



Salt

Flavor for Everyday Life | July/August 2016

Southeast Ohio

Checking off the
summer bucket list

**Tailing
the art
of an ace**

**Raise a mug
to Portsmouth
brewery**



You've created
the perfect place
for your new baby.
So have we.

Maternity Services at **SOMC**



When you're having your baby at SOMC, you'll get an entire team of dedicated physicians and nurses specially trained to meet the needs of you and your new baby, from labor through delivery, until it's time to take your little one home to that special place of their own.

Southern Ohio Medical Center

Very Good things are happening here

www.somc.org/programs/maternity

Salt

Flavor for Everyday Life

www.thesaltmagazine.com

Southeast Ohio

July/August 2016

Publisher	Pamela Stricker	pstricker@civitasmedia.com
Editor	Lora Abernathy	labernathy@civitasmedia.com
Food Editor	Andrea Chaffin	achaffin@civitasmedia.com
Layout Design	Jayla Wallingford	jwallingford@civitasmedia.com

Sales

Mason, Meigs
and Gallia Counties

Julia Schultz
740-446-2342
jschultz@civitasmedia.com

Scioto County

Tracy Ison
740-353-3101
tison@civitasmedia.com

Contact Salt:

editor@thesaltmagazine.com
825 Third Ave., Gallipolis, OH 45631
740-446-2342

Salt is published six times a year by Civitas Media LLC and is available through the Gallipolis Daily Tribune, Point Pleasant Register, (Portsmouth) Daily Times and The (Pomeroy) Daily Sentinel. All Rights Reserved. Reproduction of any material from this issue, in whole or in part, is prohibited. Salt is free to subscribers of these newspapers. It is also available for purchase at each of the newspapers' offices.



Please buy locally and recycle.

Follow us on Facebook, Twitter,
Pinterest and Instagram @TheSaltMagazine.



Hide & Shake

Find the shaker in this issue and be entered to win a \$10 grocery card.

Visit our website, thesaltmagazine.com, and click on the Shaker Contest link at the top and enter your contact information. Your name, street number, street name, city and zip code are required. Only your name and city will be published. All entries must be received by Aug. 5, 2016. Only online entries will be accepted.

In the May/June issue, the shaker was hidden in the photo on page 20.

Congratulations to our most recent winner, Mary F. Bush of Racine, Ohio.

You could be our next winner!



On the Cover

Salt Food Editor Andrea Chaffin shows readers how to make this delicious Low Country boil.

Photo by
Andrea Chaffin.



Recipe Index

Low Country Boil.....	14
Orecchiette Pasta	8



Salt Scoop

Send us your favorite recipe. We may feature it in the next issue.

Visit our website, thesaltmagazine.com, and click on the Recipe Submission link at the top to be entered. Include a photo of your dish, too, if you've got one. All entries must be received by Aug. 5, 2016.

Every submitted recipe will be entered in a drawing for a \$25 grocery card.

Salt | Southeast Ohio | July/August 2016 | 3



Salt

CONTENTS



8

features

7 Front Porch Profile

10 Tailing the art of an ace

13 Out and About

16 Raise a mug: Portsmouth Brewing Company still thriving since 1996

18 And one more thought...



10

columns

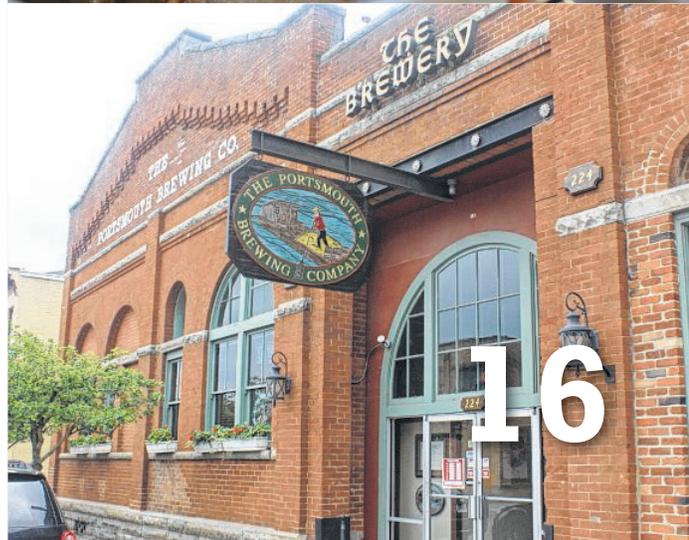
6 Publisher's note
By Pamela Stricker

8 Ground pork and pasta
another classic combo
By Tristen Phipps

14 Checking off the summer bucket list
By Andrea Chaffin



14



16

Contributors



PORTIA WILLIAMS

Portia is a reporter for the (Portsmouth) Daily Times and is a native of Portsmouth where she resides with her husband, Mark. They are the parents of Jori Williams, a graduate student at Marshall University, Pajah Williams, a senior at Tiffin University, and Micah Williams, a sophomore at Marshall University. Reach her at 740-353-3101, ext. 1929 or on Twitter @PortiaWillPDT.



DEAN WRIGHT

Dean is a staff reporter with Ohio Valley Publishing. He lives in Thurman with his dog, Brody, and spends his days beating the next deadline, saving the world one video game at a time, and keeping the dog out of the trash. Reach him at dwright@civitasmedia.com or at 740-446-2342, ext. 2103.



TRISTEN PHIPPS

Tristen does most of her cooking after a midnight rerun of "Gilmore Girls." A recent Ohio University graduate, she aspires to build a cupcake empire, and obsesses over sunsets, twinkling lights, and candles that smell like food.



MICHAEL JOHNSON

Mike is the editor of the Gallipolis Daily Tribune, The (Pomeroy) Daily Sentinel and the Point Pleasant Register. Reach him at michaeljohnson@civitasmedia.com.

Staff



PAMELA STRICKER

Pamela is the publisher of Salt magazine, which she launched in southern Ohio in 2009. She also holds the title of publisher, Niche Product Division, for Civitas Media. She and her husband, Jerry, reside in Lima, Ohio.



LORA ABERNATHY

Lora is the editor of Salt magazine and the director of editorial digital strategies for Civitas Media. She lives in southern Ohio with her husband, Gary, is mom to a yellow Lab and competes in triathlons. Reach her at labernathy@civitasmedia.com.



ANDREA CHAFFIN

Andrea is the food editor of Salt magazine and the editor of The Madison Press. She can be reached at 740-852-1616, ext. 1619 or via Twitter @AndeeWrites.



JAYLA WALLINGFORD

Jayla is the designer of Salt magazine and is the manager of the special sections team for Civitas Media. She lives in Harveysburg with two cats (and offers free handouts to a slew of feline drifters).



MORGAN BROTHERS JEWELERS
The Place for Diamonds
Mon. - Fri. 9:30 - 5:00, Sat. 10:00 - 3:00
739 Fifth St., Portsmouth • 353-3259

60666644

The Fabric Shop LLC

All your Quilting needs

Hours are:
Mon-Sat 10am - 5pm
Thursday open till 7pm
110 West Main St.
Pomeroy, OH 45769
740-992-2284
thefabricgirls@gmail.com



Tuxedo Rentals available



60666632

Hartwell House
100 East Main • Pomeroy, OH • 740-992-7696
Est. 1995

- *Trollbeads
- *Candleberry Candles
- *Waxing Poetic
- *Uno de 50
- *Mariana
- *Primitives
- *Shabby Chic
- *Flags
- *and much more

Open 10am-5pm Monday-Saturday
Extended Hours Holidays/Special Events
www.hartwellhouse1995.com • www.facebook.com/hartwellhousepomeroy

60666672



Friends and Family are important. At **Schrock's** we take extraordinary care to design your dining furniture to meet your needs and expectations.

Stop in soon!

Schrock's Home Furnishings

11625 State Rt 588
Rio Grande, OH 45674
740-245-0628
Closed Sunday and Wednesday

93519092

That place called home

By Pamela Stricker

In this season of summer vacations, family reunions, weekend getaways — however you may be spending your time away — one thing that seems to always accompany the return to home base is that satisfied sigh of relief that echoes Dorothy's sentiments from "The Wizard of Oz" film: "There's no place like home."

Vacation can be revitalizing and necessary to good soul health. However, we often exert a lot of energy preparing for that coveted time away. We work ahead on projects at home and work, cramming in more tasks than usual. Then there is packing, figuring out itineraries, arrangements for the animals, the mail, the paper. Then, once on vacation, we try to squeeze out everything we can every day for all it's worth, knowing the vacation is going to be over way before we want it to be.

But no matter how exotic the beach, how grand the mountains or how precious the time with family and friends, there is something so comforting and stabilizing and relieving about returning home.

I suppose much of that depends on how much one cares about their home — and what home means to each of us.

For me, it's a place of shelter, not only from the rain, but the storms that life can hurl at us. Home is refuge, solace, a place of rest... my sanctuary. It takes some caretaking for home to be



that safe and sought-after place.

I have lived in homes with grass mat floors and dirt floors. My homes have been in foreign lands, other states. They have been in rural America and even the largest city in the world. My homes have included living in a converted church, an adobe house with no modern conveniences, a Quonset hut, a basement apartment and, most recently, a condo on the second floor of an old Victorian house.

But the structure has very little to do with my sense of "home." Home, my place of belonging, my place to nest, my place to be accepted and loved. Home is more about being in the center of that place I know I am called to be and being content to be there.

It's good to experience trav-

eling to other places. I love to do that! But there is something very calming about returning to the rhythm of routine, of settling in to what may seem mundane in comparison. It's good to be with the familiarity of home. It's just good to be home.

These lines from a song written by Linford Detweiler and Karin Bergquist of Over the Rhine articulates it so well. The song is "Called Home."

*Just shy of Breakin' Down
There's a bend in the road
that I have found
Called home
Take a left at loneliness
There's a place to find forgiveness
Called home
With clouds adrift across the sky*

*Like
heaven's laundry hung to dry
You slowly feel it all will be revealed
Where evening shadows
come to fall
On the awful and the beautiful
Every wound you feel that
needs to heal
And silence yearns to hear
herself
Some long lost memory
rings a bell
Called home*
So, enjoy your vacation! And when you come home, please pass the Salt!

A stylized signature in black ink, appearing to read 'P Stricker'.

Publisher

pstricker@civitasmedia.com

Front Porch

Profile

Front Porch Profile offers a personal glimpse into the lives of notable people in our communities

By Lora
Abernathy



What food do you love to eat but hate to cook?

I like food that someone else has cooked!

If you won an Oscar, in which category would you win?

Perseverance.

What's your hidden talent?

I'm a performer. We don't hide our talents.

Sweet or unsweetened iced tea?

Unsweetened.

When you were a kid, what did you want to grow up to be?

An equestrian.

What do you love most about your community?

The Ohio Valley Symphony in its home, the historic Ariel Theatre.

Pleasant Valley Hospital WOMEN'S SERVICES

Located in the PVH Medical Office Center, 2416 Jefferson Avenue, Point Pleasant, WV

Fri Mofor-Eta, MD, OB/GYN, at Pleasant Valley Hospital WOMEN'S SERVICES, provides women of all ages with quicker and more direct access to the most comprehensive women's healthcare in the in the Point Pleasant area.

Dr. Mofor-Eta specializes in caring for moms-to-be and their babies, diagnosing breast abnormalities as well as performing minimally invasive urogynecological procedures and laparoscopic surgeries.

Pleasant Valley Hospital's partnership with Cabell Huntington Hospital and Marshall Health is proving that advanced medical care is better, faster, and right here in the community we love.

Because health happens here.

For more information or to schedule an appointment, please call 304.857.6503.

**Fri Mofor-Eta, MD
OB/GYN**

**Better
Together**

 Cabell
Huntington
Hospital



 Marshall
Health

60666401

Ground pork and pasta

another classic combo

By Tristen Phipps

Pasta and chicken go together like peanut butter and jelly. I've lived on pasta and chicken through my college years, whether it was chicken-flavored Ramen or something more legitimate like chicken Alfredo, I was all over it.

After three years of the pasta, chicken, pizza diet, my taste buds decided they were tired of chicken and pizza. I'm still in search of a pizza alternative, but I'm stoked that I found a chicken alternative that makes my mouth happy.

Ground pork and pasta go together like avocado and turkey. They still make a sandwich just like the classic PB & J, but there's just something about the combo that makes it a bit more satisfying, a bit more elegant, if you will.

This recipe was inspired by a chicken and pasta dish. In fact, the original recipe instructs you to use chicken and premade pasta sauce. So, if you're feeling normal, go ahead, but if you're feeling something new, you have got to give this a try. The creaminess is heavenly.

ORECCHIETTE PASTA WITH PORK MEATBALLS

Meatballs Ingredients:

- 1 cup panko bread crumbs
- 1/2 cup milk
- 1 pound ground pork
- 2 eggs
- 1/2 large onion, diced in food processor
- 2 tablespoons fresh parsley, minced
- 2 tablespoons sour cream
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

Pasta and Sauce Ingredients:

- 2 cups orecchiette pasta
- 1/4 cup reserved pasta water
- 2 medium-sized tomatoes, peeled, processed
- 3 tablespoons olive oil
- 3 cloves garlic, diced
- 1 cup tomato sauce
- 1 cup parmesan-romano cheese
- 1/2 cup heavy cream
- Fresh parsley, chopped

Meatballs Directions:

- Preheat oven to 350 F.
- In a large bowl, combine panko with milk. Let stand until milk is absorbed. Then, add pork, egg, onion, parsley, sour cream, salt and pepper.

Shape mixture into 1 to 1 1/4-inch balls and place in a single layer in a nonstick pan coated with olive oil. Sear meatballs for 3-4 minutes until golden brown.

Remove meatballs and place in a single layer on a coated cooking sheet. Bake for 10 minutes. Be sure to check that the internal temperature of the meatballs is at least 160 F after removing them from the oven.

Pasta and Sauce Directions:

Cook pasta according to instructions on the box. Reserve pasta water before straining noodles.

Remove skin from tomatoes and place in blender or food processor until they are finely diced.

Warm olive oil over medium heat in a large nonstick pan. (You can use the same one you used for meatballs, no need to rinse it.) Once warm, add garlic cloves, sauté. Add diced tomatoes and tomato sauce, let sit for 5 minutes, stirring occasionally.

Add cheese and heavy cream. Let sit for 10 minutes, stirring occasionally as sauce thickens. Add pasta and meatballs.

Sprinkle with parsley.



WE Look.
Listen.
Care.
Cure.

We can not
only *treat*,
but help *diagnose*
your cancer
as well.

Patient care ALWAYS comes first

Scioto County Cancer Center

915 10th Street | Portsmouth, OH 45662
(740) 355-1234 • sciotocountycancercenter.com

Adams County Cancer Center

285 Medical Center Dr. | Seaman, OH 45679
(937) 386-0000 • adamscountycancercenter.com

Clermont County Cancer Center

4402 Hartman Ln. | Batavia, OH 45103
(513) 735-4442 • clermontcountycancercenter.com

Board Certified Staff

Advanced Technology

WITH A PERSONAL TOUCH

Experience, Reliability, and Consistency Matters

Tailing the art of AN ACE

By Dean Wright

RIO GRANDE — Rita Baker lives a quiet life in her home on Cherry Ridge Road. Her house is decorated in a traditional fashion from its exterior, while her neighbor's home across the street has a tropical island motif. Matt Easter often calls his property "Easter Island," and owns a variety of odds and ends he has collected over the years which carry historical or unique stories with them.

By chance, both hold relics of the second-highest scoring American ace of World War I: Lt. Col. William Lambert, a man noted for being a daredevil, a rock star of his day, an inventor, an engineer, a man who was one of the first to not only ride the skies in the earliest days of the plane, but to survive and expertly pilot the hellish airs of World War I as a fighter pilot ace.

According to the William Lambert Papers collection at Wright State University, "In four months, from April 7 to Aug. 10, 1918, Lambert shot down 21 1/2 German aircraft. Two of them were balloons and half the credit for one plane went to another pilot. ... He was a leading World War I ace, with the second most kills of any American, (Eddie Rickenbacker had 26 kills)."

The collection consists of Lambert's artwork, letters, photographs and publication notes from his life. There is some controversy as to whether he scored more points given the nature of record keeping of the time during war.

"My grandmother lived on South Tenth Street, Tenth and Vine, in Ironton, Ohio," said Easter, the 41-year-old mayor of Rio Grande. "Bill, Lt. Col. Lambert, lived somewhere in that vicinity."

Easter said the Bakers happened to know his grandparents, who had also lived in Ironton.

"(The Bakers) left Ironton and went to Richmond, Virginia," Easter said. "They lived there for I don't know how many years. Then they bought a house in Rio Grande. I didn't know them from Adam. I bought my house here (in Rio Grande). My grandfather, who is now passed, was visiting. After he left, (the Bakers) walked over and introduced themselves. They said, 'Was that Raymond Easter?' I said, 'Yeah, that's my grandpa.'"

Easter then said the Bakers told him they knew his grandpa growing up near him. According to Baker, her husband, Paul, and his parents had resided next to the Lambert family when they lived in Ironton. She said Easter's family had also been neighbors of her husband's family. They all

A print and original sketch of "The Last Patrol" done by Lambert of his flying days in World War I. The piece in the back is owned by Rita Baker and was collected from Lambert's home. The smaller sketch is an original piece inherited by Matt Easter after his parents received it from Lambert. Neither pondered the worth of the pieces, but Easter has said that he would likely never part with his.

Photo by Dean Wright



And, by chance, the Bakers and Easters, as well as Lambert's possessions, happened to find themselves a matter of yards from one another after the pilot's death.

would remain linked, even to this day.

"Bill was different to the public than he was with us," said Baker, 91. "He could be rough and short, to-the-point, you could say. We felt he was down to earth like us. The Lamberts were friends and were just one of us (the Baker family). They would come over for holidays and birthdays."

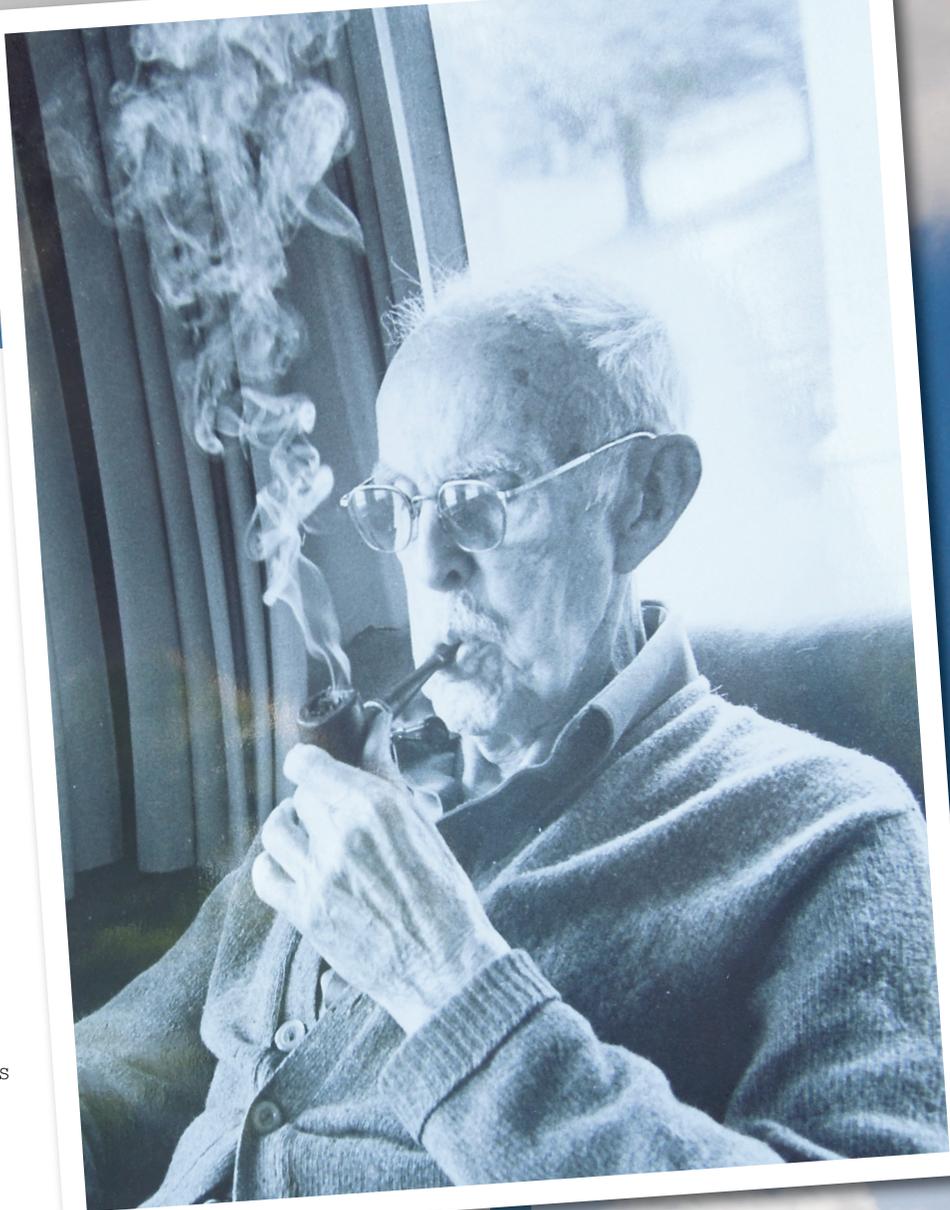
Baker said that Lambert connected with her daughter, Bridget. Being a fan of large dogs, he was often about the neighborhood walking them, and it was not uncommon for Bridget to hitch a ride on one of Lambert's dog's backs. Baker said Lambert had willed his last dog to Bridget after his death. Baker said her husband and Lambert were close friends.

The dog was not the only thing the fighter ace had left behind in his death for young persons he knew. Lambert signed a book he had written called "Barnstorming and Girls" for Easter when he was 6 years old. The book detailed Lambert's exploits traveling from town to town giving exhibitions of flying and performing aerial stunts, as well as his sexual conquests. When Easter was helping clear out his grandmother's house after her death, they found the book. There was a note on it that read, "Do not give the boys until they are adults. Very steamy."

Easter also acquired an original sketching done by Lambert from his grandparents, but was not sure as to how they had received it.

Baker had acquired a printed rendition of the same artwork from Lambert's home before he died, and has kept it in her possession, as well as numerous newspaper clippings from Ironton and memorabilia in regard to Lambert.

And, by chance, the Bakers and Easters, as well as Lambert's possessions, happened to find themselves a matter of yards from one another after the pilot's death.



Courtesy
photo

William Lambert was known to perpetually be smoking a pipe. He patented a pipe rest that allowed for one to smoke while the pipe rested on the chin.

PARADOXES AND CONTRADICTIONS

Military historian Dr. Sam Wilson, of Rio Grande Community College and the University of Rio Grande, has studied Lambert's life extensively. Wilson has interviewed numerous individuals who knew Lambert, and he has also collected dozens of letters written by Lambert, as well as newspaper articles written about him.

After Lambert's death, Wilson collected some of the ace's letters and donated them to papers already collected by WSU. Wilson is in the midst of publishing a book about Lambert's life, which will be available later in the year, titled "Bill Lambert: World War I American Flying Ace" by McFarland Press. The Bob Evans Farm will be featuring a World War I exhibit later and will also feature Wilson's research of Lambert.

According to Wilson's research, he believed Lambert befriended Paul Baker and was close because the pair were both mechanically inclined. Wilson also had a copy of Lambert's book "Combat Report" which had been signed and gifted to Paul. Rita Baker gave Wilson the book after her husband's death. The book chronicles Lambert's memoirs of his time flying as a combat pilot during the last months of World War I.

Lambert was known to fly an S.E. 5a which he tinkered on meticulously, according to Wilson, as Lambert had an obsessive personality which drove him to do whatever he could to get an aeronautical edge against his opponents.

Lambert was a "salty," sometimes cynical man, according to Wilson's interpretation of Lambert's writings. Wilson stressed that it was hard to tell what kind of man Lambert was like before the war, and that he suffered from post-traumatic stress disorder after coming back from his time battling in the European skies.

Wilson said it seemed Lambert was not a particularly

affectionate man, save with his wife Chloe — and he loved her deeply — despite having arguably been a playboy. People either seemed to love or hate him as Lambert could be abrasive and prideful.

Yet, Lambert had a strong dislike for the top American ace of the time, Eddie Rickenbacker. All aces of the time, according to Wilson, were celebrities of their era. Rickenbacker played up his status more than most and was successful at it. Whether Lambert was envious or not, he abided by the idea that when one spoke of the credits of flying, it was to be attributed back to the squadron and not an individual as was a British tradition.

Lambert had a strange mix of strong pride and humility. The fact that he wrote the book "Barnstorming and Girls" lends support to the idea. After the war and in his older age, he was known to put on events for children in his neighborhood. Lambert had no children of his own, save a stepdaughter named Clyda, with whom he was not close. Lambert was a man of many paradoxes and contradictions.

'ON THE EDGE OF GREATNESS'

According to WSU's collection, Lambert was born in 1894 and died in 1982 at the age of 87. Lambert married Chloe in 1921. She died in 1971.

Around the age of 10 or 11, an aviator flew a Wright Flyer to Ironton for Independence Day. The aviator took Lambert up in the plane and allowed him to handle the controls. This would eventually lead to his career in flying.

Lambert joined a Canadian training unit in 1917 of the Royal Flying Corps, which would eventually become part of the British Royal Air Force. At one point, he was hospitalized with "battle fatigue," now known as PTSD. He was given leave to rest at home for the remainder of the war. He received the Distinguished Flying Cross from England's Prince of

Wales at the British Embassy in Washington, D.C. in 1919.

After the war, Lambert went on his barnstorming and airshow tour across the eastern U.S.

Lambert also served as an engineer with the U.S. Air Corps reserve in the 1920s and served in the early parts of World War II. He retired at age 60 as a lieutenant colonel. Lambert published his book "Combat Report" in 1973 and "Barnstorming and Girls" in 1980. He sketched scenes of military planes and his flying experiences before eventually selling prints of them when he grew older.

Lambert was noted to have patented a pipe rest, as well as wing designs for planes that did not make it to mass production.

One of his prized possessions happened to be a piece of red canvas from the German Manfred von Richthofen's

plane. Most might know Richthofen as the famed Red Baron, top ace of World War I. Wilson said Lambert had never crossed paths with Richthofen, but received the canvas from a colleague who had torn part of Richthofen's plane apart the day it went down. Supposedly, Lambert also had the timing chain used on the German plane's machine gun.

"He lived at the edge of greatness but never quite got there," said Wilson, in reference to Lambert being overshadowed by Rickenbacker.

"The two greatest American aces of the war are from Ironton and Columbus, Ohio," said Wilson, referencing Lambert's home in south Ohio and Rickenbacker's home in Columbus. "It further supports Ohio's tradition in aviation. You're talking the Wright brothers, Neil Armstrong and right down the list. Now you have these two great pilots."

BRISTOL VILLAGE



National Church Residences

An Active Senior Living Community in Southern Ohio



Bristol Village offers a unique active senior living experience—with customized, individual homes, a friendly community and wide-ranging activities.

1-800-223-9766

www.bristolvillage.org

660 E. 5th Street, Waverly, Ohio

Call to schedule your personal tour today!

INDEPENDENT LIVING | ASSISTED LIVING | HOME HEALTH AND HOSPICE | MEMORY CARE | REHABILITATION | SKILLED NURSING

60637958

Out & About

Compiled by Lora Abernathy

GALLIA COUNTY, OH

Aug. 1-6

Gallia County Fair, 189 Jackson Pike, Gallipolis. Visit galliacycountyfair.org.

Aug. 13

The 146th annual Rio Grande Bean Dinner, 11 a.m. to 3 p.m., Bob Evans Farm, 10854 state Route 588, Rio Grande. Call 740-245-5305.

Aug. 13

The 28th annual Radio Control Fly-In, 9 a.m. to 5 p.m., Bob Evans Farm, 10854 state Route 588, Rio Grande. Call 740-286-2915.

Aug. 13

The 38th annual Gallipolis Car Club Car Show, 9 a.m. to 4 p.m., Gallipolis City Park, Gallipolis. Call Todd Donohue at 740-645-0553 or Dave Hively at 740-446-0643 or visit facebook.com/groups/gallipoliscarclub.

Sept. 3

The 10th annual Harvest Moon PowWow, 10 a.m. to 6 p.m., Gallipolis City Park, Gallipolis. Call 740-245-5511.

Sept. 10

The Ohio Valley Symphony presents David Kim, concertmaster of the Philadelphia Orchestra, 7:30 p.m., Ariel-Ann Carson Dater Performing Arts Centre, 428 Second Ave., Gallipolis. Call 740-446-2787 (ARTS) or visit arieltheatre.org or ohiovalleysymphony.org.

Sept. 10

The third annual Gallia County BBQ Festival and Gallipolis Car Club Cruise-In, noon-3 p.m., Gallipolis City Park, Gallipolis. Call 740-446-6882 or visit visitgallia.com. For cruise-in information, call Todd Donohue at 740-645-0553 or Dave Hively at 740-446-0643 or visit facebook.com/groups/gallipoliscarclub.

Sept. 16-20

The 153rd annual Emancipation Day Celebration, Ariel-Ann Carson Dater Performing Arts Centre, 428 Second Ave., Gallipolis, and Bob Evans Farm, 10854 state Route 588, Rio Grande. Call 740-446-7611 or visit emancipation-day.com.

JACKSON COUNTY, OH

Aug. 6

Lake Alma Beach Party Day, 10 a.m. to 9 p.m., Lake Alma State Park, Wellston. Call Lori Gruenhof at 740-596-5253 or 740-384-4474.

Aug. 6

Pig Iron Day, Manpower Park, Jackson. Call the Jackson Firefighters Association at 740-286-2707 or 740-418-8086.

Sept. 6-10

Wellston Coal Festival, downtown Wellston. Call Tom Brenner at 740-384-5141 or Ryan Pelletier at 740-418-2404.

Sept. 20-24

Jackson Apple Festival, downtown Jackson. Call George Davis at 740-418-3456, Jackson Area Festivals and Events at 740-288-6714 or visit jacksonapplefestival.com.

MASON COUNTY, WV

Aug. 8-13

Mason County Fair, Point Pleasant. Call 304-675-5463, email masoncountyfairwv@yahoo.com or visit masoncountyfairwv.com.

Aug. 27

Miss Mothman Festival Pageants, Trinity United Methodist Church, Point Pleasant. Email Delyssa Huffman at missmothmanfestivalpageant@gmail.com or visit mothmanfestival.com/attractions.

Sept. 2-3

Tribute to the River, Riverfront Park. Call 304-674-0144, email museum@pprivermuseum.com or visit pprivermuseum.com.

Sept. 3

Antique Tractor Pull, 5 p.m., WV State Farm Museum, 1458 Fairground Road, Point Pleasant. Call 304-675-5737, email wvsvfm@wvfarmmuseum.org or visit wvfarmmuseum.org.

Sept. 10

Blanket Coat and Mittens/Ladies' Winter Accessories Seminar, Fort Randolph, Point Pleasant. Contact Craig Hesson at 304-675-7933 or chesson1774@suddenlink.net or Barbara Kemper at nonhelema1777@yahoo.com. Visit fortrandolph.org.

Sept. 17

Annual Fall Bend Area CARE Catfish Tournament, 8 a.m. to 3 p.m., Mason levy. Contact Elvis Zerkle at 304-812-6254 or elvis.zerkle@icl-group.com.

Sept. 17-18

Mothman Festival, 400 Main St., Point Pleasant. Visit mothmanfestival.com.

Sept. 24

Dragon Boat Festival, 9 a.m. to 4 p.m., Krodell Park, Point Pleasant. Sponsored by the Point Pleasant River Museum. Call 304-674-0144, email museum@pprivermuseum.com or visit pprivermuseum.com.

MEIGS COUNTY, OH

Aug. 15-20

Meigs County Fair, 41850 Fairgrounds Lane, Pomeroy. Call 740-992-6954 or 740-985-4372, email debbie@themeigscountyfair.com or visit themeigscountyfair.com.

Sept. 9-11

Party in the Park featuring LOCASH, Star Mill Park, Racine. Call 740-949-2296 or visit racinepartyinthepark.net.

Sept. 15-17

Sternwheel River Fest. Visit facebook.com/pomeroysternwheel or meigscountytourism.com.

SCIOTO COUNTY, OH

Aug. 6

Street Art Saturday, noon-2 p.m., Second Street, Portsmouth. Presented by Main Street Portsmouth, artists will showcase art and play music in half-hour blocks in this new event.

Aug. 8-13

Scioto County Fair, 1193 Fairground Road, Lucasville. Visit sciotoctycountyfair.org.

Aug. 18

The 18th annual Heroes Celebration, 7:30-9:15 a.m., SOMC Friends Center. Contact the American Red Cross at 740-354-3293.

Sept. 1-4

River Days, Front and Court streets, Portsmouth. Call 740-357-5059 or visit portsmouthriverdays.org.

Sept. 2

Annual Rotary Fish Fry, downtown Portsmouth. See any Rotarian for tickets. Visit facebook.com/PortsmouthOhioRotary/?fref=ts.

Sept. 3

The 19th annual Run For Your Life 5K walk/run and 10K run/bike event. Call the SOMC Development Foundation at 740-356-2504.

Sept. 9

Portsmouth Area Chamber of Commerce golf outing, Elks Country Club. Call 740-353-7647.

Sept. 9-11

Rarden Whitetail Deer Festival. Call or email Jody at 740-493-3062 or fosc.b@scpwildblue.com.

Sept. 10

The second annual Shine a Light Suicide Awareness Walk/Run, 9 a.m., Tracy Park. Contact Janie Haas at 740-354-7702.

Sept. 17-18

St. Mary's International Festival, downtown Portsmouth. Food featured from around the world. Call 740-354-4551.

Sept. 22

Landau Eugene Murphy Jr. with Leonard, Coleman and Blunt, 7:30 p.m., Vern Riffe Center for the Arts, 940 Second St., Portsmouth. Call 740-351-3600, email info@vrca.com or visit vrca.com.

Sept. 24-25

Lucasville Trade Days, Scioto County Fairgrounds, 1193 Fairground Road, Lucasville. Call 937-728-6643 or visit lucasvilletradedays.com.

Sept. 30

The 18th annual Scioto Brush Creek Day, 9:30 a.m. to 1 p.m., Otway Covered Bridge.

Want to see your
October, November or
December event listed
in Out & About?

Visit thesaltmagazine.com and click on the Add Events link at the top to enter your event's information. The deadline for entries is Aug. 5, 2016. *(The calendar is for organizations' special events only and excludes listings of regular meetings.)*



CHECKING OFF THE SUMMER BUCKET LIST

By Andrea Chaffin

I recently read a quote that made me stop and think. And then it made me want to quit my job and travel the world: "Are you living your life, or simply existing?"

A life on the open road, meandering through hemispheres with no revenue structure isn't realistic for everyone long-term. But, as someone who recently experienced a major life change, I feel reawakened. There were so many things I wanted to do in the past, but I made excuses.

Not anymore. I recently decided it's time to start writing these things down. And checking them off.

I've created a summer bucket list.

There are many items that can be done locally. It's just a matter of taking the time to plan the date and sticking to it: Visit the Air Force museum in Dayton, attend a country concert, make homemade mozzarella (and pair it with my homegrown tomatoes and basil for a Caprese salad from scratch), go to dinner at a fancy restaurant, try Jeni's famous Columbus ice cream, watch a concert in the park, go to a baseball game, buy a swimsuit I actually

love, feed ducks, take a yoga class, make a craft, go to the zoo, drink a root beer float and go canoeing.

Some of the items are more difficult to plan, simply because it can't be done in Ohio: Eating a plate of seafood fresh from the ocean, sipping a Bloody Mary on the beach, walking through the sand as the sun rises or sets. But a vacation planned for later this summer in North Carolina should help with that. Truth is, I've only seen the ocean once, and it was in high school. I've never been on an airplane.

There are other things I want to do every summer: Pick strawberries and make jam, eat a tomato straight off the vine, go camping, ride a roller coaster and a water slide, swim in a river or pond, watch a fireworks display, ride a boat and unplug from my phone for an entire day.

Life is short. Happiness is when you stop waiting for it, and make the most of the moments you're given.

One of things I want to do is a host a signature summer party. I've heard about doing a Low Country boil party. But before I invest a lot of money into a seafood dinner for a crowd, I thought it best to try on a

smaller level. It was my first attempt, and I thought it turned out pretty good.

If you're making a Low Country boil, for no other reason than it's a Monday night and you have to eat something, why not make it adventurous and delicious? Check.

Here's how I did it.

LOW COUNTRY BOIL

Famous in South Carolina and Georgia, this boil is done best on an outdoor cooker. I used an electric turkey fryer with a basket, and boiled everything outside. With seafood, sausage, potatoes and corn, it's an all-in-one meal best served by dumping on a newspaper-lined table. This recipe made a **very generous** portion for two people, but could serve three or four for those who have more self-control. Serve with extra Old Bay, melted butter and cheddar garlic biscuits.

Ingredients:

- 1 pound raw, peel-on shrimp
- 1 pound small red potatoes
- 3 ears fresh corn
- 1 link andouille sausage (about 7 ounces)

1 package (3 ounces) shrimp and crab
 boil seasoning (in a bag)
 3 tablespoons Old Bay seasoning
 1 large lemon
 1 large onion
 1 pound snow crab clusters

Directions:

Prep your ingredients. If the shrimp are frozen, allow them to thaw but leave on the peel. If shrimp is not already deveined, you'll need to do so. Slice the potatoes in half. Shuck the corn and cut in thirds. Slice the sausage in diagonal, half-inch pieces.

In the pot, combine 8 quarts of water, the seasoning bag, the Old Bay seasoning, and the lemon and onion, each cut in halves. Bring to a boil.

Add the potatoes. *Safety note: Pull up the basket when dropping in ingredients to avoid hot broth splashing.*

Five minutes later, add the corn and sausage.

Once corn and potatoes seem to be nearly cooked, add the shrimp and crab. Cook for another 3-5 minutes, or until shrimp are pink and plump.

Drain off the water. Pour the contents out on a table covered in multiple sheets of newspaper.



The pot getting ready to go into its last broth bath. Cook the seafood last.

COVERT'S
furniture
 Since 1919

Summer Sale and Clearance

Over **90 years** of home furnishing experience assures you of a successful and enjoyable shopping experience.



www.covertsfurniture.com

TWO ENTRANCES:
 831 GALLIA ST. & 830 SIXTH ST.
 PORTSMOUTH, OHIO
 740.353.5208

STORE HOURS:
 MON. - SAT.
 10 - 5 P.M.

60833015

Hill View

A LIFE PLAN COMMUNITY



Call today to schedule a time to visit our family

740-351-1040

1610 28th Street ~ Portsmouth, Ohio 45662

www.hillviewretirement.org

60833015

Raise a mug

Portsmouth Brewing Company still thriving since 1996

By Portia Williams

PORTSMOUTH — Since 1996, The Portsmouth Brewing Company has been considered by many people a favorite hometown meeting spot for beer, tantalizing food and plenty of comfort.

Housed in beautiful brick masonry in downtown Portsmouth, PBC is also home to the Brew Pub, a quaint restaurant attracting frequent visitors for both lunch and dinner.

A work crew from local contractor BB & E was recently enjoying lunch at the Brew Pub. One worker was especially enthusiastic about its fare.

"The end of Second Street is the best with the Brew Pub," said Tony Eichenlaub, of BB & E. "If I could eat here five days a week I would."

Tyler Mault, head of operations for PBC, said he has been a part of the business since birth when his grandfather, Steve Mault, opened it in 1996.

Members of the Mault family are no stranger to business. They are also the owners and operators of another hometown favorite, a restaurant called The Ribber.

"My grandfather, Steven, and grandmother, Cornelia Mault, started The Ribber in 1978, and then my grandfather opened up the Portsmouth Brewery in 1996. So, my father, aunt and uncle own and operate The Ribber," Mault said. "My grandfather comes back from time to time, but I basically oversee things here."

The PBC was reinvigorated in 2000 because of what Mault called the "craft beer craze" and the community wanting to support local businesses.

PBC's mission is to expand throughout the tristate area of Ohio, Kentucky and West Virginia. Mault said he believed that's what the brewery set out to do when it opened in 1843, according to historical documents he's read.

He said, "Right now, we are in Ohio, from the southern half of the state, and then we are in the entire state of West Virginia, and we are about ready to get back into Kentucky. We would love to get the community more involved with the brewery as we continue to grow."

The brewery typically has five to six employees, depending upon the time of year.

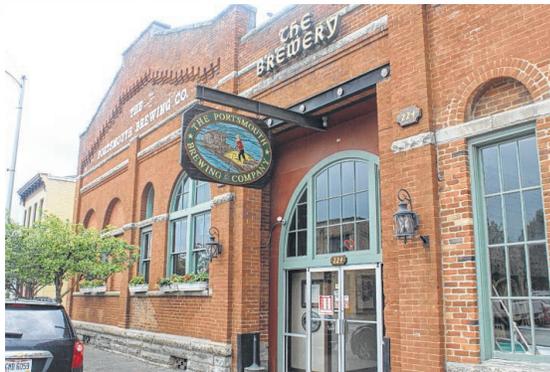
"Our brewmaster's name is Tony Thompson, and he has been with us from the beginning, since 1997. Then we have Brian Collins, who is basically a brewmaster's apprentice, helping the brewmaster out with anything that he needs," Mault said. "Then we have a warehouse manager ... Adam Chaney."

The Mault family incorporates certain philosophies that have been conducive to its success in business.

"Values and loyalty to employees, I would say, have gotten us this far," Mault said. "If you show that you are a hard worker, and show that you are about the cause of sustaining a successful business, if you give us those things, we transport you the best that we can."



From left, Brian Collins, brewmaster apprentice, and Adam Chaney, warehouse manager of The Portsmouth Brewing Company, fill the kegs with CO2 after they have been cleaned by Chaney.



The Portsmouth Brewing Company in downtown Portsmouth, Ohio, has been serving the community since 1996.

Photos by Portia Williams



Tori Salisbury, bartender and day server at The Brew Pub, said she enjoys her work at the local hot spot.

THE PORTSMOUTH BREWING COMPANY

Address: 224 Second St., Portsmouth, OH 45662

Phone: 740-354-6106

Email: info@portsmouthhobrewing.com

Website: portsmouthhobrewing.com

Facebook: [facebook.com/PortsBrewCo](https://www.facebook.com/PortsBrewCo)

Twitter: twitter.com/ThePortBrewCo

Hours: 11 a.m. to 10 p.m. Monday through Thursday; 11 a.m. to 11 p.m. Friday and Saturday; noon-10 p.m. Sunday

How it's done

Tyler Mault said brewmaster Tony Thompson first does what is called "mashing." He loads in a hopper upstairs in the attic anywhere between 400 to 700 pounds of grain. The product is then dropped into a mash tun. Then, he will run 164-degree water in with the grain.

"So, what he is doing when he does this is milling the grain, and what the hot water is doing is soaking all of the starches and sugars out of the water," Mault said.

Sugar water is formulating at this point in the process, according to Mault.

The hot water is allowed to set in the grain for about one hour. It is then drained into what they call "the boil," or kettle, which takes about one hour, as well.

"So, with the sugar water, all starches and sugars are being drained into the kettle, and we'll add water to it. So, total, we will have about 10 barrels of beer boiling at once, so we make 10-barrel

batches," Mault said.

After the sugar water is collected into the boiled kettle, hops are added, which basically add bitterness to the beer, depending upon what style of beer is being brewed.

Alcohol is produced when the hops are added to the ingredients.

"After all the ingredients (are) added and the beer has brewed for an hour, and the hops are added, we will just drain into one of the fermenters, and we will pitch the yeast which is what produces the alcohol," Mault said. "So, after that is done, depending on whether it's an ale or a lager, an ale takes two weeks to make, and lager takes four weeks to make."

Bottling, packaging and kegging take the PBC approximately three to four days to complete.

Mault said people in the Portsmouth area like the Portsmouth Pilsner and the Red Bird Ale. He said those are the two beers they started brewing in 1997, or when "I was about 6 years old."



NONE OF THE STRESS. ALL OF THE FUN.
AUTO LOAN RATES AS LOW AS
***2.99%**

Atomic Credit Union

Lucasville | Minford | Portsmouth
 800.652.2328 | www.2mycu.com

Annual percentage rate based on term and credit approval. Federally Insured by NCUA.

ROXY'S
Furniture & Flooring

740-446-4000

31 Ohio River Plaza, Galipolis, OH
 www.roxysfurnitureandflooring.com

Like US!

Mason County Action Group
 "Serving Seniors of Mason County, WV"

Senior Centers
 Point Pleasant & Mason
 Lunch Monday - Friday
 11:30 a.m.

Services Available
 Congregate Meals
 Socialization Activities
 Health Screenings
 Healthy Steps Exercise
 Meals-On-Wheels
 In-Home Personal Care
 Alzheimer's Family In-Home Respite
 Non-Emergency Transportation
 Medicare & Medicaid Information

Business Office
 101 2nd St, P O Box 12
 Point Pleasant, WV 25550
 (304) 675-2369
 E-mail:
 masonseniors@aol.com
 "Like" us on Facebook

Making Your House, Your Home

BAZAAR
 HOME FASHIONS

Business Hours:
Mon-Sat 9:00-6:00 pm
Sun 12:00-5:00 pm

★ Primitive Decor
 ★ Candleberry Candles ★ Curtains
 ★ Quilts ★ Willow Tree
 ★ Bereavement and much more

OHIO RIVER RD • ACROSS FROM LOWES
 Wheelersburg, Ohio

And one more thought...

“There is another alphabet,
whispering from every leaf,
singing from every river,
shimmering from every sky.”

— Dejan Stojanovic



Come Join Our Family

Quality of Life is highest at home...

.. and we know that's where you want to be

Always Here For You

- Caring services 24- hours a day, 7 days a week
- RN Supervision dedicated to our clients and their families.
- Phone support when you need it.
- Continuous assessments and updates on your child's needs

PROGRAMS

- Medicare • Medicaid • Ohio Home Care Programs
- Waiver • Passport • Insurance • Private Pay

*Skilled Nursing Services
Private Duty Nursing
Home Aid Services*



STAFF:

Rosemary Burchett- Clinical Administrator
Leslie Shaw- ADON
Tammy Pennington- Medicaid Manager
Cindy Windsor- Scheduling Coordinator



Located At: 1716 11th Street
Portsmouth, Ohio 45662

740-353-2329 or 1-888-257-8517

NOW ACCEPTING NEW CLIENTS

OUR MISSION...

Home Care Network is a comprehensive home health agency dedicated to providing the highest quality service and continuity of care to our patients and their families.

OUR SERVICES...

All of our services are tailored to your special needs and provided under the direction of your personal physicians. In our team approach to home care we train and orient each member of our high-tech staff on your conditions. This allows us to pull from the diverse expertise of each of our nurses to assure that you receive the highest quality of care at all times. Services are provided on a per visit, hourly or daily basis. Your care must be ordered by your doctor. However, you or your Social Worker, Family, Clergy or Friend can call us directly and we will confer with your doctor. We accept Medicare, Medicaid, Insurance and Private Pay. We can verify your coverage and will even bill your insurance company for you.

Wanda Lilly- File Clerk
Jessica Bennett- Recruiter
Sandra Cooper- RN Case Manager
Stacy Kinder- Rayburn- RN Case Manager
Karla Sturgill- RN Case Manager

PRIME TIME

MAKING THE MOST OF THE PRIME OF YOUR LIFE

Whether you're six ... or 60 ... your health is primary. The healthcare professionals at King's Daughters Ohio are here to help you make the most of your health with services focused on prevention, education, treatment of acute illnesses and management of chronic diseases such as asthma, heart disease, diabetes, high blood pressure and more.

NEW PATIENTS ARE WELCOME.

For more information or to schedule an appointment, please call **(740) 991-4000**.

**KING'S
DAUGHTERS
MEDICAL CENTER**
Ohio



Primary care providers **George Esham, M.D.**; **Debra Lewis, D.O.**; **Rita Roberts, D.O.**; **Chris Keeton, APRN**; **L. Cantey Hasell, M.D.**; **Richard Kennedy, M.D.**; and **Aaron Adams, D.O.**