

CELEBRATING OUR 30TH ANNIVERSARY

Ohio

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Magazine

BEAUTIFUL OHIO

9 PHOTOGRAPHERS SHARE
THEIR LOVE OF OUR STATE

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BEST HOMETOWNS

FIVE PERFECT WEEKEND DESTINATIONS

IN THE KITCHEN WITH CHEF MICHAEL RUHLMAN

OHIO RIVER NEAR RIPLEY

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Rolling Along

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roller derby teams sprouting up in the Buckeye State.

In this sport, two teams each send five players — three defensive blockers, one last-line-of-defense pivot and one scoring jammer — onto the track. The team whose jammer scores the most points by making her way around the track without getting blocked wins.

Founded in 2006, the Cincinnati Rollergirls are a refreshing alternative to the male-dominated world of sports. However, the city isn't a stranger to women's roller derby. On January 8, 1971, approximately 13,410 fans entered the Cincinnati Gardens to see the all-female Cincinnati Jolters compete on the track. (The crowd surpassed Elvis' 1973 gig.)

So how did this 43-year-old interior designer become a player on the Cincinnati Rollergirls' nationally ranked all-star team, The Black Sheep? "I joined because my dad challenged me. I was a roller speed-skater in the '70s and, as a little kid, used to win national [tournaments]," says Kissing, who earned her nickname because of an affinity for the heavy metal rock group Pantera. "I retired at 14 and decided to go back into amateur roller-skating at 41," she adds.

Kissing isn't the only one who makes this extracurricular pursuit an integral part of her week.

Team President Mercedes "Sadistic Sadie" Stafford works in operations at United Airlines when she's not practicing or competing against national and regional teams, including the Burning River Roller Girls in Cleveland and Columbus' Ohio Roller Girls. Stafford says her teammates' 9-to-5 occupations range from being doctors and chefs to contractors and teachers.

And their fans are just as colorful. "My grandma is 82 and loves to come to the game," says Stafford.

Visit www.cincinnatirollergirls.com for a schedule of events.

— Ashley Harrington

Sweetening the Deal

MADE IN OHIO

Thanks to Maramor Chocolates, the reason for eating candy just got a little sweeter. In April, the Columbus-based company debuted a new line of dark chocolate containing Omega-3, a natural anti-inflammatory known to ease joint pain and promote cardiovascular health. The candy, comprised of 70 percent cocoa, offers a tasty alternative to those who turn their nose up at salmon, tuna or sardines — known to contain generous amounts of the fatty acid — or those not wishing to partake of common alternatives such as fish oil or capsules.

"Who doesn't like chocolate?" company president Mike Ryan says with a smile. "This is a great way to get the benefits of Omega-3 without the fishy taste."

The idea for the candy took hold a year and a half ago when Ryan met Dr. Joseph Maroon, a neurosurgeon at the University of Pittsburgh Medical Center and author of the book, *Fish Oil: The Natural Anti-Inflammatory*, at a conference.

The two began talking about the myriad benefits associated with chocolate and Omega-3.

"I had just read research on dark chocolate and learned that the antioxidants in it help lower blood pressure," Maroon says. "I told Mike this might be an opportunity for him to combine a very potent natural anti-inflammatory like Omega-3 with a powerful antioxidant."

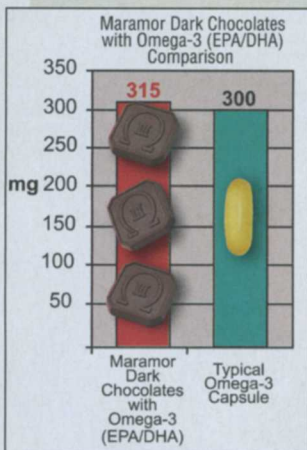
After multiple taste tests, Maramor chocolatiers discovered the recipe for a product that, Maroon says, "is remarkably outstanding in terms of taste and consistency that's sure to appeal to the 45 percent of the population who eat chocolate once a week." Three squares total 150 calories and contain 315 mg of EPA and DHA Omega-3 fatty acids, the equivalent of one fish oil capsule.

GNC stores around the country have begun stocking the chocolate.

Results have been positive — so much so that Ryan is developing a similar product made with milk chocolate.

"People," he says, "are happy to learn there's actually a benefit to eating chocolate."

For more information, visit www.maramor.com. — Steve Herrick



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