

Kettering

Neighbors

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Meet the Schierlohs



Expert Contributor

Volunteers Needed

Woodland is looking for you and your talents to guide our magnificent tours, speak to local groups, participate in annual events and more. Training classes begin soon. Don't miss out on a wonderful opportunity. Contact Debra Mescher at 228-3221 for more information. Debra is also the person to contact for a guided historical tour for your group or organization.



July Events

July 6: Summer Bird Walk

July 8: Luminaries of Dayton

July 10: Let's Talk Trees

July 11: Mausoleum Tour

July 13: Woodland Historic Tour

July 22: Dayton's Walk of Fame

August 3: Woof Walk With the Humane Society of Greater Dayton.

Circle The Date!!

Contact Debra Mescher, 228-3221, to schedule a guided historical tour for your group or organization. Self-guided tours include a CD for walking or driving. Borrow the CD, headset and CD player from our office between 8 am – 3 pm, Monday through Friday, and 8 – 10 am on Saturday. Enjoy a Woodland tour at your own pace.

Circle these Dates!

Woodland is pleased to partner with gravestone restoration expert Misti Spillman as she conducts a series of workshops for beginners who are interested in headstone cleaning and restoration. Workshops will be conducted at Woodland from 10 am – 3 pm on August 24 and September 21. Cost is \$30 per person and includes hand-on, one-on-one and group instruction on headstone preservation. Proceeds benefit the Woodland Arboretum Foundation. You'll receive all the tools you'll need for the day. Participation is limited to 25 people per class. Call 228-3221 for details.

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Have feedback, ideas, or submissions? We are always happy to hear from you! Deadlines for submissions are the 2nd of each month. Go to www.bestversionmedia.com and click "Submit Content." You may also email your thoughts, ideas, and photos to: bgoldberg@bestversionmedia.com.

Please contact us if you are interested in advertising in Kettering & Beaver Creek. Tony Feltner, Best Version Media, 937-409-0961.

CONTENT SUBMISSION DEADLINES

Content Due	Edition
December 2	January
January 2	February
February 2	March
March 2	April
April 2	May
May 2	June
June 2	July
July 2	August
August 2	September
September 2	October
October 2	November
November 2	December

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Dear Kettering Residents,

Happy 4th of July!

July is a favorite month for many reasons. We know it will be warm each day, and the Christmas commercials haven't started (just yet.) However, there is grass to be cut, and vacations to take. And if you live in Kettering, there is always something fun to do, especially at the Kettering Recreation Complex and other favorite locations. Our Calendar of Events is packed with activities for the entire family.

With information you can use all year long, Kettering offers a range of great rental facilities for your personal and business needs. Check this out in our Community News column.

Our cover story is about the Schierloch family, who are dedicated each day to helping everyone they meet. The world-class entertainment at Frazee Pavilion is heating up, and guess what? Soon we will be talking about Kettering's world-famous Holiday at Home! Stay tuned next month.

As we go to press the Miami Valley is starting to recover from the terrible and unprecedented Memorial Day tornado outbreak. In future issues we'll have infor-

mation how you can help our neighbors, but for now, we hope you consider giving your time and resources to organizations such as the American Red Cross. Learn more at redcross.org. Volunteers are also asked to call the Food Bank, 461-0265, and the Community Blood Center is in need of type O positive blood. Also, Kettering City Schools is coordinating the collection of tornado-relief supplies. We know that Kettering will help our neighbors in other communities recover from this life-changing event.



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A Minute from the Mayor

By Kettering Mayor Don Patterson



Dear Neighbors,
The Kettering Neighborhood Pride Program honors residents and business property owners who have made significant enhancements to curb appeal and who have maintained their properties impeccably year after year.

By now you should have received a brochure inviting you to nominate a neighbor, a business or any Kettering property you think is deserving of the Neighborhood Pride Award. There are three ways to submit a nomination:

- *Visit www.ketteringoh.org
- *Complete and mail the nomination form you received
- *Email Marylou.randolph@ketteringoh.org

with the information

Nominations will be accepted until August 1. All nominations are reviewed by our dedicated committee of Neighborhood Pride Program volunteers. I have the great honor of recognizing all award winners at a City Council meeting this fall, and an attractive sign is placed in the front yard of the award-winning properties.

Congratulations to all the volunteers that have worked so diligently for more than 30 years to preserve good, stable, attractive neighborhoods that maintain property values. Your efforts are one of many reasons our citizens are proud to call Kettering home!

Kettering Mayor Don Patterson

"The Greatest Gift"



"My parents gave us the greatest gift of moving here 20 years ago. They were young enough that they could become involved in the life at Bethany... Don't wait too long that you can't reap the benefits of all it has to offer!"

– Ann Warner

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Ann's dad, Gene, enjoying friends

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Calendar of Events

Call Kettering Parks, Recreation and Cultural Arts Department, 296-2587, for the complete schedule of information, activities events for the entire family in July. Be sure to visit www.facebook.com/pg/KetteringHealth/events/ to learn about health events offered throughout the month by Kettering Health Network. July Trivia: Named for Roman ruler Julius Caesar, it being the month of his birth. Birthstone: ruby. Parents' Day is celebrated on the fourth Sunday of July.



HAPPY BIRTHDAY AMERICA!

Kettering's Go 4th!

Delco Park

6 - 10 pm

FREE: Go 4th! Stands out among the area's fireworks displays. Kettering has several elements you won't find anywhere else. Rozzi's Famous Fireworks from nearby Loveland has been in charge of Kettering's show for several years. The setup of this show at Delco Park is a three-day process, and includes effects unique to Kettering. Another tradition that Rozzi's reserves for Kettering is the O-H-I-O chant during the show. Don't forget to sign along!! "Kettering's lake and hillside make a nice amphitheater. It's a fun job to do every year," notes Mike Lutz, Rozzi's Vice President.

Kettering is the home to the biggest and very best Independence Day Celebration in the Miami Valley! For more information visit playkettering.org or call 296-2454.



SUNDAY, JULY 7

Dino Dig

Delco Park, Noon - 1:30 pm

Ages 2-7

THURSDAY, JULY 11

Summertime, Sousa & Sundaes!

Polen Farm

7 - 8 pm

Concert is free!

THURSDAY, JULY 11

Kettering Dor-Wood Optimist Open

Meeting

Noon- 1 pm

Rosewood Exhibitions

JULY 15 --- AUGUST 16

Kathryn Jill Johnson

Wayne Madsen

playkettering.org/gallery

JULY 8 - JULY 19

Disney's Frozen Jr. Technical Summer Camp

Victoria Theater Association

9 am - 3:30 pm

For students in grades 6-12 interested in technical theater. Master classes on sound, lighting, costumes and other technical elements. Call Natalie Katone at 228-7591, ext. 3039 for details costs and scholarship information.

THURSDAY, JULY 25

Christmas in July

1 - 4 pm

Kettering Recreation Complex

JULY 20, 1969: MOON LANDING 50TH ANNIVERSARY!

WEDNESDAY, JULY 31

Water War Wednesday

Ages 7-16

Lathrem Senior Center

7 - 8 pm

\$5 residents, \$7 non-residents.

CIRCLE THE DATE!

AUGUST 11

31st Annual Art on the Commons

Lincoln Park Blvd.

11 am - 5 pm

Fine arts and crafts by over 100 talented artists from throughout the United States. Features ceramic, digital art, fiber/leather, glass, jewelry, mixed media, painting, photography, sculptures and works on paper and wood.

Playkettering.org/aotc

Rosewood Arts Centre Hours: Monday - Thursday, 9 am to 9 pm; Friday, 9 am to 6 pm; Saturday, 9 am to 5 pm Sunday, Noon to 5 pm. (296-0294)

Dayton Dragons - Home games are July 2, 3, 6, 7, 8, 10, 11, 12, 13, 14, 15, 24, 25, 26.

Be sure to get your tickets early, as the The Dayton Dragons are always a hot ticket!!

Visit the Home of Flight

Hawthorn Hill, Orville Wright's mansion, provides visitors with a glimpse into the mind of the world's first pilot. Tours are conducted year-round on Wednesdays and Saturdays from 9:30 am to 5 pm, and Sundays from Noon - 5 pm. Advance, pre-paid reservations are required. Admission fees are \$12 per person, and \$10 for Dayton History members. Call 293-2841 for more information.

HOME SCHOOL SWIM

Ages 5-15 (with adult)

Monday, Wednesday, Friday, ongoing.

11 am - Noon

WATER PARK WEDNESDAYS

FREE admission to Adventure Reef Water Park on Wednesdays in July, 6 - 8pm, to children in grades K-12 who attend Kettering City Schools, Alter High School, Kettering Montessori, Ascension School, St. Albert, St. Charles, Dayton Regional STEM School, Kettering children participating in home school. Call 296-2587 for information.

KETTERING NEIGHBORHOOD PRIDE

As Mayor Patterson has noted, the Neighborhood Pride Program, started 31 years ago in 1988, has become a treasured award for Kettering residents. Each year, the program receives about 500 nominations with only 38 properties receiving the award. Nominations are made each year starting in May, and continuing through August. Visit ketteringoh.org to learn more and to view recent winners. (Several of these great neighbors have been our Cover Families!)



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Meet the Schierlohs

By Bob Goldberg • Photos by Dan Cleary, Cleary Creative Photography

“Proud of Where We Live!”

For Lauren and Josh Schierloh, their home in Kettering is much more than simply a place to hang their hats. They enthusiastically point out that it is their base from which they can reach out to friends, family and the community. Their neighborhood in Kettering is exactly what they wanted to raise their children in – riding bikes, friendly, caring neighbors, and living across the street from people who will be lifelong friends; a parent’s dream.

Married for fourteen years, their family includes daughters Anna, 13, and Caroline, 10. Both are students at St. Albert the Great School and are very active in youth ministry and sports. Lauren also adds that both girls love to volunteer and help others.

Lauren and Josh met through a mutual friend their senior year while attending the University of Dayton for their undergraduate degrees. Lauren was born in Binghamton, New York, lived in Toledo and came to Dayton to attend UD. Josh is a lifelong Miami Valley resident. They have lived in Kettering for nine years.

Having graduated from the University of Dayton School of Law,

Josh has been an attorney at Sebaly Shillito & Dyer LPA in downtown Dayton for over two years, and has previously served as Law Director for local communities such as the City of Xenia and nearby Washington Township. His legal experience also includes being an assistant prosecuting attorney for Montgomery County.

Josh’s extensive community involvement includes serving on the board of trustees for Clothes That Work, a grass-roots non-profit Miami Valley organization that provides professional counseling and training for job seekers in Montgomery County. (It is estimated that over 27,000 men, women and teens have benefitted from this service!) He also serves on the Boonshoft Museum of Discovery board of directors, in addition to helping coach youth sports at St. Albert the Great School. Josh’s hobbies include platform tennis and playing softball at J.F. Kennedy park in Kettering.

Lauren’s talents are many. For over 16 years she has been a Registered and Licensed dietitian, (she studied at the University of Dayton and completed her internship at Henry Ford Hospital in Detroit) is owner of Lauren Schierloh Photography, and works part



Take 5 With the Schierlohs

Favorite Restaurants: Figlio's and Meadowlark.

Favorite Vacation: the Outer Banks and skiing in Colorado.

Favorite Things About Kettering: Frazee Pavilion, and Hills and Dales.

Favorite Family Activity: Skiing and being happy on the mountains or swimming in the ocean.

Adjective that Best Describes Your Family: Welcoming and compassionate. "We're proud of where we live, and our door is always open to visitors!"

It is obvious that Lauren, Josh, Anna and Caroline not only enjoy living in the Kettering community, but also work hard to contribute to the community -- each day. And Kettering Neighbors applauds and thanks them for their commendable efforts! Be sure to thank the Schierlohs also.

time as the Event Coordinator at St. Albert the Great Parish. In her free time she likes to cook, garden and host friends and family at their 1940's home.

Lauren and Josh are quick to point out that their priorities are church, family and close friendships.

Completing their family are two energetic dogs: an Australian Sheppard/Poodle mix named Ruby, and a Canaan dog, a rare Middle East/North African breed with only 2,000 – 3,000 around the world, named Nani.

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Kettering's Cutest Pet

LET THE VOTING BEGIN!

Here are the entries we have thus far for the 2019 Kettering's Cutest Pet contest. Send your votes to bgoldberg@bestversionmedia.com. Voting will continue until we say it's over...but you'll have plenty of warning. Feel free to vote many times.

- Peppermint the Bunny and BFF Merlin the Cat
- Sydney the Mischievous Bunny
- Molly the Howling Lab Mix
- Sophie and Lila THE Bulldogs with Personality
- Gunner the Golden Retriever
- Bulah the Rock Star
- Lola, a dress-up kind of girl

(Please note that two pets in one photo count as one entry.) We're off to a great start with a cat, dogs and even bunnies represented. Again, thanks to Miami Valley Animal Hospital for sponsoring this event. Miami Valley Animal Hospital is awarding the grand prize which is valued at \$250. Please keep the entries, and votes, coming! (We hear there are going to be some reptiles nominated.)



Lola



Bulah



Molly



Sophie & Lila



Sydney



Gunner



Peppermint & Merlin



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Pet Corner

By Bob Goldberg

Pet Wellness

We all know that dogs and cats age more quickly than we do. As a result, a lot can happen to them in a short period of time. Therefore, vets recommend regular checkups of at least once a year. Combined with regular vaccinations for rabies and other diseases, you'll be sure that your pet is covered from certain major maladies for at least a year. This includes heartworm prevention.

It is also important to be aware of your pet's behavior and other factors throughout the year that may indicate that a trip to the vet is warranted. This might include eating habits or changes in energy or temperament.

(Additionally, up-to-date vaccinations are important if you ever plan to board your pets, as kennels will not accept pets unless they are properly vaccinated.)

While not a medical procedure as such, the use of a microchip, with the owner's information, dramatically increases the odds of being

united. Placing the microchip is a simple and quick process that lasts the life of your pet. This is a highly suggested procedure, as shelter statistics show that less than 20% of lost dogs and 5% of lost cats are returned to their owners without the use of the chip! And just as with human children, be careful not to leave pets in the car during the summer. It takes only minutes for a pet's temperature to reach critical levels. Also, make sure your pet has plenty of clean,



cool water, not just during the summer, but all year long. Even in your home, water can warm up quickly. So be sure to change the water often.

And finally this summer, be protective of your dog when fireworks are in use. Besides the obvious danger, the noise can be very scary!

A photograph of a man and a woman relaxing in a hot spring at night. The hot spring is illuminated with blue light. In the background, there are trees and a city skyline under a starry night sky.

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Kettering Community News

By Bob Goldberg

Leadership Academy

The Kettering Leadership Academy is accepting applications for the 2019-2020 class. This program, created by Councilman Bruce Duke, is designed for individuals looking for leadership roles in our community such as serving on a board or commission at the City of Kettering, or at a non-profit organization. The Academy begins in September with an overnight retreat, and sessions are held once a month until the May graduation. The Academy fee is \$650. Many employers will sponsor participants. To learn more call 296-2433. Applications are due by July 8.

Rosewood Art Centre Upgrade Planned

A major upgrade is planned for the Rosewood Arts Centre. The only arts education program of its kind in the area, and one of only three in Ohio, Rosewood has been a part of Kettering and the Miami Valley for 34 years, and serves 80,000+ people yearly through a number of visual and performing arts. The renovations and repairs will be done over five years, starting in 2020. This major undertaking is estimated to cost \$3.5 million. Various structural and mechanical improvements are planned. Rosewood offers classes from painting to ballet, from ceramics to printmaking, from sculpture to jewelry making, and from children's theater to comic creation. Additionally, a children's theater program features artists from all over the country. Kettering Neighbors will keep you updated.

Delco Park Improvements

Delco Park has been undergoing a variety of updates to its landscaping, accessibility and park entrances. Improvements include extra benches, improved walkways and greater accessibility. The prior landscaping was installed in 1999, so visitors will appreciate its fresh look as well as a modern irrigation system!

Kenny Molz Returns!

Fairmont High School grad Kenny Molz has returned to the Firebirds as their new varsity basketball coach! Kenny had been coach at Monroe High School in the SW Buckeye League. He played his college ball at Wittenberg University in Springfield.

Kettering School Construction

By Bob Goldberg

Kettering City Schools is starting construction on three major school expansions as part of a \$17+ million plan that includes all-day kindergarten and expanded career-tech offerings. Construction is taking place at Fairmont High School, Southdale Elementary and Orchard Park Elementary. This construction was made possible by a 2016 passage of a bond levy which is expected to generate about \$4.2 million per year.

The career tech offerings will include medical assisting and cosmetology. It has been stated that the goal is to help all graduates prepare to be successful beyond high school.

Kettering Police Department Vacation Safety Tips

By Kettering Police Department

- *Place several lights/TV/radio on a timer.
- *Ask a neighbor or family member to periodically check your home.
- *Kettering Police offers vacation house checks. Register online or by calling.
- *Don't have your voice mail announce that you are on vacation.
- *Remove any keys you have hidden outside. (Even from under the pretend rocks.)
- *Do not mention your upcoming vacation on Facebook or any social media!! Wait until you are back to tell and show everyone what a great time you had and to make people envious.

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Fraze Update!

By Bob Goldberg

The 2019 schedule at the Fraze is always outstanding! Schedules thus far include, the Happy Together Tour, Little Big Town, Steve Miller Band & Marty Stuart, Brian Culberson and the Average White Band, Lake Street Dive and the Wood Brothers, Weird Al Yankovic, Disco Inferno, The Menus, Rain (Beatles Tribute), and Get the Led Out. More acts are added all the time.

The July schedule includes Diana Ross, Weird Al, Uptown, Sheryl Crow, Marty Stuart, Charlie Wilson, the Commodores, Brian Culberson and the Average White Band, Jake Owen and more.

Other special events include \$5 Friday Concerts, Free @ Fraze, Spass Nacht, Kickin' Chicken Wing Fest and the nationally-famous Art on the Commons, not to mention the Mayor's Christmas Tree Lighting! Prices vary, but most shows sell out very quickly. Check out all the information at www.fraze.com soon. You can also download the free Fraze app to your phone from this site, view the seating chart, buy gift certificates in several denominations and sign up for up-to-date Fraze e-news. You now have no excuse for not having fun this summer. The Fraze experience is fun for everyone!



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New Wellness Practice

By Bob Goldberg

Dayton native Dr. Linzie Crute recently moved back to the area and opened Homegrown Chiropractic & Wellness at 1204 E. Dorothy Lane. Dr. Crute was practicing in North Carolina but after having her first child, she and her husband decided to come home to be closer to family. Their new Kettering location was opened on April 1. The name Homegrown means a lot to Dr. Crute, as it represents the importance of home and their passion for wellness.

Dr. Crute uses an advanced approach with non-surgical laser therapy to aid the healing process and provide non-opioid pain relief, which is much needed in today's opioid epidemic. This unique protocol called HG Laser helps rush oxygen and red blood cells down into the tissues and helps promote regeneration of healthier cells. "The laser therapy compliments chiro-

practic care very well," says Dr. Crute. "We get to the root cause of pain by addressing not only the joints, but the muscles and soft tissues as well. Our patients love that we offer very gentle chiropractic techniques that can be used on a new-born baby all the way up to a 99 year old," she emphasized.

Dr. Crute and her team are not only treating neck and back pain, but a wide range of concerns such as sciatica, neuropathy, knee pain and plantar fasciitis just to name a few. Dr. Crute invites Neighbors readers to stop by and check it out. The practice is warm and inviting with live plants and a homey feeling, unlike most doctor offices. Homegrown Chiropractic and Wellness can be reached at 350-1888. You can sign up for their free newsletter that has wellness tips. Learn more on their comprehensive website: www.homegrownchiropractic.com.



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Staying Fit and Healthy in Kettering

By Kettering Health Network and City of Kettering.

Parkinson's Exercise Class

Tuesdays & Thursdays

11:30 am – 12:30 pm

Kettering Recreation Complex

A drop-in group circuit class specifically designed for people living with Parkinson's focused on improving balance, flexibility, motor skills and overall strength. Activities include yoga, boxing, walking, cycling and much more. This class can be modified for people of all physical levels and abilities. Contact Fitness and Wellness Supervisor Lindsey Curry at 293-4348 or Lindsey.curry@ketteringoh.org for information and costs.

Kettering's 21 Amazing Parks!

The City of Kettering has an amazing 21 parks spread throughout the city for you and your family to enjoy. This summer, discover a new playground, head out for a picnic, play tennis, pickleball, basketball or volleyball. Kettering is proud of the impact our parks have on our citizens. So take a walk, hike or run to enjoy all that Kettering parks have to offer!

Junior Basketball Camp

Call 296-2587 for the July schedule. Ages 4 – 6, this is a great way to get a first taste of organized basketball for girls and boys. Campers receive a camp T-shirt, certificate and water park coupon.

Aquatic Job Opportunities

Kettering Parks, Recreation and Cultural Arts Department is seeking individuals to join the aquatic team at the main pool and spa and Adventure Reef Water Park. Opportunities are for swim instructors, swim lesson aides, lifeguards, water workout instructors and water park attendants. Visit www.ketteringoh.org to submit an application, or pick up an application at the Kettering Recreation Complex.

Kettering Health Network Events

July 8: Athletic Training Student Workshop, Kettering Sports Medicine

July 14: Baby Fair, Kettering Medical Center FREE

July 15: Healing Through Art, Kettering Cancer Center

July 17: First Aid for Coaches, Kettering Sports Medicine

July 25: CPR for Coaches, Kettering Sports Medicine

July 26: Arteries Screen, KMC




- Tree & Stump Removal
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Kidz Korner

By Bob Goldberg

July Kidz Recipe

Recipe by local resident & Kettering Neighbors Reader
Phyllis Evans

Land of the Free Lemonade

Watermelon is the ultimate All-American Summer snack. Make your 4th of July celebration even sweeter with a sweet-tart lemonade.

Ingredients

- 1 ½ cups of sugar
- ¼ teaspoon salt
- 2 cups fresh lemon juice
- 4 cups chopped watermelon

Preparation

Bring 6 cups of water, sugar and salt to a boil in a medium saucepan over high heat, stirring occasionally. Remove saucepan from heat, add lemons, cover, let stand for ten minutes.

Puree chopped watermelon in a blender with one cup water. Pour syrup and watermelon puree through a strainer into a pitcher. Stir in lemon juice. Serve over ice.

Kettering City Summer Camps

Kettering summer camps begin on May 28 and run through early August. There are so many opportunities that we can't list them here. Locations include the Kettering Recreation Complex, Habitat Environmental Center, Rosewood Arts Centre and other facilities. There are art camps, sport camps, environmental camps, recreation camps and traditional camps. See all the details at www.playkettering.org/camps, or pick up a brochure at the Kettering Recreation Complex. Hello, summer, goodbye boredom!

Splash Time in the Pool

Mondays, Wednesdays, Fridays, ongoing.
Kettering Recreation Complex

Ages: infant to 6 year.

Parents can bring up to two children per adult.

11 am - Noon

Better Babysitters

Ages 10-16

July 23 & 25

10 am - Noon

Kettering Recreation Complex

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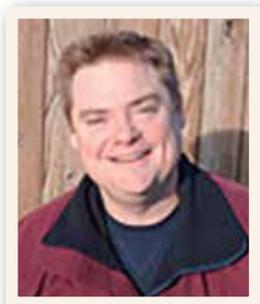
GET YOUR DECK AND PATIO READY FOR THE OUTDOOR LIVING SEASON!

By Tim Stephens



Now is the time when homeowners are outside enjoying the sunshine and getting the exterior of their home in tip-top shape for the outdoor living season. With this in mind, while you are doing landscape chores and grooming the lawn, have you taken a moment to look at your deck, patio and outdoor living areas. If your deck is dirty and faded, it is likely time to consider cleaning and sealing. In addition, if your patio and hardscapes are sun worn and dingy, it may be time to consider simple restoration to bring them back to their former glory!

Archadeck of West Central and Southwest Ohio offers a variety of maintenance services to protect and beautify your outdoor space investment including cleaning, brightening, and protecting wood decks, composite decks, and hardscape surfaces such as paver patios, pool surrounds, walkways and driveways. And after a long winter full of exposure to the harsh elements, the potential for mold, mildew, and grime buildup as well as damage caused by snow shovels is very likely and should absolutely be addressed before the outdoor living season gets into full swing.



Archadeck can bring your wooden deck back to life with our power washing and cleaning process, followed by an application of environmentally friendly, premium quality sealant in your choice of an array of colors, or just leave it natural. The synthetic resin sealer protects the deck from the elements and resists mold and mildew growth. Our clean-and-protect service is perfect for use on pressure-treated decks and outdoor structures, cedar, mahogany, redwood or any vertical or horizontal wood surface.

Low maintenance (composite or PVC) decks require little work to keep in good condition, but still need maintenance and attention to keep them in tip-top shape. Our composite deck cleaning service uses a safe, oxygenated cleaner that's highly effective at removing black stains caused by algae, dirt, grime and graying common on composite decking surfaces. In addition, unlike chlorine bleach, our environmentally-friendly deck cleaner is biodegradable and will not harm composite wood fibers, pets, grass or most plants.

We recommend cleaning and sealing your hardscape every three-to-seven years, depending on environmental aspects and

traffic of the area. Whether you have a new hardscape or if your patio has been in service for several years, we can keep it protected or help revive it to its former beauty with our clean and sealing process.

Now is the time to schedule, as space is limited!

Archadeck of West Central and Southwest Ohio is committed to helping you get the most out of your outdoor living space season after season. A freshly cleaned and protected deck or hardscape is the best way to do just that! Contact us to schedule your maintenance service: 937-848-7040, 513-897-2040, email westcentralo-hio@archadeck.net.

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Metro Library News

By Gwen Owen,
Dayton Metro Library



New Kettering Library Opening

The new Wilmington-Stroop Library is now open. One of its many innovative features is the addition of stunning, original art installations – the latest in the Reimagining Works partnership between the Dayton Metro Library and Dayton Art Institute.

We are proud to announce that artists featured at the Wilmington-Stroop branch include Dan Cleary, official photographer for Kettering Neighbors. Dan's artistry through Cleary Creative Photography combines historic imagery of Charles Kettering's patent drawings of his many inventions to reflect the depth and quality of this inspiration piece. His work also pays homage to Edward Deeds, who was president of the National Cash Register Company and, along with Charles Kettering, founded Dayton Engineering Laboratories Company, (Delco) which was an early innovator of automotive technology.



July Recipe



Summer Red, White & Blue Pudding Cake

– *Oooooooh, it's so good!*

By Neighbors Reader Barney Bascomb

What you'll need:

- 1 (18.25 ounce) package white cake mix
- 25 drops of red food coloring
- 25 drops of blue food coloring
- 1 (4 serving size) package of instant vanilla pudding mix
- 1 (12 ounce container of frozen whipped topping, thawed red, white and blue sprinkles for garnish

What to do:

*Prepare cake mix according to package directions for 2 (8 inch) round cake pans.

*Divide batter evenly between 2 bowls. Stir red food coloring into one bowl of batter, and blue food coloring into second bowl. Pour each bowl of cake batter into an 8 inch round cake pan.

*Bake according to package directions; let cool 15 minutes. Using a straw or wooden spoon handle, poke 15 holes randomly in each cake layer.

*In a medium bowl, combine pudding mix and milk; whisk just until pudding starts to thicken. (Pudding should be pourable.) Slowly pour pudding into holes of both cake layers. Refrigerate one hour.

*Place 1 cake layer on serving platter and frost with whipped topping. Place second cake layer on top and frost top and sides with remaining whipped topping. Garnish with sprinkles and refrigerate.



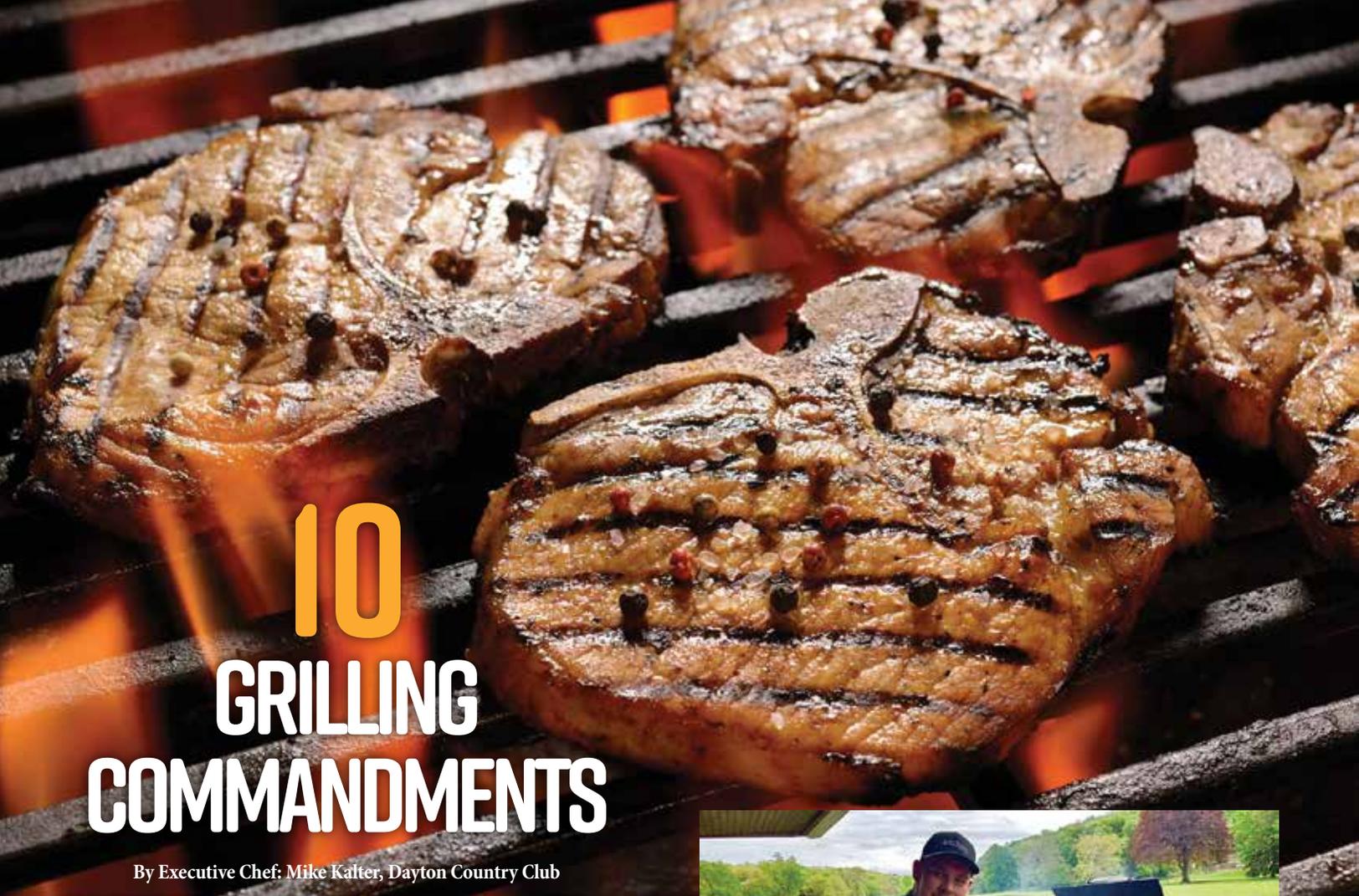
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10 GRILLING COMMANDMENTS

By Executive Chef: Mike Kalter, Dayton Country Club

Be Organized

Have everything you need for grilling -- marinade, seasonings, and equipment -- on hand and at grill before you start grilling.

Keep Fuel

There's nothing more annoying than running out of gas or not enough charcoal while in the middle of grilling. When using charcoal, form a pyramid, and enough to form a solid bed of glowing coals 2-3 inches thick along the surface area of the food you're planning to cook. When cooking on a gas grill, make sure the tank is appropriately filled to the cooking time. One standard 20lb tank should last 18-20 hours. A gas gauge is always best than trying to predict.

Keep A Clean Grill!

There's nothing less appealing than grilling on a dirty old burnt grate. Your food will end up sticking to a dirty grate. Clean in it once you've preheated the grill, and again when you're done cooking. The first cleaning will remove any bits of food left from your previous grill out. Use the metal spatula edge to scrape off large bits of food. You could also purchase a nice durable wire grill brush from your local restaurant supply. I feel those always work the best!

Preheat the grill to the right temperature!

Grilling is a high heat cooking method. In order to achieve the seared crust, charcoal flavor, and the grill marks you want for presentation, you must cook over high heat. You will want to grill at a temperature of at least 500 degrees Fahrenheit. When using charcoal you will want to let it burn until it is covered with a thin coat of gray ash. If you're using a gas grill,



preheat the grill on high for about 10 to 15 minutes to achieve 500 degrees. When indirect grilling, preheat the grill to 350 degrees

Keep your grill seasoned!

Oil the grate just before placing the food on the grate. Spray it with oil or a towel soaked in oil, or you can use some sort of fat like bacon, or chicken skin. Make sure to have the grate coated thoroughly. For fish you can coat the flesh with a thin brush of mayonnaise. For more flaky fish I cook atop lemon slices.

6. Know when to baste!

Oil and vinegar, citrus based marinades can be brushed on the meat through-out cooking. If you plan on using the marinade that you used for raw meat or seafood, do not apply it again during the last 3-4 minutes of cooking. When using a sugar-based barbecue sauce, apply it toward the end of cooking time. Sugar burns very easily in those types of sauces, and should be heated to coat only. Be sure to check your proteins temperature to prevent cross-contamination.

Turn, don't stab!

The proper way to turn meat on a grill is with tongs or a spatula, Never stab the meat with a fork. Doing so will release all the flavor-rich juices you worked so hard to enjoy.

Keep the lid closed!

When cooking larger cuts of meat, seafood, and poultry such as a whole chicken, smoked turkey breast, brisket, prime rib, whole sides of salmon on cedar plank. You will want to use the indirect method of grilling or barbecuing. Keep the grill tightly covered and resist the temptation to check every five minutes. Every time you lift the lid, you will need to add 5 to 10 minutes to the cooking time. Have patience and you will be rewarded

Let your protein rest!

Chicken, steaks, roasts or just about anything you grill will taste better if you let it rest after grilling. Let the natural juices come out where it stands on the plate for a few minutes before serving. This lets the juices, which have been driven to the center of the protein by the severe heat, to return to the surface. Your result will be a tastier, juicier piece of meat.

Never leave your grill!

Grilling is an easy, but it demands constant attention. This is very important when using the direct method, stay at the grill until your food is cooked. Make sure to refer to the first commandment. Make sure you've used the bathroom, grabbed that beer, cocktail, and have your music turned on to achieve the full satisfaction

Minimum internal temperatures: all temperatures need to be held at specified for 15 seconds.

Beef and Lamb

- Rare: 125 - 130 Degrees with a 3 minutes rest
- Medium Rare: 130 - 135 Degrees
- Medium: 135 - 140 Degrees
- Medium well: 140 - 150 Degrees
- Well done: 150+

Ground beef: 155+

Poultry: 165 Degrees

Pork

- Medium rare: 145 Degrees with a 3 minute rest
- Medium: 150 Degrees
- Well done: 160 Degrees

Ground Pork: 160+

Seafood

- Fin fish: 145 Degrees (Opaque and flaky)
- Lobster, Shrimp, crab: Until Pearly and Opaque
- Scallops: Opaque and firm (milky)
- Leftovers
- All leftovers need to reheated: 165 Degrees



Dayton Country Club

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www.daytoncountryclub.com

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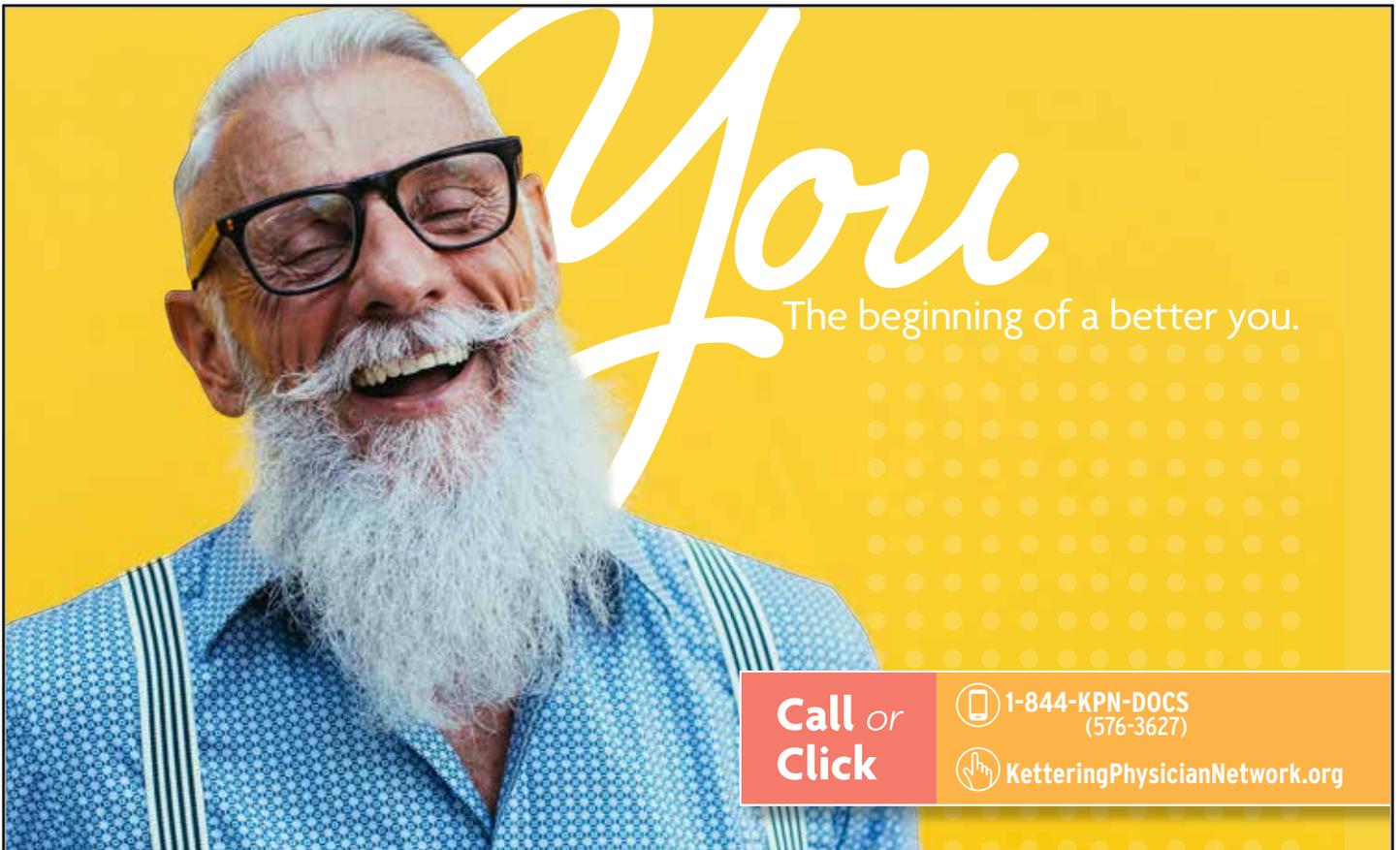
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July 2019

Kettering Neighbors

0096

A magazine designed specifically
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