownership group has essentially let Brennaman do his job.

"I've been blessed to do the job the way I want to do it and not cross a line. I've had people ask me where is the line? I can't tell you where is the line, I think it's something you intuitively know because of all the years you spent doing the job. I know where I can go and I know there's an area I can't go to and I understand that. There are a lot of guys who would sit here and tell you they have the best job in the world, I truly can tell you, that of all my colleagues in this business; nobody has enjoyed doing what I do more than I have. I've been blessed to do this, in this town, for this long, and be smart enough to realize when I had opportunities to leave and I've had a lot of them."

"At the end of the day, I couldn't pull the trigger and leave Cincinnati and I think that's a credit to the town. Cincinnati is a great place to live, to raise kids, has big-time sports and arts. I look back at my career and people ask, 'What things would you change?' I wouldn't change anything, not one single thing I would change about the way my path has traveled from February 1st, 1974 to now."

As your final season comes to a close, we tip our hats to you Marty. Thank you for your voice, your expertise, and your professionalism on the job. Retired or not, you will always be a part of the Cincinnati family! ■







Boy Meets Girl on the Fairway

High School golf gets its day in North Carolina with the Tarheel Cup. **by Lynne Brandon**

“THEY CARVED A GOLF COURSE out of a mountain,” said Marty Hutchins, golf coach and visual arts instructor at Highland School of Technology, a magnet public high school in Gastonia, North Carolina. “It’s a work of art.” The lush landscape and hilly terrain of Cramer Mountain Club golf course still has an effect on Hutchins even after playing it for years. As an art teacher he sees the beauty of the course and as a golfer he loves the challenge, one that has been on vivid display since 2016 when the first

Tarheel Cup (TC) teed off on its fairways.

Hutchins is the face of the Tarheel Cup tournament that was conceived of in 2015 and birthed in 2016. So, what is the big deal about this high school golf tournament? Plenty. Not only is it the first All-Star high school golf event in the state, but it is also the only golf tournament in North Carolina that pairs male and female players as teammates in what is normally a solo sport.

The notion of such an event took shape for the first time in July 2015 at

the annual North Carolina High School Athletic Association Coaches Clinic held in Geensboro, about 90 miles north of Charlotte. Mark Lackey, boy’s golf coach at North Lincoln High School, remembers the drive home to Gastonia after the clinic with Hutchins, and the conversation about high school golf which centered on the lack of an All-Star tournament for the sport. High school football, basketball, baseball and even soccer had championship events crowning the “best of the best.” Golf deserved its day.

ABOVE: Jacob Hunsucker (left), rising sophomore at Gardner Webb and Kasey Owenby (right) rising freshman at Clemson. Both played in the Tarheel Cup in different venues. Photo by Philip McGinnis, Gaston County – Cramer Mountain Club.



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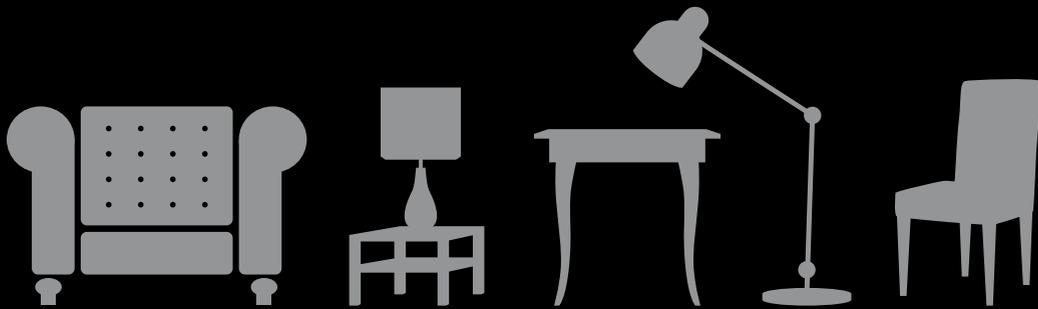
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Photo courtesy River Landing.



**TARHEEL CUP EAST TEAM:
River Landing Golf Course and River
Landing Country Club, Wallace, NC
*Site of the 2017 and 2019 Tarheel Cup***

River Landing is 36-hole golf course development started by the Murphy family in Wallace, 30 minutes from Wilmington and coastal beaches. The course hosts numerous tournaments including the U.S. Open qualifier, the North Carolina Amateur, and Hope for the Warriors Tournament, which raises nearly \$250,000 annually.

“River Landing stands out because it is unexpected,” said Hope Turnbull, vice president of Murphy Family Ventures, owner of River Landing. “The Tarheel Cup gave us an opportunity to showcase our golf course and the community to golfers all over the state. We have two ‘top 50’ courses,’ accommodations, clubhouse dining and more. One of the reasons River Landing is so appealing for the Tarheel Cup tournament is because it is all inclusive, everything is in one location.”

THE LONG TOURNAMENT ROAD

A question from coaches asking what they would get for their membership fee in the newly formed NC Golf Coaches Association prompted Hutchins, also president of the organization, to think about what he could do to give back to the sport. At the time, Hutchins told them their dues gave them a “voice,” but he knew they wanted more. “Marty started writing ideas on paper,” said Lackey. “The Tarheel Cup was born on I-85 that day as we were driving. We had a lot of sceptics and hurdles but a year later it happened.”

The goal was manifold – to create lasting memories for seniors who had excelled in high school golf, honor coaches and the sport. Hutchins took it further with the idea of putting girls and boys on the same team – the best 12 girls and boys from the west (Greensboro to Murphy) and a team of 12 from the east (Greensboro to Nags Head) making it an “East vs. West” event.

The idea of a championship tournament to celebrate the best high school golfers in the state starting taking shape. Choosing players was not the hard part – coaches had to recommend players, and the player had to be a senior. The real challenges were time and location of the venue. The tournament could only be played after the state championship in early May. Essentially there was a two week window competing with proms, other tournaments and college visits before summer kicked in and players went off to college.

Making the tournament a reality boiled down to finding a golf course to host the event. Hutchins talked to more than 20 courses and none were willing to sacrifice their greens during the busy month of May. Finally, in a twist of irony (and desperation), he found his “yes” on home turf a few miles from his house.

Hutchins decided to convince the folks at Cramer Mountain Club – after all, it was the perfect choice for many reasons – it had

LEFT: Team East Attie Giles putting for birdie on hole 14 at Cramer Mountain Club during the 2018 Tarheel Cup. Photo by Philip McGinnis, Gaston County – Cramer Mountain Club.



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Photo courtesy Cramer Mountain Club.

**TARHEEL CUP WEST TEAM:
Cramer Mountain Club, Cramerton, NC
Site of 2016 (inaugural) and 2018 Tarheel Cup**

Located in the heart of Gaston County, Cramer Mountain Club is nature and golf at its finest. Once a dairy farm, the club's picturesque course features mountainous terrain, hilly slopes and lush greens. The signature hole number 15 with its unique stone wall backdrop (pictured above) was originally designed as a par 4 dog leg left but changed to a par three due to the density of the rock and landscape. The course has hosted various conference matches for Gaston County Schools and the NCHSAA 1A 2015 Regional Championship.

Situated along Interstate 85, Gaston County is 15 miles west of Uptown Charlotte. Gaston County is an outdoor lover's paradise offering scenic paddling adventures on the Catawba River, hiking on greenways and mountain trails in Crowders Mountain State Park, plenty of golf and much more.



ABOVE: 2019 Tarheel Cup West Team coaches and female players.

Photo by Philip McGinnis, Gaston County – Cramer Mountain Club.

the home town advantage, a challenging course and people he knew from years of playing the course. Then, Gaston County tourism stepped in and helped write a grant. The tide turned and Hutchins' "don't take no for answer," attitude prevailed.

Sponsors like the North Carolina Golf Association, Choice USA, Chronicle Mill and WIX Filters signed up, and volunteers lined up. The event grew legs and it was game on

Jennifer Church, co-owner of Chronicle Mill in Belmont is credited for her efforts in coordinating the inaugural event. When asked about her part she is modest about the many hours she spent promoting the event on social media, logistics and other details. "It was Marty's vision and he did an outstanding job getting support from local and regional golf community to make it happen," said Church.

The tournament took on a personal note for Church who got to watch her niece, Ellie Porman, play the second year when the event was held at River Landing in Wallace, North Carolina. She continued, "It is a first class event – kids don't get recognized in golf – so it was great seeing Ellie being recognized since she has played her whole life."

By the time the tournament returned to Cramer Mountain in 2018 the golf community was ready with open arms. Support came from Cramer Mountain men and women's golf associations and key volunteers like Debbie Dunlap, president of the Women's Golf Association.

"Cramer Mountain is one of the more challenging courses in the state," said John Church, co-owner of Chronicle Mill with his wife, Jennifer. "It is beautiful course and a mountain course which is unique with lots of vertical challenges."

The course proved to be a physical and mental challenge for the young golfers. Players walked the nearly 7,000-yard course over the inaugural two-day tournament. "It was physically demanding for the kids to walk the hilly course with lots of slopes and hills," said Hutchins. "That can break a player down physically over two days," said Hutchins. "This made focus and creativity even more important with shot making, and tests players mentally – holes where you have to draw the ball (right to left), fade the



ball (left to right). Depending on how the course is set up players can drive the ball onto the green on a par 4. It is a risk but reward course.”

“The game of golf is full of emotions and more mental than physical,” said Hutchins. “A lot of emotions swirl during golf matches – I have seen golfers be down and fight their way back up into the match one hole at a time. It is also intense for parents to watch their kids play.”

Nature provided comic relief during the first tournament when players stopped to watch deer crossing a stream or a turkeys running across the fairway.

INAUGURAL TARHEEL CUP

The day finally came and the dream of a high school All Star golf tournament became a reality on May 2016 when the first stroke was taken on the Cramer Mountain club golf course.

The first day of the tournament was a full 18-holes of mixed alternate shot matches and in the afternoon a 9-hole match of mixed 4-ball following the Ryder cup format. “Competition was fierce but afterwards sportsmanship was on full display,” said Hutchins.

Lackey remembers watching players at the first tournament, a first for boys and girls who had only played on all-girl or all-boy high school teams. “It was great watching a girl step up to tee and the ball rips down the middle about 250 yards,” said Lackey. For some like Grace Yatawahara, a rising senior at East Carolina University, it was a defining tournament. “It was the first time I felt like an adult,” said Yatawahara who played in the inaugural event. “The friendships I made with players that I did not know before are still going on. And, I liked playing with the guys. Noah Goble hits the ball really far and put me in better positions closer to the green. The tournament was very different from how I would normally play. And, it was a challenging course that was tight with a lot of trees.”

Noah Goble, a rising senior at Methodist University, who teamed up with Yatawahara recalled the first year of the tournament as truly unique and special. Goble had played golf with girls but never competitively.

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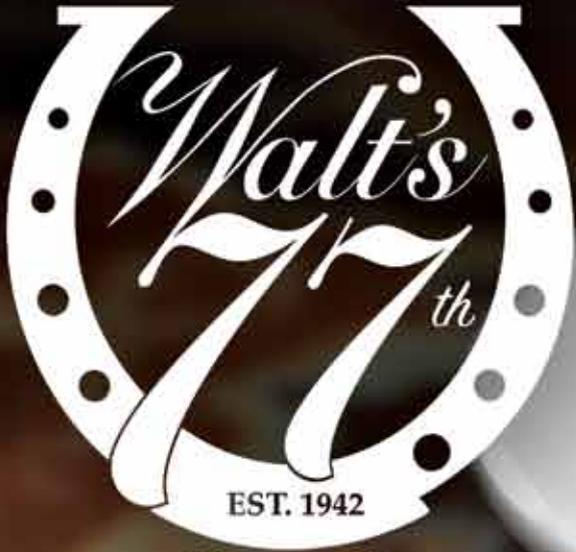
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ABOVE: The 2016 Tarheel Cup winning team (top); the 2016 Tarheel Cup top male player (bottom left) and the 2016 Tarheel Cup top female player (bottom right). Photos by Russ Lanier – River Landing.

“I am accurate off the tee but Grace is so accurate that it made a difference,” said Goble. “I found out that girls do not play that differently than boys and face the same obstacles. It was cool to see how they handle course challenges. Grace’s strengths played to my weaknesses – if I had a bad tee shot she could finish at hole 11 to make it. Or, if I hit from the woods she made the putt.”

Goble had an epic moment on the course that is still talked about. Yatawahara and Goble were down on a missed four ball match. “Noah drove the ball through the dog leg over the trees and landed on the green,” said Hutchins. “We – coaches from both teams – watched it fall out of the sky and land on the green. We didn’t see any players

anywhere. So we knew it was from the tee box. The strategy worked and they won the hole and stayed in the match. They had nothing to lose and everything to gain. It was equal to hitting the ball four city blocks.”

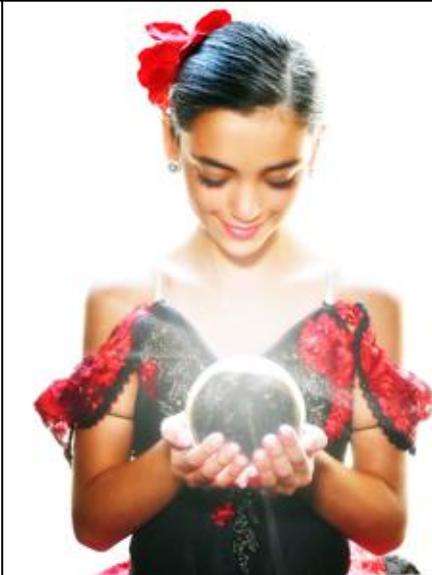
In 2017, the tournament went to the east coast to River Landing in Wallace, 30 minutes from Wilmington. The scenic course is challenging due to lakes and rivers on the property and the northeast Cape Fear River which runs through the course. “We have not had that level of talent at that age before which is why we wanted to host it in 2017 and again in 2019,” said Larry George, director of golf at River Landing. “The golf course really warrants that level of completion. When these young golfers

play the river course driving the tee shot for accuracy is important. River Landing is unique that in 16 of the 18 holes involve water which is a lot for a course. That’s makes driving accuracy a premium. The 18th hole is the signature hole with a tremendous water fall. It is picturesque and golfers remembers it.”

Logan McNeely played for the West team in 2017 at River Landing. “I had never played golf with girls before the tournament,” said McNeely, a rising junior at Appalachian State University. “It was unique also to be a on a team since golf is such an individual sport.”

Calista Rice, rising junior at Clemson also played for the wining West team in 2017. “I could not have asked for a better





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experience,” said Rice. “The coaches were great and the course at River Landings is beautiful. It was a great way to finish high school and not something everyone gets to do.” She celebrated the team’s win by pushing Coach Mark Lackey into the pool.

Parents are just as impressed with the Tarheel Cup as the kids. Wesley Hunsucker’s son, Jacob, was a senior at South Point High School in Belmont and played for the winning West Team in the 2018 tournament held at Cramer Mountain. “The entire event was flawless,” said Hunsucker. “From Friday night with the kickoff dinner at the U.S. National Whitewater Center, the weekend was great with exceptional golf all weekend. My son made great new friends,

and ranks the tournament at the top of his list of golf events that he has participated in. One of Jacob’s greatest memories is hole number 14 when he finished 5 up on his opponent and ended his match.”

Four years later the Tarheel Cup has turned out to be more than a tournament. It is really a tale of a community that got behind a dream, one that involves a sport widely loved in Gaston County, and shows what can happen when everyone pulls together. Golf was the vehicle but the real prize is the camaraderie and spirit of a county that loves and supports its kids.

The community learned that when you give back to others, the reward is returned tenfold. For the players it meant new

friendships that will be lifelong. And for others, the tournament gave new respect for high school female golf players. The one-of-a-kind tournament touched everyone from parents, players to coaches. Many players will continue playing in college, and for those who don’t it is a crowning achievement in their golf career.

The Tarheel Cup demonstrated what everyone knows - that golf is a hard game – but at its best it is a sport that is revered and nurtured. And, in Gaston County it is where a dream became reality.

The 5th Annual Tarheel Cup will take place at Cramer Mountain Club the last week of May, 2020. ■

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Crowders Mountain Golf Course	70.0	129	Public	18 holes	72	5629
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Gaston Country Club	74.4	135	Private	18 holes	72	7042
Green Meadows Golf Course	67.3	114	Public	18 holes	70	5962
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Dr. Scott Silverstein's path to Periodontics. **by Lindsay Tengler**

A CREATIVE, GENUINE, AND passionate soul at heart, Dr. Scott Silverstein devoted his college years to his desire for learning. His passion for dentistry began at an early age. While he knew dentists were highly respected professionals, he perceived a lack of compassion, empathy, and high-level customer service in dental practices. Dr. Silverstein envisioned a newer and more refreshing model for dental practice where patients come first and are always treated with kindness and respect. He vowed that though his goal was to earn his Doctorate

of Dental Surgery degree, he furthermore wanted to create a practice that would truly inspire individuals, leaving them with an experience that would not only improve their dental health, but also evolve their self-esteem, improve their daily life, and leave a sincere and genuine stamp on their heart.

Dr. Silverstein received his undergraduate degree from the University of Texas and earned his Dental Degree at the University of Texas Dental Branch at Houston. Experiencing all phases of dentistry, his passion evolved immensely

when he discovered his love for the field of Periodontics. While he was interested in the technical and scientific aspects of the specialty, the close interactions, relationship building, and the opportunity to provide individuals with a feeling of comfort and trust were the areas he found most appealing. Nonetheless, all aspects of the specialty captured his core, and he knew that his passion for periodontics could, and would prove, to positively impact numerous lives throughout the course of his career. It was then that he decided his path was that of Periodontics.





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While he was interested in the technical and scientific aspects of Periodontics, the close interactions, relationship building, and the opportunity to provide individuals with a feeling of comfort and trust were the areas Dr. Silverstein found most appealing.

Upon completing his dental degree at the University of Texas, Dr. Silverstein received specialty training in Periodontics at the University of Kentucky. He completed his specialty residency in 1989 and was awarded a Master of Science in Dentistry. Subsequently, Dr. Silverstein relocated to Milford, Ohio where he began his private practice and introduced the Ohio Valley Center for Periodontics & Implants.

Dr. Silverstein has dedicated his life and career to the dental and overall wellness of his patients, and the heartening model in which his practice is structured. He surrounds himself with a team of highly trained and compassionate individuals and provides contemporary treatment in a comfortable and tranquil setting. His creative mind has led to practice innovations that are uncommon for surgical specialists.

Dr. Silverstein also devotes much time to continuing education and professional development. As a clinical instructor at the University of Cincinnati AEGD Program (Advanced Education in General Dentistry), Dr. Silverstein mentors newly graduated dentists to increase their knowledge of periodontal and implant procedures. In addition, he provides educational opportunities to local area dentists and dental hygienists to create foundations for those clinicians to achieve optimal treatment outcomes for their patients.

Furthermore, to create such an atmosphere, his practice is fully equipped with the most advanced digital and state-of-the-art technology, using intra-oral scanners, which replace conventional impressions, and three dimensional model scanning and printing. This highly integrated use of technology sets his practice apart from other surgical specialists, being one of very few practices in the country to offer a full scope of digital dentistry.





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In 2017, Dr. Silverstein launched an elite full-service on-site dental laboratory – Collaborative Dental Laboratory Services. Within the laboratory, Dr. Silverstein continues to explore ways that will lead to maximizing treatment outcomes for his patients and the patients of the restorative doctors with whom he

works. He delivers opportunities to create customizable smiles and restorations and offers unparalleled support to restorative doctors, as requested. He has demonstrated tremendous success with his patients' treatment outcomes, as well as inspired tremendous treatment success among his colleagues. With his on-site

full-service dental laboratory and his private practice collaborating daily, he encourages his colleagues to observe a wide range of his services and surgeries. He is a highly regarded and reputable mentor to several of his colleagues and fellow specialists.

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BELOW: The lobby of Dr. Silverstein's Ohio Valley Center for Periodontics and Implants office.



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and Registered Dental Hygienists who maintain patients who have suffered from or have been treated for gum disease.

As one of Cincinnati’s leading Periodontist and Dental Implant Specialists, Dr. Silverstein is the professional that area practitioners rely on for their patients’ and personal care. His leading group of restorative practitioners consistently trust and rely on the experienced care and skill he provides to their patients. With over 30 years of practice experience, he continues to evolve his skills and techniques to better serve the needs of his patients. His years of experience have also resulted in a unique knowledge to understand, empathize, and feel compassion for each of his patients. All the while, he continues to lead a skilled team of personnel. Dr. Silverstein and his team at the Ohio Valley Center for Periodontics and Implants strive to provide an atmosphere that is specific and

Dr. Silverstein and his team strive to provide an atmosphere that is specific and unique to each individual’s needs, while providing a serene and uplifting setting.



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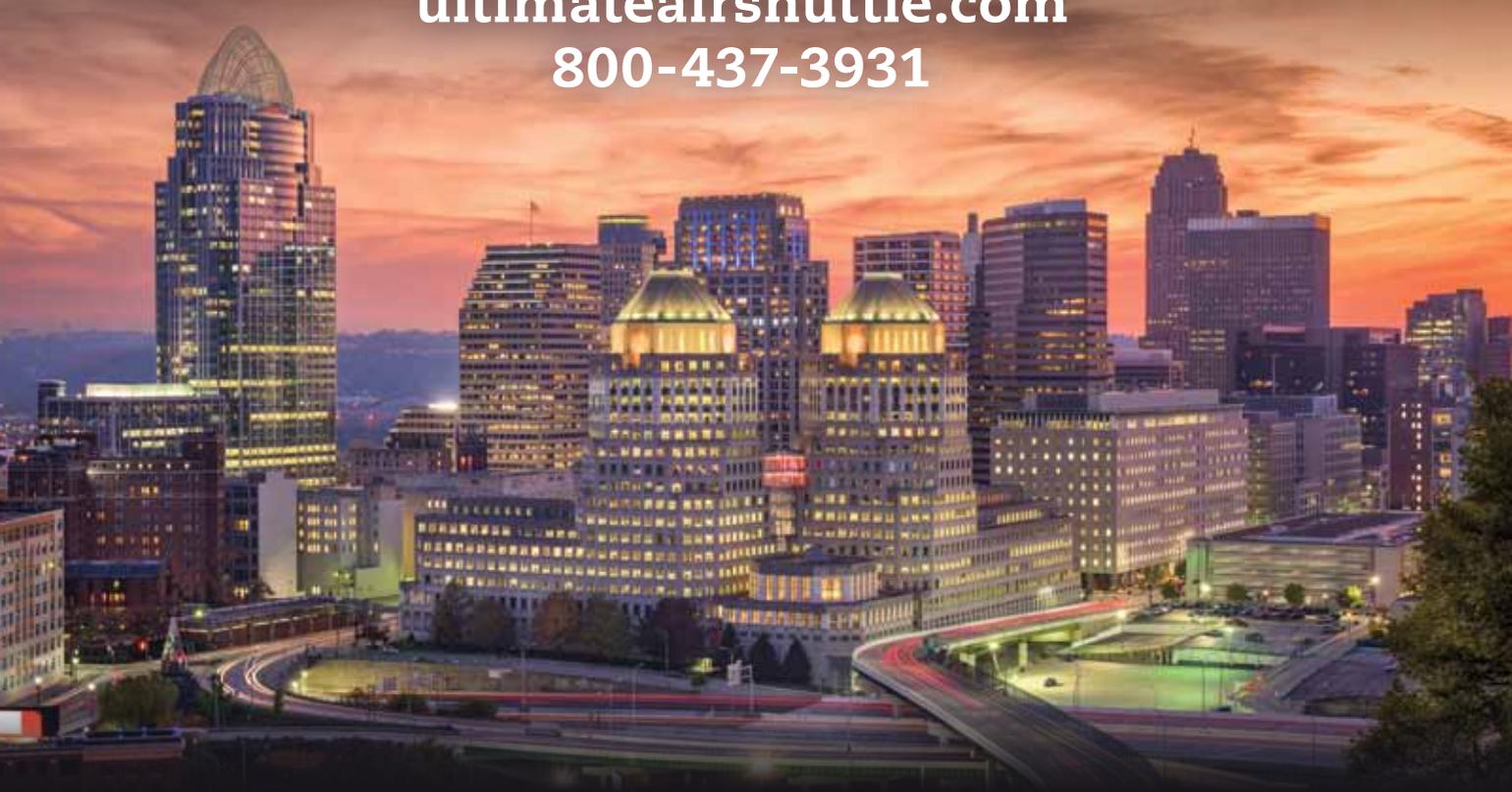
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On a personal note, Dr. Silverstein enjoys cooking, self-health and exercise, and spending time with family and friends. He is passionate about music, particularly live performances by some of his favorite rock and roll artists. You will frequently find him at local area concert venues, so be sure to say hi to Scott when you see him.

"Often times, just walking in the door is the most challenging part for some people," says Dr. Silverstein. "But having the courage to do just that says a lot about one's character. And with that kind of strength, the journey to dental health always ends up being worth it, and so much more!"

Dr. Scott Silverstein and his team at the Ohio Valley Center for Periodontics & Implants are always accepting new patients. From answering the simplest request of scheduling an appointment to offering a complimentary dental benefit analysis, Dr. Silverstein's team of knowledgeable individuals are ready and waiting to help inform and guide you on your path to dental health. Schedule your consultation today by calling 513-434-8115.

"We look forward to meeting you, and we are thrilled to join you on your treatment journey," Dr. Silverstein says. ■



"Often times, just walking in the door is the most challenging part for some people. But having the courage to do just that says a lot about one's character."

– Dr. Scott Silverstein





Great Outdoors Right Next Door

The state parks of Clermont County Ohio. **by Max West**

IF YOU'D LIKE TO GET AWAY from the calamities of everyday life for a day or a weekend, you don't have to go far. Just look east to Clermont County Ohio. Adjoining Hamilton County, Clermont County is home to two exceptional State Parks — East Fork State Park and Stonelick State Park. Both offer outdoor opportunities for fun, relaxation, and recreation, and are only a half hour from downtown Cincinnati and easily reached from anywhere in the tristate area,

Compared to East Fork, Stonelick is somewhat of a secret. It is in the northern part of Clermont County near Modest, Shiloh, Edenton, and Belfast. You've undoubtedly heard of these places... yes? Okay, maybe you haven't. Perhaps a better directional aid is that it is east of Goshen and north of Owensville. Still stumped? Pull it up on your computer.

That is the beauty of Stonelick. It's a little off the beaten path, but avid outdoor aficionados know exactly where it is. Spread

over 1,000 amazing acres, the park is a quiet retreat, perfect for camping or fishing. As for boating, be advised: This is a back-to-nature destination and only boats with electric motors are permitted. Your peace and quiet won't be interrupted by jet skis, boats tugging water skiers, or rowdy party boats.

Stonelick has four hiking trails, with none longer than two miles. That's perfect for the person that just wants to take a manageable hike through some very pretty scenery.

ABOVE: East Fork Lake State Park, located about 22 miles east of Lunken Airport.





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courts. Test your horseshoe tossing skills or remember to take your cornhole game with you. There's a nice playground for the kids, and if you want to take Rover along for the trip, he's allowed in many of the outdoor camping sites. Pets are not allowed in the camper cabin.

WHILE STONELICK STATE PARK is one of Ohio's smaller state parks, East Fork is one of the larger. Situated in the Bethel-Batavia-Williamsburg triangle, it covers nearly 5000-acres of territory, including the 2160-acre Harsha Lake. That's more than ten-times larger than Stonelick Lake, and as you might expect with a lake that size, you'll find much more boat activity on it.

The lake was originally named East Fork Lake, after the East Fork Little Miami River. In 1981, it was renamed for retiring Congressman William H. "Bill" Harsha, the man most instrumental in the creation of the East Fork Reservoir in 1978. The lake and dam both bear his name, although for locals, it is still simply referred to as East Fork. While the Park is under the auspices of the Ohio Department of Natural Resources, the lake and dam that bear Harsha's name are watched over and maintained by the U.S. Army Corps of Engineers.

While East Fork is not equipped with cabins for camping, it does have 376-camp sites, all with electric. It also offers 23-full hook-up sites for motor homes or RV's.

Fishing! Local fishermen will regale you with stories of large and small mouth bass catches, as well as hybrid stripers the size of your arm. Maybe they really are that big but remember that fishermen are notorious for their... embellishments.

One fish story that is proven factual though is the annual huge harvest of crappie that comes from the lake. If you are into crappie fishing, you don't have to travel all the way to Kentucky Lake or the crappie-laden waters of Alabama. East Fork is home to great crappie fishing! It's so good you'll find tournaments held at the lake each year. Crappie.com listed the May tournament as one of the best in the state. If you are interested in fishing for dough, contact Mike at *Boar's Head Bait and Carryout*, located just off Ohio Route 32 on the north side of the lake in Afton.



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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>ATLANTA/ CHARLOTTE STARTING AT \$135 EACH WAY* DeKalb Peachtree Airport Signature Flight Support (PDK) Flying to and from Charlotte/Douglas Airport Wilson Air Center (CLT)</p>	<p>Atlanta to Charlotte Departure Times: 8:35am (9:20am arrival) 3:30pm (4:15pm arrival)</p> <p>Charlotte to Atlanta Departure Times: 8:40am (9:26am arrival) 2:15pm (3:01pm arrival)</p>	<p>Atlanta to Charlotte Departure Times: 8:35am (9:20am arrival) 3:30pm (4:15pm arrival)</p> <p>Charlotte to Atlanta Departure Times: 8:40am (9:26am arrival) 2:15pm (3:01pm arrival)</p>	<p>Atlanta to Charlotte Departure Times: 8:35am (9:20am arrival) 3:30pm (4:15pm arrival)</p> <p>Charlotte to Atlanta Departure Times: 8:40am (9:26am arrival) 2:15pm (3:01pm arrival)</p>	<p>Atlanta to Charlotte Departure Times: 8:35am (9:20am arrival) 3:30pm (4:15pm arrival)</p> <p>Charlotte to Atlanta Departure Times: 8:40am (9:26am arrival) 2:15pm (3:01pm arrival)</p>	<p>Atlanta to Charlotte Departure Times: 12:30pm (1:15pm arrival)</p> <p>Charlotte to Atlanta Departure Times: 2:20pm (3:05pm arrival)*</p> <p><small>The 2:20pm CLT-PDK flight will connect to the 3:45pm flight PDK-LUK for CLT passengers returning to LUK on Fridays.</small></p>
<p>ATLANTA/ CINCINNATI STARTING AT \$249 EACH WAY* DeKalb Peachtree Airport Signature Flight Support (PDK) Flying to and from Cincinnati Municipal Lunken Airport (LUK)</p>	<p>Cincinnati to Atlanta Departure Times: 7:00am (8:05am arrival)</p> <p>Atlanta to Cincinnati Departure Times: 3:45pm (4:50pm arrival)</p>	<p>Cincinnati to Atlanta Departure Times: 7:00am (8:05am arrival)</p> <p>Atlanta to Cincinnati Departure Times: 3:45pm (4:50pm arrival)</p>	<p>Cincinnati to Atlanta Departure Times: 7:00am (8:05am arrival)</p> <p>Atlanta to Cincinnati Departure Times: 3:45pm (4:50pm arrival)</p>	<p>Cincinnati to Atlanta Departure Times: 7:00am (8:05am arrival)</p> <p>Atlanta to Cincinnati Departure Times: 3:45pm (4:50pm arrival)</p>	<p>Cincinnati to Atlanta Departure Times: 7:00am (8:05am arrival)</p> <p>Atlanta to Cincinnati Departure Times: 3:45pm (4:50pm arrival)</p>
<p>CHICAGO/ CINCINNATI STARTING AT \$249 EACH WAY Midway International Airport Atlantic Aviation (MDW) Flying to and from Cincinnati Municipal Lunken Airport (LUK)</p>	<p>Cincinnati to Chicago Departure Times: 9:15am (9:15am arrival)</p> <p>Chicago to Cincinnati Departure Times: 5:15pm (7:15pm arrival)</p>	<p>Cincinnati to Chicago Departure Times: 9:15am (9:15am arrival)</p> <p>Chicago to Cincinnati Departure Times: 5:15pm (7:15pm arrival)</p>	<p>Cincinnati to Chicago Departure Times: 9:15am (9:15am arrival)</p> <p>Chicago to Cincinnati Departure Times: 5:15pm (7:15pm arrival)</p>	<p>Cincinnati to Chicago Departure Times: 9:15am (9:15am arrival)</p> <p>Chicago to Cincinnati Departure Times: 5:15pm (7:15pm arrival)</p>	<p>Cincinnati to Chicago Departure Times: 9:15am (9:15am arrival)</p> <p>Chicago to Cincinnati Departure Times: 5:15pm (7:15pm arrival)</p>
<p>CLEVELAND/ CINCINNATI STARTING AT \$199 EACH WAY* Cleveland Burke Lakefront Airport (BKL) Flying to and from Cincinnati Municipal Lunken Airport (LUK)</p>	<p>Cincinnati to Cleveland Departure Times: 6:45am (7:27am arrival) 5:30pm (6:12pm arrival)</p> <p>Cleveland to Cincinnati Departure Times: 7:55am (8:37am arrival) 6:35pm (7:17pm arrival)</p>	<p>Cincinnati to Cleveland Departure Times: 6:45am (7:27am arrival) 5:30pm (6:12pm arrival)</p> <p>Cleveland to Cincinnati Departure Times: 7:55am (8:37am arrival) 6:35pm (7:17pm arrival)</p>	<p>Cincinnati to Cleveland Departure Times: 6:45am (7:27am arrival) 5:30pm (6:12pm arrival)</p> <p>Cleveland to Cincinnati Departure Times: 7:55am (8:37am arrival) 6:35pm (7:17pm arrival)</p>	<p>Cincinnati to Cleveland Departure Times: 6:45am (7:27am arrival) 5:30pm (6:12pm arrival)</p> <p>Cleveland to Cincinnati Departure Times: 7:55am (8:37am arrival) 6:35pm (7:17pm arrival)</p>	<p>Cincinnati to Cleveland Departure Times: 6:45am (7:27am arrival) 5:30pm (6:12pm arrival)</p> <p>Cleveland to Cincinnati Departure Times: 7:55am (8:37am arrival) 6:35pm (7:17pm arrival)</p>
<p>CHARLOTTE/ CINCINNATI STARTING AT \$274 EACH WAY* Charlotte/Douglas Airport Wilson Air Center (CLT) Flying to and from Cincinnati Municipal Lunken Airport (LUK)</p>	<p>Cincinnati to Charlotte Departure Times: 6:25am (7:30am arrival)</p> <p>Charlotte to Cincinnati Departure Times: 5:25pm (6:31pm arrival)</p>	<p>Cincinnati to Charlotte Departure Times: 6:25am (7:30am arrival)</p> <p>Charlotte to Cincinnati Departure Times: 5:25pm (6:31pm arrival)</p>	<p>Cincinnati to Charlotte Departure Times: 6:25am (7:30am arrival)</p> <p>Charlotte to Cincinnati Departure Times: 5:25pm (6:31pm arrival)</p>	<p>Cincinnati to Charlotte Departure Times: 6:25am (7:30am arrival)</p> <p>Charlotte to Cincinnati Departure Times: 5:25pm (6:31pm arrival)</p>	<p>No Charlotte Friday flights available.</p>
<p>NEW YORK/ CINCINNATI STARTING AT \$374 EACH WAY* Morristown Airport (MMU) Signature Flight Support Flying to and from Cincinnati Municipal Lunken Airport (LUK)</p>	<p>Cincinnati to New York Departure Times: 6:30am (8:00am arrival)</p> <p>New York to Cincinnati Departure Times: 5:15pm (7:00pm arrival)</p>	<p>Cincinnati to New York Departure Times: 6:30am (8:00am arrival)</p> <p>New York to Cincinnati Departure Times: 5:15pm (7:00pm arrival)</p>	<p>Cincinnati to New York Departure Times: 6:30am (8:00am arrival)</p> <p>New York to Cincinnati Departure Times: 5:15pm (7:00pm arrival)</p>	<p>Cincinnati to New York Departure Times: 6:30am (8:00am arrival)</p> <p>New York to Cincinnati Departure Times: 5:15pm (7:00pm arrival)</p>	<p>No New York Friday flights available.</p>

*Fares based on availability.

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Want a really big fish? Muskellunge, or simply *Muskie*, were stocked in 2008, and much is expected for those hoping to land a whopper. Elsewhere, some have reached as large as 70 pounds, but most weigh in between 15 and 36 pounds. I'd be happy with that!

For the adventurous that believe swimming isn't just done in the backyard pool, you'll find a 1,200 foot long swimming beach, equipped with changing booths, showers, and rest rooms. Be cautious though as currents can create challenging conditions at times.

Take a picnic basket or fire up a park grill. There are four picnic areas available, along with three covered shelter houses. While no reservation is needed for the picnic areas, shelter house availability does require advance reservations.

Unlimited horsepower boating is the rule on Harsha Lake, so unlike Stone Lick, you will find some very fast, very loud boats out on the open water. Casual boaters and fishermen are encouraged to stay out of these high-speed, heavy traffic areas. It's easy to get on the water though, as there are seven boat launches on the lake, including a hand-launch ramp near the beach.

Hiking and bridle trails allow for a great walk or ride in the woods. Trails range in distance from just a half mile to 16 miles. As for difficulty, most are rated as easy to moderate although many are shared by hiker and horse, meaning watch your step. In wet conditions, horses can tear up the trail making walking difficult. There is also another reason to watch your step, but you can figure that one out on your own.

For the truly adventurous, there is a 16 mile backpack trail through the region, and for the REALLY adventurous, try the Steven



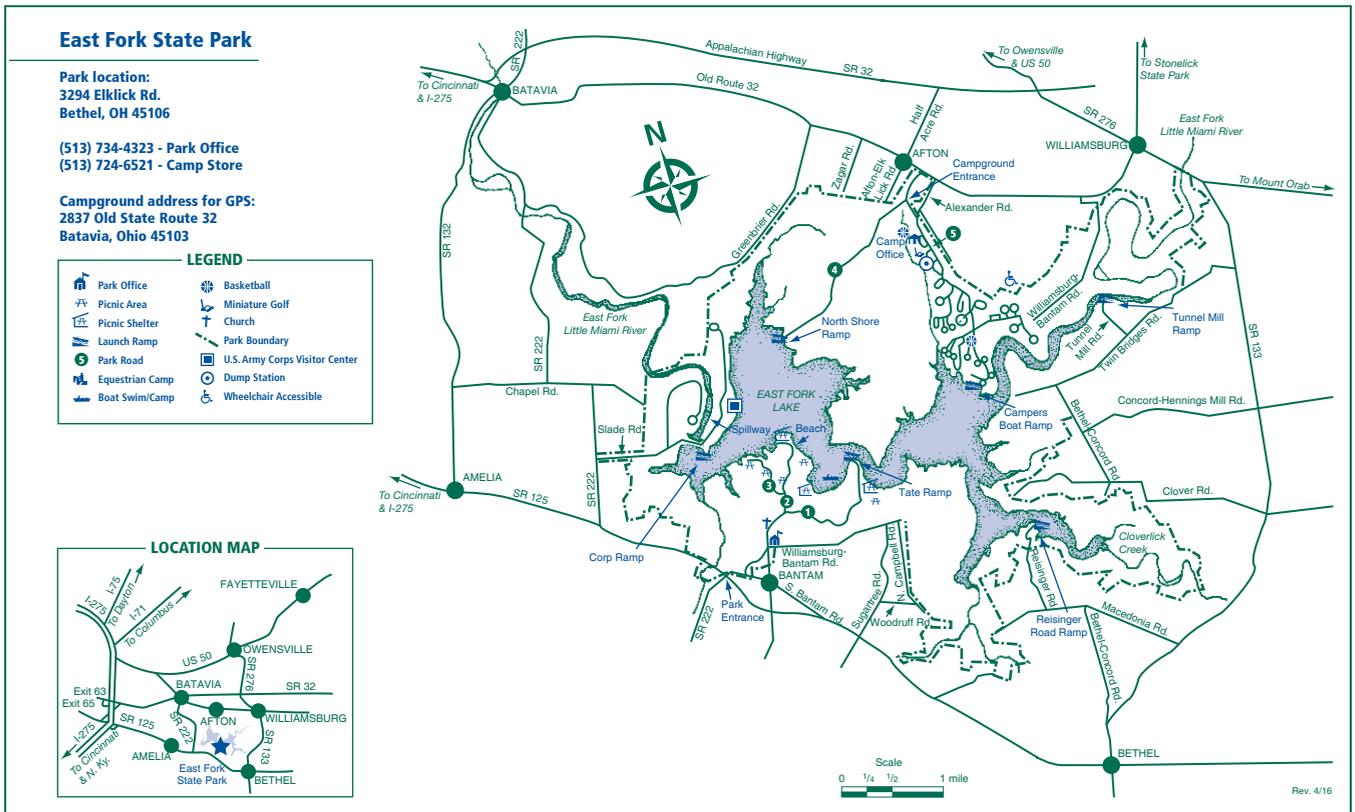


Newman Worldwalker Perimeter Trail. It is named after someone who knows just a little about hiking. In 1983, Bethel Ohio's own took a little stroll... around the world. For four grueling years, he backpacked—alone— on his circuitous global journey. If you would like to learn more, he chronicled the adventure in his book, *Worldwalk*. As for the trail named for him, it is a little shorter at just 32 miles.

East Fork also provides challenging mountain-bike trails, totaling just under 10 miles in length. There are no mountains in Clermont County, even though it does fall into the Appalachian foothill bioregion, but these trails will take you over some rough ground that will test your mountain-biking skills. Trails vary in difficulty, with several rated “moderate” while the toughest is “technically advanced.” Whichever you

prefer, you'll find it at East Fork.

If the question is “What am I going to do this weekend?” the answer might just lie in a visit to one of these two great Ohio State Parks. From paddling quietly across Stonelick Lake, seeking the perfect postcard-worthy scenic view, to giant East Fork and Harsha Lake's roaring powerboats, hiking trails, and fishing tournaments, it's right here in your back yard. All that's missing is you. ■





Quick and Easy Dinners

For weeknights or lounging by the pool on the weekend.

by **Donna Griffin**

MOST OF US WORK during the week, sometimes late, and go home to hungry families who don't want to wait while we concoct some magnificent creation. They want dinner. They want it fast. And they want it to be delicious! And, being entirely

truthful, after a hard day at work, simplicity is extremely appealing.

So, if you are tired of pasta with store-bought sauce, a frozen something or other, or take-out Chinese, try a few of these recipes! You will be so glad you did.

Chicken Salad with Grapes and Walnuts

INGREDIENTS

- ¼ cup mayonnaise
- ¼ cup Italian dressing
- 4 cups cut-up cooked chicken or turkey
- 2 tablespoon chopped red onion
- 2 tablespoon chopped red and/or yellow bell pepper
- 2 tablespoon chopped celery
- 2 eggs, hard boiled and chopped
- ⅓ cup toasted walnuts
- ¼ cups seedless grapes

DIRECTIONS

Combine all ingredients in medium bowl. Season, if desired, with salt and ground black pepper. Chill, if desired, and garnish with chopped green onions.

Easy Veggie Lovers' Omelet

INGREDIENTS

- 1 teaspoon extra virgin olive oil
- 1 cup thinly slices uncooked red onion
- 1 cup red or/and yellow, thinly sliced bell pepper
- 1 cup, sliced fresh mushrooms
- black pepper to taste
- Sea salt to taste
- 1 cup fresh baby spinach
- 1 teaspoon, chopped fresh thyme
- 10 sprays of cooking spray
- 4 eggs

DIRECTIONS

Whisk eggs with a pinch of salt and pepper. Divide all ingredients in half so you can make 2 omelets. Heat olive oil over medium heat in a small omelet pan. Add onions, peppers, mushrooms, salt and pepper; cook, stirring frequently, until crisp tender, 3-5 minutes. Add spinach and thyme to pan; toss to wilt spinach, 20 seconds. Remove vegetables to a bowl; set aside.

Wipe pan clean. Off heat, coat same pan with cooking spray; heat over medium heat. Add egg; swirl to spread egg over pan and cook until bottom is set and top is nearly cooked through, about 3 minutes. Top omelet with vegetable mixture. Fold omelet over; cook 1-2 minutes more.

Makes 2 omelets.



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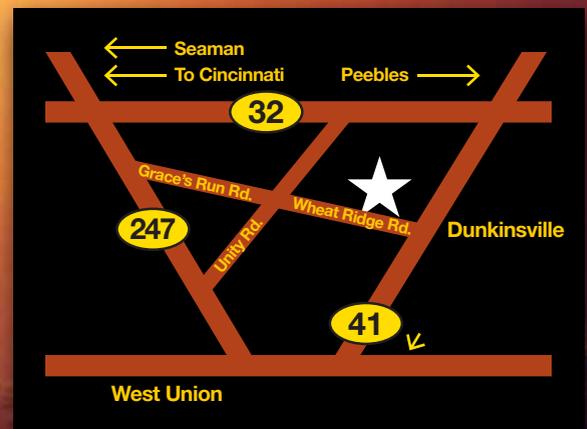
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Heirloom Tomato Pie

INGREDIENTS

- 1 cup all-purpose flour
- ¾ cup yellow cornmeal
- ¾ teaspoon fine salt
- 1 stick cold unsalted butter, cut into 1/2-inch pieces
- ¾ cup plus 3 tablespoons shredded Pecorino Romano and Asiago blend
- 2 tablespoons extra-virgin olive oil
- 1 large sweet Vidalia onion, thinly sliced
- 2¼ pounds mixed heirloom tomatoes or cherry if you can't get heirloom
- Sea salt
- ¾ cup shredded mozzarella cheese
- ¼ cup mayonnaise
- 3 tablespoons breadcrumbs
- 3 tablespoons chopped fresh chives
- 3 tablespoons chopped fresh parsley
- 1 teaspoon chopped fresh thyme
- 3 tablespoons fresh basil
- Freshly ground pepper to taste

MAKE THE CRUST

Pulse the flour, cornmeal and fine salt in a food processor to combine. Add the butter and 3 tablespoons Pecorino Romano and Asiago. Pulse until the mixture looks like coarse meal with pea-size bits of butter.

Drizzle in 4 tablespoons ice water and pulse until the dough comes together. Add 1 more tablespoon ice water if necessary.

Turn out onto a sheet of plastic wrap and pat into a disk. Wrap and refrigerate until firm, about 45 minutes.

Put the dough between 2 sheets of parchment paper and roll into a 13 inch round. Transfer the dough to a 9½ inch deep-dish pie plate. Fold the overhang under itself and crimp the edges. Pierce the bottom of the crust all over with a fork. Refrigerate until firm, about 20 minutes.

Meanwhile, preheat the oven to 350 degrees F. Line the crust with foil, then fill with dried beans. Bake until the edges are golden, about 20 minutes. Remove the foil and beans and continue baking until golden all over, 10 to 15 more minutes.

Transfer to a rack to cool.

MAKE THE FILLING

Heat 1 tablespoon olive oil in a large skillet over medium heat. Add the onion and cook, stirring, until golden, about 15 minutes. Let cool.

Meanwhile, thinly slice the tomatoes; toss with 1 teaspoon kosher salt in a colander. Let drain, gently tossing occasionally, about 30 minutes.

Increase the oven temperature to 375 degrees F.

Combine the remaining ¾ cup Pecorino Romano and Asiago, the mozzarella, mayonnaise, breadcrumbs, 2 tablespoons each chives and parsley, the thyme, ¼ teaspoon each kosher salt and pepper, and the sautéed onion in a bowl.

Spread in the crust. Arrange the tomatoes on top. Drizzle with the remaining 1 tablespoon olive oil and season with pepper.

Bake until the tomatoes are browned, about 50 minutes. Top with the remaining 1 tablespoon each chives and parsley and fresh basil.



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Chicken, Peach and Fig Salad with Feta Cheese

INGREDIENTS

- 4 cups baby mixed greens
- 4 tablespoons, divided low fat balsamic vinaigrette salad dressing
- 2 ripe, grilled sliced peaches
- 2 medium, sliced fresh figs
- 6 ounces grilled sliced skinless chicken breasts
- 2 tablespoons Feta cheese (or use ricotta salata cheese)
- 8 fresh basil leaves, torn

DIRECTIONS

Grill the peaches and chicken. Toss mixed greens with 1½ teaspoon dressing; top with remaining ingredients and drizzle with remaining 1 tablespoon dressing.

Makes 2 servings.

Fresh Summer Tomatoes and Goat Cheese Omelet

INGREDIENTS

- 2 tablespoons extra virgin olive oil
- 2 fresh tomatoes (chopped)
- 4 tablespoons uncooked scallions
- 2 tablespoons semisoft goat cheese
- 4 tablespoons fresh basil (chopped)
- ½ tablespoon fresh tarragon (chopped)
- 4 fresh organic eggs

DIRECTIONS

Whisk eggs with a pinch of salt and pepper. Divide all ingredients in half.

Heat olive oil over medium heat in a small omelet pan. Add eggs, swirl to spread over pan and cook until bottom is set and top is nearly cooked through, about 3 minutes.

Top with the tomato, cheese and fresh herbs. Fold omelet over; cook 1-2 minutes more. Makes 2 omelets.





Shrimp and Corn with Basil

INGREDIENTS

- 4 tablespoons organic unsalted butter
- 4 ears corn, kernels cut off ears
- 1 lb. shelled, large shrimp
- 8 scallions, chopped
- ½ cup fresh basil, thinly sliced

DIRECTIONS

Melt butter in a large nonstick skillet over moderately high heat until foam subsides, then sauté corn and shrimp, stirring, until shrimp are cooked through, 3 to 5 minutes. Stir in scallions and basil and season to taste with salt and pepper.

Serves 4.

Exotic Shrimp Cocktail

INGREDIENTS

- 2 navel oranges
- 2 pounds medium shrimp, peeled and deveined
- 3 tablespoons extra-virgin olive oil
- ½ teaspoon minced and mashed garlic
- ⅓ cup mayonnaise
- 4 tablespoons Ketchup
- 2 tablespoons Cognac
- 3 tablespoons fresh lime juice (or to taste)
- ½ teaspoon sugar
- 1 pinch cayenne
- 4 firm ripe avocados, quartered lengthwise, pitted, peeled, and cut into ½ inch diced chunks
- 8 canned hearts of palm, drained, rinsed, patted dry, and cut crosswise into ½ inch pieces.

MAKE THE SHRIMP

Cut a slice from top and bottom of each orange with a sharp knife, exposing flesh, and arrange with a cut side down

on a cutting board. Cutting from top to bottom, remove peel and pith. Working over a bowl, cut orange sections free from membranes, letting sections drop into bowl, and squeeze in excess juice from membranes.

Plunge shrimp into a large saucepan of boiling salted water and poach at a bare simmer just until firm, 1 to 2 minutes. Drain and transfer to a large bowl.

While shrimp are still warm add oil, garlic, and 1 tablespoon juice from orange sections, stirring to coat shrimp. Let cool to room temperature.

MAKE THE SAUCE

Whisk together mayonnaise, ketchup, Cognac, lime juice, sugar and cayenne until smooth.

Transfer orange sections to shrimp mixture with a slotted spoon and add avocado and hearts of palm, folding ingredients together gently.

Divide salad among 4 plates, mounding it, and spoon sauce over salad.



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Island Rum Punch

INGREDIENTS

- 1½ ounces of Silver Rum
- 1½ ounces of Coconut Rum
- 1½ ounces of Mango Rum
- 2 ounces of orange juice
- 2 ounces of cranberry juice
- 2 ounces of pineapple juice
- Splash of grenadine
- Ice cubes
- Fresh Pineapple slice for garnish

DIRECTIONS

Fill up the glass with ice, then pour the three rums into your glass.

Add in the three juices.

Shake to mix well or blend in a blender.

Garnish with pineapple slices.

Serve and share with your friends.

Trust me, they will all be asking you for tips on how to make such a refreshing Caribbean rum punch.

Honey Glazed Salmon with Citrus Avocado

INGREDIENTS

- 4 salmon filets (approx. 6 oz each)
- 9 teaspoons honey
- 9 teaspoons flour
- 3 tablespoons Blood Orange Olive Oil
- sea salt and pepper for seasoning
- 1 large avocado diced
- ⅓ cup red onion, chopped
- 1½ tablespoons naval orange zest after zesting
- 2 navel oranges peeled and segmented after zesting
- 1 teaspoon lime zest juice lime after zesting
- 2 tablespoons fresh lime juice
- 2 clove garlic minced
- 4 tablespoons cilantro chopped
- sea salt and pepper for seasoning to taste

DIRECTIONS

Preheat oven to 350 degrees.

Working with 2 salmon fillets at a time, sprinkle tops of fillets with salt and pepper, then drizzle tops with 2 teaspoons honey and rub over salmon to evenly cover, then sprinkle tops with 1 teaspoon flour and spread to cover.



Heat a large skillet over medium-high heat. Add 1½ tablespoons olive oil, once oil is hot add 2 salmon fillets to pan and cook until bottom is golden brown, about 2 minutes.

While they cook, sprinkle tops of fillets in pan with salt and pepper then drizzle and rub top with 1½ teaspoons honey and 1 teaspoon flour.

Carefully rotate salmon and cook until bottom is golden, about 2 minutes longer.

Repeat process with remaining 2 fillets.

Lightly spray a baking sheet with non-stick cooking spray then transfer salmon to baking sheet. Bake in preheated oven until cooked through, about 7 - 10 minutes longer (cook time will vary depending on thickness of salmon).

Serve warm with citrus avocado salsa.

FOR THE SALSA

Add all ingredients to a medium bowl and gently toss, while seasoning with salt and pepper to taste.



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Summer Peach and Strawberry Shortcake

INGREDIENTS

- 3 cup all-purpose flour
- 2¼ teaspoons baking powder
- ¼ teaspoon baking soda
- 1 teaspoon sea salt or any kind of coarse salt
- 2 sticks organic, unsalted butter, room temperature
- 1¾ cup sugar
- 4 large eggs, room temperature
- 1 cup sour cream, room temperature (not fat-free)
- 1 tablespoon Madagascar Bourbon vanilla extract
- ½ cup whole milk, room temp
- ½ lb. fresh strawberries
- ½ lb. fresh peaches
- 1 teaspoon lemon juice
- 2 tablespoons sugar
- 2 teaspoon corn starch
- 2 teaspoon water
- 8 oz. cream cheese, room temperature
- ¾ cup powdered sugar
- 1 teaspoon vanilla extract
- 2 cup heavy whipping cream
- 2 cups fresh strawberries, sliced
- 2 cups fresh peaches, sliced

DIRECTIONS

Preheat oven to 350 degrees. Butter the bottom and sides of a 10 inch spring form baking pan. Place a sheet of parchment paper on the bottom of the pan and set aside.

In a separate bowl, whisk together the dry ingredients (flour, baking powder, baking soda, salt) and set aside.

In a separate bowl, using a handheld or standing mixer, blend together the butter until creamy. Add the sugar and mix until light and fluffy. Slowly add the eggs one at a time. Slowly begin to add the dry ingredients to the wet ingredients while also interchanging between the milk.

Once the milk has been added, add the sour cream and vanilla extract. Pour the entire cake batter into the pan, smooth the top of the cake with a spatula, and place in oven. Be sure the oven rack is in the middle of the oven and not too far down the bottom. Bake for 30-35 minutes or until toothpick is inserted and comes out clean.



Allow to cool completely.

Meanwhile, in a medium size sauté pan, add the fresh ripened peaches, fresh strawberries, lemon juice, and sugar and turn on medium heat. Allow the fruit to simmer for about 10 minutes. Do not mash fruit. In a small ramekin, add the cornstarch and water and stir until dissolved. Pour into the fruit mixture as the mixture will thicken and set aside to cool completely.

Next, in a large mixing bowl using a blender, cream the cream cheese. Once creamy, add the powdered sugar. Use a spatula to scrape the sides. While mixing, slowly add the heavy whipping cream on medium speed and mix for about 2-3

minutes until stiff peaks have emerged. Fold in the vanilla extract.

NOTE: If you over mix, the mixture will curdle and turn into butter. You will know if you mixed too hard too fast because it will look gross. It happened to me the first time.

Place the cooled cake on a serving dish, pour the fruit mixture on top of the cake spreading on top of the cake.

Next, spread the whipped cream frosting on top of the fruit mixture, and finally, add the fresh fruit on top of the whipped cream frosting. Keep the fruit packed in the middle of the cake to look pretty! Keep at room temperature until ready to serve.

Enjoy! ■



Ultimate Word Search

T T I O Y K D Y F E H A R E H
 R S C R K U C L T E F E L A T
 B I I L U T O I I R T E E S L
 R G T T E G O R L S A Y E T A
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MARTY	CLERMONT	SILVERSTEIN	TOURNAMENT	HEIRLOOM
BRENNAMAN	COUNTY	PERIODONTIST	TRIHEALTH	TOMATO
LEGENDARY	EASTFORK	SMILES	HEART	SHRIMP
REDS	STONELICK	TARHEEL	INSTITUTE	COCKTAIL
BROADCASTER	PARKS	GOLF	CARDIOLOGIST	OMELET

Solution on page 66



Ultimate Crossword

ACROSS

1. A piece of hot glowing coal
6. People who get things done
11. Donkey
14. Tranquility
15. Result
16. Expression of annoyance
17. Incentives
19. Untruth
20. Jagged
21. America has 50
23. Sixty-eight in Roman numerals
27. Showing favoritism
28. Aggravation
32. Rejoice
33. A large body of water
34. Religious "sister"
37. Annoy or anger
38. Pear-shaped musical instruments
39. Deal or contend
40. Seat oneself
41. First US saint
42. Increase in salary
43. Placed at intervals
45. A name meaning "Gazelle"
48. Disconcerts
49. Species of willow
50. Give a speech
53. Insane
54. A cry of sorrow and grief
60. Comes from a chicken
61. Eliminate from the body
62. Spoon-shaped vessel with a long handle
63. Perceive visually
64. Depressions in a surface
65. A type of shovel

DOWN

1. Prefix indicating "Upon"
2. Adult males
3. Awful
4. Emergency Care Unit
5. Mark as paid
6. Demonstration (abbrev.)
7. Dollar bills

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60				61						62				
63				64						65				

8. Serf
9. Groove
10. A meeting
11. Collection of maps
12. A series of connected rooms
13. Horse
18. A Great Lake
22. Brownish
23. Looks lasciviously
24. 32 in Roman numerals
25. Safe
26. Small island
27. Partiality
29. Road
30. One who plays roles
31. Adolescents
34. Sound
35. Distressed
36. Requirements

38. Permits
39. Automobiles
41. Entangled
42. Annuls
43. Frozen water
44. A short stroke in golf
45. Hemispherical roofs
46. A tributary of the Missouri River
47. A long narrow range of hills
50. Portent
51. Repose
52. Picnic insects
55. How long something has existed
56. Faucet
57. A mountain on Crete
58. Not young
59. Born

Solution on page 66



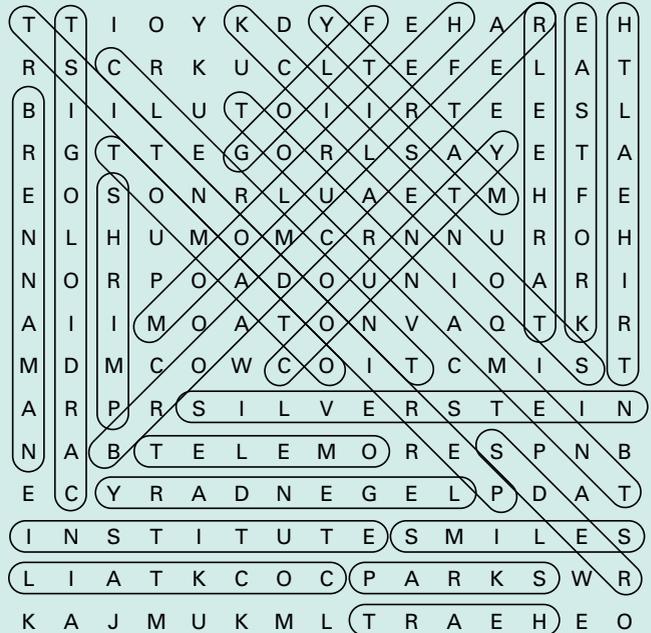
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Ultimate Crossword Solution

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





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