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Page 24

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The Lane Report

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September 2011
Volume 3, Issue 2



ON THE COVER

TRUST Lounge, located at 123 Main Street in Lexington, is now open after an extensive two-year renovation. Photo by Abby Laub.

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Editor Meredith Lane takes note of exciting ongoing changes in the retail and entertainment scene, sometimes adapting historic settings to modern use.

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Find out about several longstanding Lexington neighborhoods that offer homes with character, spacious lots, big trees and great value – in short, good vibe for less money. And the adjoining Finance article on page 17 reports it's a good time to buy.

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Lexington's upbeat crooner Jordan English wasn't discouraged when Simon Cowell and Randy Jackson didn't punch his Hollywood ticket on "American Idol." Keeping it fun keeps him and his band working enough to make a living at music.

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There's a lot of yoga studios and high quality practitioners to explore in Lexington and nearby. They offer a wide range of approaches to relaxation, mental discipline and self-awareness – while the body gets great dose of mindful exercise.

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BG profiles Garrard County couple Maggie and Nathan Mick. They bring a contagious positive outlook on life to career, community involvement, travel and even home renovation. Initial interaction during a political campaign in Nebraska grew into respect, affection and a Kentucky wedding which included a olonel lookalike.

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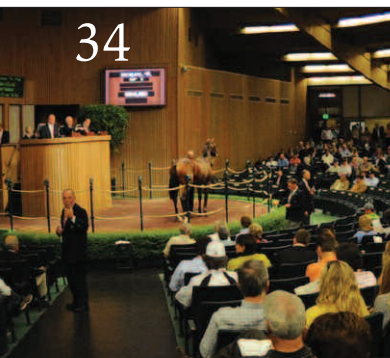
The action at the auction makes Keeneland known worldwide more than its live racing. It's free to watch but not to take one home. The thousands of Thoroughbred yearlings at every price point prancing through the sales ring each fall attracts buyers from all over the United States and more than 30 countries.

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Be Curious About What's Old and New in Lexington

Recently I visited the Lexington History Museum located in the former Fayette County Courthouse. Walking through the exhibits and taking in all of the photographs was a reminder of Lexington's rich legacy, and how much things have changed over the past century. If you haven't been to this museum before, it's definitely worth checking out.



Meredith Lane is the editor of BG Magazine and is a full-time Realtor with Milestone Realty Consultants in Lexington.

The day after my museum visit, I attended the opening a block away of Lexington's newest lounge and nightclub – TRUST. At 123 West Main St., TRUST is located in a historic Beaux-Arts Baroque building built in 1906 for the former Phoenix and Third National

Bank. Again, as I looked at the exceptional renovation of the building, it reminded me how Lexington continues to evolve and change.

As a lifelong Fayette County resident, I've seen this community and region grow and improve each year that passes. New restaurants and bars, art exhibits, live music venues, shops, personal growth opportunities, post-secondary educational and technical schools, residential areas, job opportunities, types of fitness studios and gorgeously engineered outdoor spaces like the 12-mile Legacy Trail continue to appear all over Lexington and the surrounding counties.

Just over a year ago, who had heard of Orange Leaf? Now, it's a household name with a hugely popular following by people (including Coach Cal) who love its delicious frozen desserts. Other new businesses to open recently include



TRUST Lounge during its renovation

Monkee's Boutique; the home and accessories store Adelé; The Wild Fig Bookstore; and the Wild Thyme gourmet food shop. Exercise studios such as Fitness Plus in Bellerive Plaza and BarreAmped are also new to Lex.

It's truly exciting to see our city and region continue to grow and adapt to the 21st century. Look around and enjoy. As Albert Einstein said – "It is a miracle that curiosity survives formal education."

Meredith Lane



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Leadership Lexington. CLX photo

Leadership Lexington Class Gets by Giving

The 2011-2012 **Leadership Lexington** class is under way. Through next summer, the class will develop awareness and understanding about our community and participate in leadership assessment and training. Apply for next year's class in April 2012. For more info, check with Amy Carrington, Commerce Lexington's new director of leadership development.

2011-2012 Leadership Lexington Class

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Clay Angelucci, ACRE Commercial Real Estate
Michael Bailey, W. Rogers Company
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Trader Joe's to Dock on Nicholasville Road

Trader Joe's, based in Monrovia, Calif., has signed a lease at 2326 Nicholasville Road (the former Joe's Crab Shack) and is scheduled to open in 2012. The 12,000-s.f. neighborhood grocery store will have a 3,000-s.f. wine shop in an adjacent building. Trader Joe's is known for carrying an array of domestic and imported foods and beverages, including freshly baked artisan breads, Arabica bean coffees, international frozen entrées,



Staff photo

Trader Joe's plans to locate in the former Joe's Crab Shack on Nicholasville Road.

fresh crop nuts, deli items, vitamins and supplements, as well as grocery basics. The company purchases from manufacturers, not through distributors, and more than 1,000 items are under the Trader Joe's private label. After the store opens, area residents can expect to receive a copy of the "Fearless Flyer" in their mailboxes, a somewhat irreverent description of a timely selection of Trader Joe's products. It's been called a cross between *Consumer Reports* and *Mad Magazine*. Trader Joe's began in 1958 in the Los Angeles area and has 350 stores in 30 states.

Figuratively: Books & Hot Brews



The Wild Fig Bookstore, owned by Crystal Wilkinson and Ron Davis, is a new spot in town for fair trade and organic coffee and tea throughout the day, along with quality used books and a selection of new books. The store is in the former Morgan Adams Books location in Meadowthorpe.

Wild Fig is open Monday through Thursday 6 a.m. to 6 p.m., Friday and Saturday 8 a.m. to 8 p.m.

Smart 9-1-1 Can Save Your Life

Lexington is one of the first cities in Kentucky to implement **Smart 9-1-1**. On the system's secure Website, smart911.com, you can provide personal information so first responders are better prepared to address individual emergencies. You can choose to provide the layout of your house, photos of your family members and pets, medical allergies, vehicle stats and restraining orders. There's no charge, because the service is supported by existing 9-1-1 fees. If you have to call 9-1-1 in an emergency and your phone number is registered, the Smart 9-1-1 system delivers your info to the 9-1-1 operators, who in turn relay it to police, fire or emergency medical personnel at the scene.

Re-Tailored Fashion Boutique

The new **Ann Taylor** concept store opened in August at Fayette Mall. The concept stores have been around less than a year in cities like New York, Boston, Miami and Atlanta. This is the first of its kind in Kentucky. These new Ann Taylor boutiques have whitewashed maple hardwood floors, crystal chandeliers, tufted furniture, a private lounge area and new styling rooms with flattering backlit mirrors, designed in partnership with S. Russell Groves architects to provide a more intimate shopping experience for women's fashions. Ann Taylor operates 265 stores across the country.

Krupp Communications photo



Staff photo

The village is under construction in the Pine and Cedar block of South Broadway, near the Lexington CBD and UK campus.

The Village at South Broadway

The Village is under construction within walking distance of campus and downtown. Geared toward young professionals, builder/owner/developer Jeff Morgan is starting the all-brick development with a 9,000-s.f. restaurant and bar, the Jefferson Davis Inn (JDI). By March 2012 the first group of 20 townhomes will be ready, around 1,750-s.f. with three bedrooms, nine-foot ceilings on all three floors, a fireplace and balcony, hardwood floors, granite and stainless in the kitchen, tile bathrooms and two-car garages. The townhomes are listed at \$299,000, but a \$10,000 pre-construction builder discount makes them \$289K, through Rector-Hayden Realtors.

New Restaurant Mural Is All Good Art



After months of reviewing applications and proposed mural designs from artists all over the country, **Saul Good Restaurant & Pub**, in partnership with **LexArts**, chose Pennsylvania artist Jeff Schaller to paint a mural at the restaurant's Hamburg location. The mural depicts the history, personality and progression of the city of Lexington and the historic Hamburg Farms area. "It was extremely important to us that the mural should reflect Hamburg and the city of Lexington as a whole," said Rob Perez, owner and operator of Saul Good Restaurant & Pub.

Wild Thyme Events Are 'Cooking Up Fun'



Chinoe Center is now the home of **Wild Thyme**, an event center founded and owned by Joey and Allison Davis. "Cooking up fun" is the theme for hands-on cooking classes for all ages, including cooking birthday parties for kids ages 3 and older. The center also offers a gourmet retail area with organic food products and kitchen gadgets, party platters for pick up and customized catering.



Friday Fest Bands at Cheapside this Fall

A new **Friday Fest** centered around local bands and food will kick off downtown Lexington weekends Sept. 23 through Oct. 28. Food vendors will start serving at 6 p.m.; the music runs 7-11 p.m. **Cheapside Entertainment District** is hosting the series. Visit the Friday Fest Facebook page, visit fridaysinlex.com or visit downtown on Friday nights.

Lex Realtor on HGTV's 'Bang for Your Buck'



Michael Prather with HGTV's "Bang for Your Buck" host Monica Pedersen

Michael Prather, a Realtor with **Keller Williams Bluegrass Realty**, was one of about 20 local real estate agents contacted by **HGTV's "Bang for Your Buck"** show earlier this year. They invited him to upload an audition video on YouTube; he made the cut, which was narrowed to four people, and after a lengthy phone interview was selected to be on the show. The episode will air this fall on HGTV.

Prather, with show host and interior designer Monica Pedersen, checked out the game rooms, media setups and finished bars of three Central Kentucky homes. He was able to tell the homeowners what rate of return they could expect for their \$100,000 basement remodeling investments. In real estate since 2005, Prather is a Realtor and Accredited Buyer's Representative (ABR) with the Prather team at Keller Williams, along with his mom, Katy. He is married to chef Brigitte Nguyen, who is a host on the Cooking Channel.

Brand New Design



The hotel on Richmond Rd. has been a French Quarter Suites, a Sheraton Suites Hotel and, since 2007, a **DoubleTree by Hilton**. Look

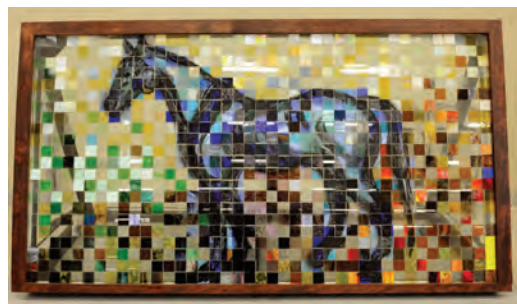
for new signage in October to incorporate a redesigned logo with a filled-out tree and the new name DoubleTree Suites by Hilton Lexington.

Modern Marketing

A bistro, a boutique and a wine shop are in one spot in Stonewall Shopping Center, in the former Tumbleweed's Restaurant. **Modern Mercantile & WM Wine Shop** opened this summer. Local owners Athena and Jonathan Bradley serve homemade soup, quiche, roast chicken, bread, ice cream and other delectables in the bistro. The retail boutique has scarves, hats, jewelry, candles, picture frames and Kentucky Proud artwork. The most common price point at the adjacent wine shop is \$13.99. Live music and wine tastings are on Friday nights.

Big Lex Lands at BG Airport

Blue Grass Airport has some new artwork. Behind the information desk in the terminal lobby is "**Big Lex**," a stained glass piece created by John F. "Zig" Zeigler of Zeigler Stained



Bill Strauss photo

Glass in Lexington, who based the work on a painting of the renowned Thoroughbred Lexington by master equine painter Edward Troye (1808-1874). Zeigler and his colleague Sam Noelscher used laminated glass, a new technique gaining popularity in Europe. Tourism tidbit: Lexington is host to 2.5 million overnight visitors every year, and the tourism industry provides \$2 billion in revenue to the Bluegrass region.



Susan Richey photo

Chef Jeff Smock and his curried potato, spinach and chickpea soup, one of six seasonal products of It's Simple Soups.

Hot Soup Product

Chef/entrepreneur Jeff Smock is creating soups that are gluten-free, dairy-free and Kentucky Proud certified. His company, **It's Simple Soups**, makes the soups hot and fresh, with seasonal ingredients. Then they're frozen and packaged in 16-oz. microwavable containers, available at Shorty's Urban Market and Great Harvest Bread Co. Summer flavors include carrot with orange and ginger, Italian lentil, summer ratatouille and tomato gazpacho.



Campari Group photo

Spreading Wings

Wild Turkey has a new \$50 million distillery, the first major distillery expansion in the state in decades. The Lawrenceburg facility will now be able to produce 11 million proof-gallons of liquid bourbon and rye whiskey a year instead of five million. There are a half dozen Wild Turkey products: Wild Turkey 101, Rare Breed, Kentucky Spirit, Russell's Reserve, American Honey and the new (released in June) Wild Turkey 81.



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Laurent Beauvais, Chairman of the Basse-Normandie Regional Council and of the Normandy 2014 Organising Committee (L) and Dr. Pearse Lyons, president of Alltech (R) at the Normandy WEG announcement.

known as the Alltech FEI World Equestrian Games Normandy 2014. The Alltech FEI World Equestrian Games in 2010 at the Kentucky Horse Park had an economic impact of \$201.5 million, according to a report by Certec Inc. of Versailles, commissioned by the Tourism, Arts and Heritage Cabinet. The Alltech World Equestrian Games Foundation reported that it sold or provided complimentary tickets to 419,853 visitors from 63 countries and all 50 states.

Alltech has signed on as the title sponsor of the **128th National Horse Show**, America's oldest indoor horse show. Associated with Madison Square Garden for decades and Syracuse for the past eight years, the 2011 show will be held at Alltech Arena at the Kentucky Horse Park Nov. 2-6. The event will offer \$600,000 in prize money, including the \$250,000 Alltech National Horse Show Grand Prix, and will be managed by Leo Conroy and Hugh Kincannon of Kentucky Horse Shows, LLC.

Alltech is also the title sponsor of the 2014 WEG, Aug. 14-31, in Normandy, France. Representing a commitment from Alltech of 10 million euros (roughly \$14.13 million), the seventh edition of the games will officially be

Two First Class Ways To Sweat

Two new exercise studios are now open. **Fitness Plus's** third location opened in September in Bellereive Plaza, one mile south of Man O' War off Harrodsburg Road next to Kroger. In business for more than 15 years with locations in Chevy Chase and



Versailles, the private personal training studio offers one-on-one functional training for weight loss, sports conditioning

and overall health and wellness. Visit fitplusinc.com for more information.

Also, **BarreAmped** classes are now offered in Lexington. BarreAmped is a fitness class based on The Lotte Berk Method, Pilates, yoga and orthopedic stretching. It centers on deep muscle work, incorporating isometric training and small rhythmic movements within those held positions, as well as stretching. Classes are offered at a new studio at 839 National Ave. For class bookings, go to ellefitnesslex.wordpress.com.

Interactive Kentucky History Online Now

The **Kentucky Historical Society** (KHS) is hard at work building an online catalog of artifacts. Want to see Abraham Lincoln's pocket watch or an edition of a Harry Potter book printed and bound in Versailles? Historical clothing, artwork, furniture and thousands of other items are searchable at history.ky.gov/objects.

Second Red Lobster Spawns at Hamburg

Lexington got a second **Red Lobster** location in September, this one in Hamburg in the former Max & Erma's. Reminiscent of coastal New England, the new restaurant décor has seaside-inspired artwork, warm tones, softer lighting and higher booth backs. About 700 Red Lobster restaurants across the country will be remodeled by 2014, including the Nicholasville Road location, which has been around since the early 1970s.



Staff photo



PRESENTS

I N C R E D I B L E

FOOD SHOW

The 2011 **Kentucky Proud Incredible Food Show** is Saturday, Oct. 8 at Rupp Arena and Lexington Center. For the third year in a row, more than 100 exhibitors will share and sell their wares. Sullivan University will serve a Kentucky Proud breakfast to the first 300 people through the door. This year's celebrity chef is a twofer: brothers Michael and Bryan Voltaggio, the winner and runner-up of "Top Chef" season 6. No extra charge for their shows, unless you want a reserved seat in the Celebrity Kitchen Theater (\$30). General admission tickets are \$15.

No-Fee Banking in Richmond and Berea

Madison Bank, Madison County's only locally owned bank, has a new brand of checking and savings accounts called **Kasasa** (pronounced kuh-SOSS-uh). Launched this summer, Kasasa Cash pays a substantially higher interest rate for every month the account holder qualifies. Kasasa accounts are free and no minimum balance is required. Nationwide ATM fee refunds are available up to \$20 per monthly qualification cycle. Madison Bank is the first financial institution in Kentucky to offer Kasasa products, which were created by BancVue, based in Austin, Texas.



Fro Yo For You

Lexington loves its frozen yogurt. Patrick and Debbie Brookins, owners of Bluegrass Fro Yo LLC, opened the first **Menchie's** franchise in Kentucky this spring in the Plaza at Fayette Mall. Of the 12 daily flavors, there's always a set of nondairy frozen yogurt and another with no sugar added. The chain is based in Encino, Calif., and the frozen yogurt product is approved by the National Yogurt Association.



Central Baptist Parking on Rise

A new parking structure is under construction at **Central Baptist Hospital** on Nicholasville Road. Representing the first phase of a \$200 million expansion, there will be 12 floors of parking. Additional upgrades include a seven-story facility that will house a comprehensive cancer center, a women's center, additional medical/surgical and ICU rooms, inpatient imaging services and medical office space. New kitchen and dining facilities will also be built between the 1720 and 1740 buildings. The expansion will allow Central Baptist hospital to offer all-private rooms throughout the campus.

Cooking for Profit and Health

Yes, you can really learn to cook things that are good for you and taste good too. **The Wholesome Chef** in Woodland Triangle is a collaborative teaching kitchen. Owner/chef Carolyn Gilles and other culinary educators help wannabe cooks understand the connection between food and health, and teach people how to prepare local, seasonal and organic foods. Private lessons are also available.



Owner
Carolyn Gilles

Jet Pizza Chain's Franchisee Zooms in for a Lex Landing

In mid-June Lexington gained a new take-out pizza place. Located on Harrodsburg Road past Palomar, **Jet's Pizza** is a chain based in Detroit. Local franchise owners Brad Redmon, Rick Redmon and Stacy Martin experienced the pizza on a business trip and loved it so much they wanted it in Central Kentucky. The pizza is available in thin crust and a very popular square deep dish. The crust can be flavored at no extra charge with butter, garlic, sesame seeds or Cajun style.



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Meetings & Special Events





Andrew Kung photo

Model/jewelry designer Catherine Jones, photographer Andrew Kung, make-up artist Ana Crane-Simpson and designer Maui Crane at the Fashion's Night Out event, held in the Distillery District in September.

High Fashion Force Raising Awareness

Lexington is making strides towards becoming a force in the fashion industry with the help of an organization called the **Lexington Fashion Collaborative** (LFC). In September, LFC participated in a global event called Fashion's Night Out (FNO). The FNO event in Lexington featured a "pop-up" store for a Designers Sample and Seconds Sale where visitors purchased original designer clothing, accessories and wearable art. The LFC is a non-profit organization of local designers, models, photographers and other fashion artists working together to raise the profile of the fashion scene in the Bluegrass. The LFC will be kicking off a membership drive in October. lexingtonfashion.org



The health education center and surgical waiting areas of the UK Albert B. Chandler Hospital showcase a Kentucky folk art collection and the artwork of some of Kentucky's most renowned artists.

UK Hospital Opens 128 Acute Care Beds

This spring a section of the 12-story patient care pavilion opened at **UK Albert B. Chandler Hospital**. In addition to 128 intensive care and acute care beds for hospital patients, there are common public spaces in Pavilion A, including an atrium and chapel. A 305-seat auditorium will host the Lucille Caudill Little Performing Arts in Healthcare Program. Groundbreaking was held in 2007 for the new facility, which will be completed in phases over the next 10 years to replace the original UK Chandler Hospital. The next phase of construction for the pavilion is set to open in early 2012 with the addition of eight state-of-the-art operating rooms and one of the country's largest hybrid operating rooms. The number of full-time employees at UK HealthCare, including Chandler Hospital and the UK College of Medicine, has increased by more than 2,100 people in the past seven years.



The UK Albert B. Chandler Hospital continues to grow and offer new amenities.

Frankfort Slab

It's been a Lee's Famous Recipe, a Mexican restaurant and a pizza place, but now 11 Carson Place in Frankfort is **Staxx BBQ**. Locally owned by Dan Liebman and executive chef Tommy Walters, specialties include barbecued beef, pork, chicken and turkey in the chef's own style of barbecue, closer to what you'd find in Memphis as opposed to western Kentucky. Open Sunday-Thursday 11 a.m. to 8 p.m.; Fridays 11 a.m. to 9 p.m.



Staxx BBQ photo

A New Forcht on Tates Creek Road

Forcht Bank (pronounced "fork") has a new banking center under construction on Tates Creek Road across from the Lansdowne Shoppes. Expected to open Dec. 1, this will be the bank's fifth location in Lexington. The others are in Beaumont, Hamburg, North Park and on Southland Drive. Forcht Bank is a family-owned bank based in Lexington with 34 total banking centers throughout central, northern and southern Kentucky, and assets of more than \$1 billion.



Whopping Shopping Mall



Francesca's Collections is among the new stores opening in Fayette Mall this fall.



VICTORIA'S
SECRET

With 1.4 million-s.f. of retail space and common areas, **Fayette Mall** is great for a walking workout while you shop. Several retailers have recently opened and more have announced fall openings. Clothing stores **Arden B.**, **Gap**, **The Limited** and **Victoria's Secret** had re-openings in June. The renovated Victoria's Secret is only the third store in the country with this design. New stores include **Francesca's Collections** (clothing and accessories), **Miracle Eyebrows** (eyebrow shaping with a process called threading, but no needles are involved) and **Moochie & Co.** (pet products). In the fall, look for **Forever 21** and **J. Jill** clothing stores to open. Fayette Mall is anchored by Dillard's, Macy's and JCPenney and owned and managed by CBL & Associates, Inc., of Chattanooga.

Italian Restaurant Goes French

The latest resident of French Quarter Square is **Smashing Tomato**. This is the third location of the local restaurant in Lexington. In addition to salads, a killer wood-fired artichoke dip, desserts, coffee drinks, beer and wine, the main player is the list of thin-crust pizzas. If you like spice, you'll want the "smashed" sauce. If not, go for the Neapolitan sauce.



Lexington's newest boutique is now open. Selling clothes, shoes and accessories, Monkee's celebrated its grand opening Sept. 9 at its location on Clay Avenue near downtown Lexington.

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Meredith Lane photos

Good Vibe, Less Money

Some Lexington neighborhoods offer homes with character, spacious lots, big trees and great value

Okay. Some folks just aren't new house people. They really want an old house and that old neighborhood vibe. They want a place with big shady trees to keep them cool while they bike or walk around the neighborhood – even a location that is well inside New Circle Road. They love places like Chevy Chase and Ashland Park, and are familiar with streets like Lakewood, Shady Lane and Tahoma Terrace. But those houses are a promotion or two away from happening for them. What options

do they have without making too many compromises? Good news. There are plenty of older neighborhoods around Lexington where they can get the vibe they want for far less money.

Kenwick

It is right across from Ashland Park and between Fairway and the Bell Court area. By the early 2000's, buyers started to realize that this area was undervalued. It made it a perfect environment to snap up some well built bungalows,

which drove up the prices until they got to be about half to two-thirds the value of Chevy Chase/Ashland Park. Everybody knows that the first block is the place to be. The second block is catching up, mainly because there is a healthy price gap between the first and second blocks. Victory and Richmond Avenues have more of an urban cottage vibe since the lots are smaller and there is more on street parking. One really cool thing is all the landscaping you'll see on Victory and Richmond. Owsley, Lincoln, Bassett and Sherman have more of a suburban 1930's feel. The lots are bigger and there are a higher percentage of larger houses on those streets. For more of a Bell Court on a budget feel, try Aurora and some of its side streets like Memory Lane.

Hollywood

It's all those houses between Euclid and Columbia plus Tremont, Melrose and Sunset. If that doesn't help, just think of those streets on the other side of Bates Creek from Billy's BBQ. Like Kenwick, expect to see what was trendy from the 1930's in building styles. A unique thing about this area is that it is closer to the businesses associated with Chevy Chase than most of the houses that are actually in Chevy Chase. All are an easy walk from about any house in Hollywood, as is UK. In all reality, this area is one of the few in Lexington that



Kenwick



Hollywood



Hollywood



Mount Vernon

is truly walkable – in the sense that you could walk or ride to most everything you need. Coffee? Yep. Grocery Store? For sure. Restaurants? Plenty. Pharmacy? Yep again.

Mount Vernon

This is pretty much between Columbia Avenue and Cooper Drive. It's that area of 1950's ranches across from Cassidy Elementary and Morton Middle. This area is like the part of Chevy Chase between Cooper and Turkey Foot –

roads like Lakewood and Indian Mound, only taken down a notch or two. You get a little bigger and wider lot compared to the other neighborhoods reviewed here, plus some retro-modern design elements. Many homes in this area have basements with taller ceilings than older houses, so the modest square footage can be easily doubled.

Penmoken Park

This neighborhood offers a lot of bang for the buck. These are the streets on

the west side of Nicholasville Road between Rosemont Garden and Southland Drive. Most of these houses are cottage sized and offer a lot of character. There is a healthy amount of Tudor style homes here – more of a 1940s vibe architecturally speaking. Think of this neighborhood as everything likable about Shady Lane and Tahoma Terrace, but scale back the budget and square footage. One really sweet thing is that there is no cut-through traffic in this area, which means most of the

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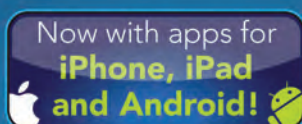
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people walking or driving around will be neighbors. It isn't a very big neighborhood either, but is well defined. Even though it is right up the road from UK and right down the road from everything on Nicholasville Road, it is pretty well insulated from the hustle and bustle all around.

Southland

This is all those houses between Southland Drive and Pasadena and between Nicholasville and Clays Mill Roads. This is a huge area of 1950's and 1960's ranches and cape cods. It is surely destined to become a Lexington classic like Chevy Chase and Ashland Park. It just has all the right elements: character, location, size and a nice mix of unique businesses close by. There are lots of mature trees and interesting houses to see. Some of the most attractive ones are the stone houses. Now this neighborhood was built in the era of the car, but a person can still walk to most of the businesses up and down Southland Drive – or just drive it in a few minutes. Like Chevy Chase/Ashland Park, this location rocks. Sure, it is a nice place to be, but it is surrounded by just about everything! UK, downtown, the Arboretum, parks,



Southland

schools (private and public), shopping (eclectic and big box). No wonder this has always been a popular spot to live.

Twin Oaks

Many of the streets in the neighborhood have big city names, such as Pasadena, Seattle and Tucson. This neighborhood spans both sides of Pasadena between Clays Mill and Harrodsburg Road. Where Southland feels like it is in the middle of town, Twin Oaks has more of a southwest Lex vibe to it. It is very easy to get to Fayette Mall and the shopping/dining of Beaumont and Palomar. Plus it is easy to get on New Circle at Harrodsburg Road.

Gardenside & Skycrest

These are two of the more affordable choices. They kind of blend together

and are around Lane Allen, Mason-Headley, Alexandria Drive and Harrodsburg Road. These are cozy homes built in the 1950's and 1960's. There is more of a downtown feel to the mostly Cape Cod homes in Skycrest, being right off of Harrodsburg Road. Gardenside has more of the Better Homes & Garden circa 1960 feel. The lots are wide and most houses have the big picture window in the living room that defined that era.

Idle Hour

The bargain of 40502, this neighborhood gets a shout out for having a great location and a great price. This area was built in the 1960's and consists mainly of ranches and cape cods. The houses weren't anything fancy when new, but are old enough that most have hardwood floors. The location is really the draw here because it is just a couple of minutes further out than Kenwick and Ashland Park, and it also has a back way in and out that allows access to New Circle Road.

Whether the budget is \$100,000, \$250,000 or anywhere in between, it's good to know there are "lite" versions of Lexington's most coveted neighborhoods. Any of these areas should be a good spot to hang out while the career gets to the point where the dream neighborhood becomes a reality. ●



Gardenside



John Rice is a Realtor with Re/Max Elite in Lexington. He can be reached at editorial@lanereport.com.

It's a Good Time to Buy

Those who dive in now will benefit the most

According to a recent Gallop poll published by CBS MarketWatch, 67 percent of Americans believe that now is a good time to buy a house.

It makes you wonder why more people aren't rushing back into the housing market to take advantage of the "opportunities" that are available. After all, interest rates are still at historically low levels and home prices have declined in many areas, including Lexington. Why, then, are people so reluctant to act?

In a word, people I talk to are held back by uncertainty. For some, it's uncertainty about jobs and the economy. Others cite uncertainty about the difficulty of getting financing. Still others mention uncertainty about housing prices going even lower. The sum of all these fears has put most families on the sideline watching the housing market's struggles from a safe distance.

According to Gallop, many Americans are still worried about their home values, with 27 percent saying that home prices in their communities will fall this year and 42 percent concerned that their own house will lose value. Twenty-one percent said they expect home prices in their area to increase.

It's enough to make any prospective homeowner downright cautious. But many economists, like Mark Zandi with Moody's Analytics, say these concerns are overblown. "Everyone's re-evaluating more carefully whether they should own a home or not," Zandi said. "But for the vast majority of Americans, homeownership is still the right thing."

Zandi says the same fundamentals are still true: If you can afford it, there are a lot of advantages to homeownership. With a fixed interest rate, your home payment never goes up. But your rent will

climb in most places. And even if prices don't rise that much, if you pay down the mortgage every month and don't take out a big home-equity loan, there's an automatic savings for the future built into owning.

"This is why homeownership has been such an important part of the American Dream, because people have used it as a way to save. And, it's been a relatively safe way to save," Zandi said. "Now of course, as we have seen, there are ups and downs. But in general, it's been a pretty good investment."

Zandi says the housing crash hasn't changed the nature of homeownership.

"The other thing to consider is that like any asset – after a crash, after prices have fallen very quickly – everybody is very nervous and reticent to dive back in, but it's the people who do that who benefit in the long run," he said.

"Prices have fallen so far that single-family housing now is very, very attractive; very affordable [...] and it's now even attractive relative to renting."

While it's been getting cheaper to own a home, it's actually been getting more expensive to rent a place to live. These days, the monthly cost of renting or buying a home is about the same. That one-to-one ratio is the lowest in 25 years! That's down from 2006, just before the housing market crashed, when the cost of owning was 46 percent higher than renting. "We are at the very bottom of that mountain right now and we have never

seen that ratio so low," said Gleb Nechayev, a housing economist with CBRE Econometric Advisors, a Boston real estate research firm.

Nechayev's data goes back to 1986. Since that time, he says, it's never been this cheap to own a house as compared to the cost of renting. Of course, these are national averages, and there are some big differences depending on the city and neighborhood and type of home.

So here are the facts. The cost of renting is increasing and, for many, may exceed the cost of ownership. Current interest rates make long-term fixed rate loans very attractive for borrowers, especially those who believe they will be living in their home for at least five years. A huge amount of inventory is on the market, often at really attractive prices. Talk to your banker about your finances and learn how much home you can afford. Shop online to get a general idea of what's available in areas of town that are attractive to you. Ask a Realtor to show you homes that interest you or to find others like them. Get moving. Those who lead get the best bargains! ●



William Summers V is a senior vice president at Central Bank.

entrepreneurs

by Anne Sabatino Hardy



Shaun Ring photos

Heather Hacker Reilly Meghann van den Dool

Co-owners, *Adelé*
445 S. Ashland Ave.
Lexington KY 40502
adelelexington.com

Heather Hacker Reilly, 35, is the founder of Lexington lifestyle store *Adelé* with

her partner-in-style Meghann van den Dool, 33. The two met in high school and subsequently parted ways, Heather for Chicago and Cincinnati where she worked as a manager of a decorative accessories and gift showroom and as a buyer for a lifestyle store, and Meghann for Atlanta where she studied interior and graphic design. Heather honed skills on the wholesale end and Meghann continued pursuing stylish influences in Paris and Charleston, South Carolina. Always in touch, the two eventually decided to come home and blend their talents in a venture they'd both been dreaming of for years.

The secret: "It's a lot of things," says van den Dool. "It's our background, our friends and that our aesthetic is a bit different than everything around here."

"Our philosophy when we go to market is if we personally wouldn't buy it, it's not going to be in our store," says Reilly. "And we've really tried to hold true to that. And so far I think it's worked. I know people say you can't always like what you sell, but I kind of feel differently. I don't want to be a salesperson, I want to feel passionate about what I'm selling."

Mentors: "Both of our moms are in the design field, says van den Dool. My mom (Debbie van den Dool) is definitely my mentor and I think Heather would say the same thing about her mom."

"Definitely," Reilly says of mom Marilyn Hacker. "They got us interested and involved from an early age. We both started going to market as teenagers, which is great because when we went to buy, we knew what was going on."

The biggest challenge: "Our biggest obstacle is the pronunciation of the name! I'm serious, we've even added the accent," says Reilly. "And still we've gotten 'Adele' is the big one – the singer – but then there was 'a-deli' and it's like, 'No, we do not sell lunch meat.' So that's been one of our biggest obstacles." (It's pronounced ah-del-ay, and it's a Reilly family name).

Aside from that, van den Dool and Reilly are also engaged in a balancing act of time management since they're the only two employees, and *Adelé* also offers van den Dool's interior design services.

The age issue: "I don't think [it's an issue]," says van den Dool. "I think we've had a lot of support from our peer group, people our age who are living in Lexington."

"Maybe with sales reps who come to the store it may be an issue, but once they get in the store they realize we know what we're doing," says Reilly, who says the real age surprise was how broad their customer base has been. "We, literally, have customers across the board from 18 year olds to my Great Aunt who is 92."

Advice to others: "The best advice that was given to me was to go out and get work experience, whether it's here or somewhere else. No matter what you're doing, you can't just decide one day you want to do this without any experience. And the contacts we've both made that are outside of Lexington have helped us make this something that is different."

Social Media: "Word of mouth has been really good," says Reilly.

"We started with Facebook," said van den Dool. "One of our first customers came in and said, 'I saw so-and-so liked you on Facebook and we always like the same thing, so I just wanted to pop in' and she's been a great customer. We have been blogging a lot and that has attracted some people for sure."

"And going back to what Meghann said about time management, that's the other thing is, I looked at the blog the other day to update it and all of a sudden a month had gone by," said Reilly. "It takes time, but our generation is at an advantage because we are familiar with social media like Twitter, Facebook and the blog." ●



Adelé sells accessories for the home and the ladies.





Shaun Ring photos

Bryce Anderson

Co-owner, Orange Leaf
Five Central Kentucky locations
orangeleafyogurt.com

the entrepreneurial drive that brought high school buddies and co-owners Evan Morris and Jeremiah Sizemore, both also 28, together in the pursuit of building a business. Though Anderson, Morris and Sizemore were rarely in town at the same time after high school—Anderson and Morris both shared Lexington as a home base, but frequently traveled, and Sizemore was living in another state-- their friendship remained strong and they frequently discussed plans for the future. “We’d always talk about, ‘what would

it take for us to quit our jobs?’ and what is going to be our big entrepreneurial venture,” said Anderson. The answer was “fro-yo”.

The day to day: “We all have different roles. We didn’t start out like that, but we’ve fallen into it and we’re blessed that we have different skills. Evan takes care of marketing and maintenance, I’m HR (hiring and evaluations). Jeremiah is working on business development and partnering with people in different cities and trying to find good locations. Trying to make the stores better and business development are the main focuses of our time right now.”

The secret: “Teams win. I used to think it was harder working with people because you have different personalities

and different perspectives and you’re splitting the pie. There are challenges working with teammates and you have to figure those things out, but good teammates bring so much value. Evan and Jeremiah are such good ones. I can’t imagine doing it by myself.”

Mentors: “For me, Dr. Linda Christie from Grove City College, who was a professor of mine. She helped me with jobs and encouraged me to take the plunge. We have more people that have inspired us than actual mentors. Jeremiah notes his former business partner, Bryan Johnson. We’ve also read blogs and books and think they have great perspectives on business and treating employees and customers well. Seth Godin, a New York Blogger, and author Gary Vaynerchuk (*The Thank You Economy*) are both good sources of information.

The biggest challenge: “We’re pretty involved with our employees’ lives. We know them and we’re around the store a lot and, as we grow, the challenge will be to maintain that atmosphere in our stores. How to grow without losing quality is a challenge, because you do lose control when you grow. You have to hire people who are great.”

The age issue: “I think our ages were a huge blessing as we jumped into this. None of us had kids and we came in debt-free. If this thing failed and we lost the money, it was ok. Older people might not have that luxury because they’re saving for their kids’ college fund or retirement. Those weren’t things that crossed our minds. If we lose it all, we’ll be fine.”

Advice to others: “Have a good team; don’t do it by yourself. The hardest part is the jumping off and quitting what you’re doing, which is risky. We’ve been trained to be risk-averse since we were little kids, but you just need to ask yourself, ‘what’s the worst that could happen?’ You have to be willing to risk and jump to create something - and it’s worth it.”

Social Media: “I think what’s happened is, years ago you had a small community and if anything happened in a small community everyone knew. And with social media, that small community is back, so if your store isn’t good, people are going to find about it on Yelp and Urban Spoon and Facebook. It’s become an avenue for word of mouth, which is really important for good or for bad, and it better be good or your company will fail.” ●



Staff photo



Guests can choose from a vast array of toppings, including oatmeal cream pies, angel food cake, fresh fruit, gummy bears and candy bars.



Anne Sabatino Hardy is a writer for BG Magazine. She can be reached at editorial@lanereport.com.

Jessamine Delight



Abby Laub photos

Euro Wine Bar

Nicholasville
(859) 608-4435
Wednesday-Thursday
5 p.m.-12 a.m.
Friday-Saturday
5 p.m.-1 a.m.
euronicholasville.com

Nicholasville's Euro Wine Bar offers unique tapas and wine environment

Less than 10 miles south of Lexington sitting on the unassuming Main Street of Nicholasville is Euro Wine Bar where owner and chef Charlie Hensley serves up a different philosophy of food.

"At a lot of restaurants, servers constantly try to get you to leave, but that's not our thing," he explained. "We want people to stay as long as they want and enjoy themselves without feeling pressured to leave."

At Euro, the menu rotates every two weeks and serves up a diverse array of tapas and hors d'oeuvres, with some menu mainstays like smoked salmon, Bourbon walnut baked brie, pan fried ravioli and more. The rotating menu features fresh foods from the supermarket or local providers and often has a theme, like Mediterranean or Spanish.

"I always wanted to do a wine bar in Nicholasville, and it just sort of happened

the way it happened," Hensley said, adding that the name and logo was inspired by the Euro currency in Europe.

Having lived in Nicholasville for more than 10 years, he said there was no question about what town he wanted to open his restaurant in.

All of the food at Euro is cooked with an "a la minute philosophy," prepared in small portions and made to order. He said the aim is for people to stay for hours, try a wide selection of food and enjoy nice drinks in a relaxing atmosphere.

He wants Euro patrons to sample lots of food from their tapas menu and leave feeling full, but not stuffed. He said tapas is a different style of eating that Americans are not accustomed to.

"It was hard at first, and it still is – still people think you can't really eat here, you can't have dinner here," Hensley said. "Well, yes you can. You

Euro makes all of its simple syrups fresh in-house.

might order four appetizers for two people, but it's still cheaper than going somewhere else."

Euro also is a great place to drink. The small, cozy restaurant features an enormous, antique bar that he discovered while looking at antiques.

"The backbar is from an old 1800's bar in Texas, with the original mirror and everything," he said, adding that the front counter is from an old grocery store out of eastern Kentucky.

The drinks also are originals. Euro infuses its own vodka and has an array of choices, like pineapple, lemon and more. There is even bacon infused vodka, which Euro uses to make its own Bloody Mary's that Hensley described as "outstanding." The bar also is making jalapeno black pepper tequila and mango coconut rum used to make mojitos.

All of the simple syrups at Euro are fresh, squeezed nightly using fresh lemons and limes.

The bar features wines from all over the world and often does exclusive wine dinners and demonstrations, for which Hensley flies in wine makers from all over the country to do presentations.

The house selection is always a full-bodied Cabernet Sauvignon and



Euro's menu changes every two weeks and often includes spicy foods like "fire in the hole." These bacon-wrapped, cream cheese filled jalapeno peppers deliver just enough of a kick for the taste buds without inducing too many tears.

changes every two weeks with the new menu selection.

The atmosphere is intimate and inviting without the too-loud atmosphere of many bars. A television sits on the wall in one corner surrounded by large couches perfect for relaxing with friends. The tables are close, inviting conversation, and the large front windows let in plenty of natural light and offer views of Main Street Nicholasville and its small-town charm.



Owner Charlie Hensley prepares and cooks all of the food at Euro fresh every night.

Main Street currently is undergoing a facelift, causing a lot of construction that has put a damper on Hensley's business and others in town. When the work is done, power lines will all be buried, picturesque light posts will light up the beautified sidewalks and new trees will be planted.

Inside it is hard to imagine the turmoil outside. Euro is decorated in a soft, orange-hued color, with black and white tablecloths and artwork invoking a European feel.

Customers can enjoy the relaxed ambiance while letting their taste buds soak up specials like grape amuse-bouche – a plump grape wrapped in fresh goat cheese and pistachios and blanketed with a delicate piece of baby spinach – that leaves a sweet, nutty aftertaste.

The dessert menu includes delicacies like dark chocolate bruschetta and warm port brownies.

The food menu ranges from about five to 12 dollars, and drinks range from six



The bar at Euro is a 19th-century treasure from Texas with the original mirror still intact.

dollars for a glass of wine, all the way up 80-dollar bottles. Check in on Facebook to get a glass of wine for just four bucks. ●



Abby Laub is a writer for BG Magazine. She can be reached at editorial@lanereport.com.

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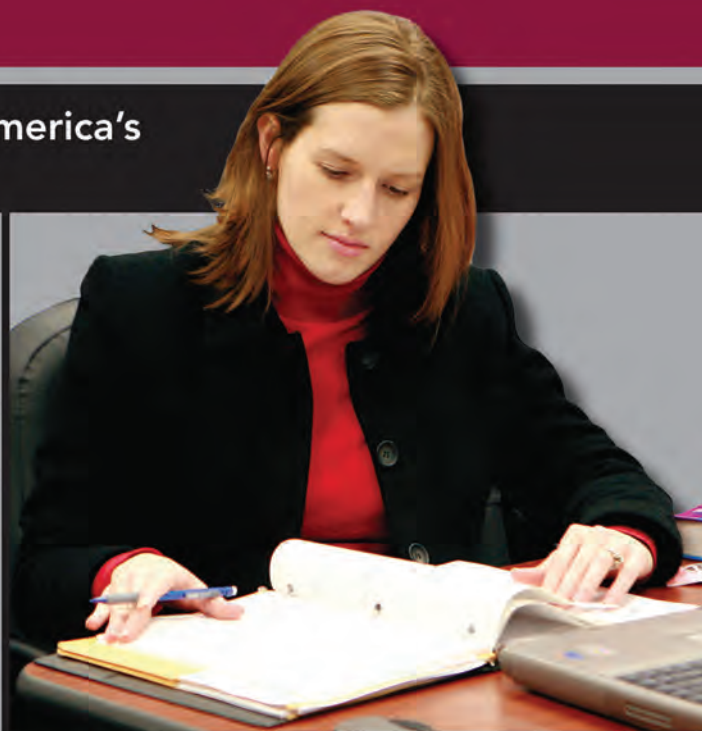
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wine wisdom

by Gary Doernberg



Meredith Lane photos

Good Reds From Around the World

It's the season for Syrah, Cabernet and Zinfandel; quality can start at as low as \$10-\$12

A hit tune of my youth asked the question, "Will I See You in September (or Lose You to a Summer Love)?" It posed the philosophical conundrum as to whether shifting behavior, tastes and the like are impacted by seasonality.

The light, slightly frivolous white wines of summer still have their place, but the chill in the air starts a new search for good reds and, for most of us, good prices. It should not surprise anyone that aside from a small number of rarities, prices for most wines are soft, or softer. The bottom line is, there are lots of good, interesting reds from a lot of places using a lot of grapes.

Syrah

Syrah and its half-kin Petite Syrah have a lot to offer – big generous flavors with a

smooth finish that surprises people at first who expect the tannins of cabernet or malbec. A weak sister it isn't, and best of all, it's very reasonable; all my domestic choices are about \$10. Syrah is one of the two backbone grapes of the southeast of France (Grenache is the other).

This whole region of Cotes-du-Rhone is literally awash in Syrah/Grenache blends. Prices start at about \$12 and there are things to try in the \$15 to \$20 range as well. Remember that the soil differs from California to Washington to France so the wines won't taste the same.

Cabernet

Excellent Cabernet, even reserve-level cab, can be found from Chile and Argentina and is generally \$10 to \$15. It's rather remarkable, but a few of

them could be laid away for up to 5 years or more, regardless of their outstanding current drinkability.

New Brunswick, Chile and Argentina were originally planted in the old Bordeaux rootstock. Their wines have great color and depth.

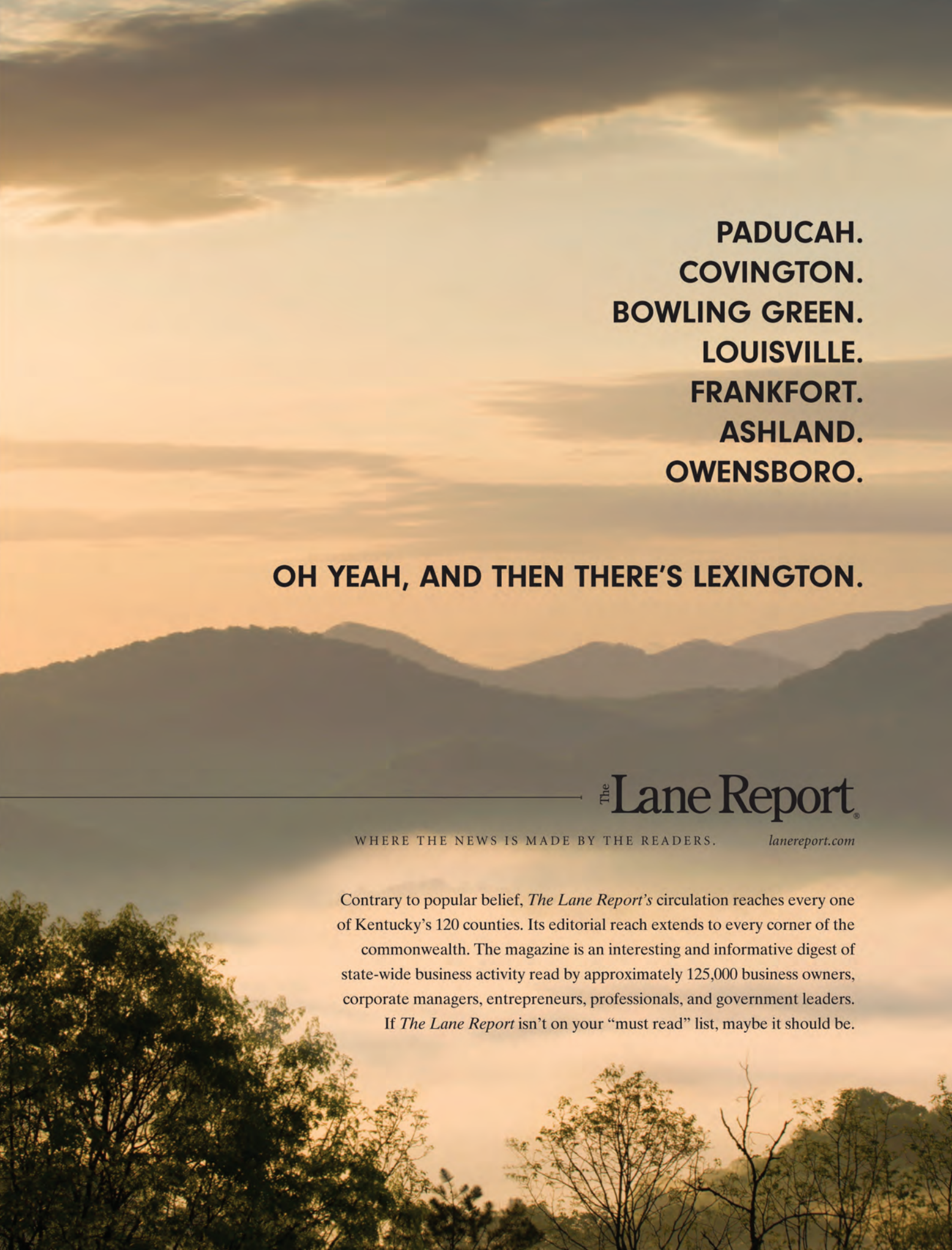
Zinfandel

An old-timer in California told me years ago that Zinfandel was America's Chianti. As he was an Italian, I took it as gospel, but now I'll confide that I'm sometimes confused by the bigger, butt-kickin' Zins and their 15 percent alcohol content. But I do know that there is a nice availability of well-made Zins to enjoy with dinner that deliver a punch of flavor and are well under \$15 a bottle. Some are even from long trusted names and under \$10.

My guess is that the heartsick singer in the classic song, concerned about summer's charms and vowing he would never forget the one he loved earlier in the year, need not have worried so much. More likely, suddenly it was cooler and everything in a sweater looked good. Like him, we'll enjoy some Vinho Verde again next year. Reds are back. ●



Gary Doernberg is the owner of Corner Wine, located on the corner of Euclid and High Street, between Buddy's and Bourbon N' Toulouse. Visit cornerwinelexington.com for more information.



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cover story

by Abby Laub



Abby Laub photos

Building TRUST

Lexington 20-somethings Andy Shea and Kerry Glass deposit their dream lounge/dance club downtown



High above a packed crowd of well-dressed people dancing, laughing and unwinding for the weekend, the splendid purple and gold ceiling at TRUST Lounge stood witness to a new era of a Lexington business at its grand opening in early September.

What was once Phoenix Trust and Bank of Lexington, originally built in 1906, is now home to the TRUST Lounge, the uber-swanky brainchild of owner Andy Shea and general manager Kerry Glass.

"We wanted to do something different and bring something new to downtown that's never been here before and geared towards professionals to come after work," Glass said.

Its carefully restored antique facade and ceilings make the long, two-story building a perfect atmosphere for entertaining and making its clientele feel special and fabulous.

"I think TRUST gives people a reason to get dressed up and go out – it's a cool, nice atmosphere," Glass said.

"Most of the bars around here may be geared more towards college students and not so much to the finer things, so we're trying to cater to that. And I think people like to come somewhere where they can feel special, and that is something we're absolutely catering to."

The uniqueness in service matches the uniqueness in the decor. Channeling old glamour with rich fabrics, subdued lighting and romantic shapes, TRUST is decorated to showcase the 4,500-s.f. building's original plaster ceiling.

"When we first walked in here, the ceiling was really the only thing still intact," Glass said. "The ceiling was the inspiration and we just brought it down. We took some themes and some aspects of things that worked well in other markets and added some great lighting, among other things. But as far as the theme, the ceiling is what inspired it."

The pair also drew inspiration from similar places in Boston, Los Angeles and Atlantic City. But for Shea, who also is the





Owner Andy Shea and general manager Kerry Glass

general manager of the Lexington Legends minor league baseball team, the opportunity to open TRUST with Glass was a great investment opportunity. He noted all of the recent work that has gone into developing downtown as an up-and-coming destination to live, work and play, TRUST will be a new addition that people have yet to see in the state. The fancy lounge sits on Main Street between Limestone and Upper, giving downtown a taste of something entirely new.

"Everyone has been talking about developing downtown and how to make it a good place to live, work and go out," Shea said. "People have been all about downtown here, and when Kerry showed me this facility, as disgusting as it was on day one because it had been vacant for 16 years, you could shut your eyes and visualize what it could look like. However, the amazing final result has blown away anything I would have thought of."

The pair said TRUST, which will feature live jazz and internationally acclaimed DJs, will be a place for young professionals and retired people alike to head downtown, taste a custom cocktail or fine wine and unwind after work or celebrate a special occasion with friends or family.

TRUST staff members include (from left) Cayla Turner, Maleah Danner and Sadie Latham.

"And maybe not just young professionals but professionals in general," Glass said. "We're trying to retain the professionals that we have in this city and attract new ones."

The lounge atmosphere, VIP rooms (one upstairs and one downstairs) and ample seating at TRUST evoke conversation and relaxation, while leaving space for a dance floor.

"I think we'll have a little bit of both – dancing and lounging. When we have the live jazz and it's the after work crowd, we'll have the true definition of a lounge. That's when we'll have a ton of furniture – and super nice furniture – so you don't have to be the first 12 people in the place to find a seat," Shea said. "So it's a great place to converse, whether it's with a client, friend, family member, husband, wife, boyfriend, girlfriend ..."

"And when we have the DJ playing, it won't necessarily be that feeling of total blasting, raging, losing your voice from talking to the person next to you. But it will be upbeat, and there will be a fun music and dancing."

The lounge will be a change of scenery for the century-old building that was abandoned, dilapidated and in disrepair when Shea and Glass decided it was the perfect fit.

"This is a (historic) building. We weren't going to try to make it look like it was brand new," Shea said. "We could have replaced a lot of those things like the cracks or chips and it could have been totally pristine, but I think it



TRUST managers hope the new lounge and nightclub gives people a new reason to get dressed up and go out.

takes away a lot from the character and the ambiance that it does give off."

TRUST features an expansive drinks selection and also has a small gourmet tapas menu. But the real experience lies in the atmosphere that Glass and Shea worked hard to create, bringing in custom lighting and sound and putting great care in the details – even decorating the tables with antique book bundles and flowers.

"I love this industry," Glass said. "This is something I've always wanted to do, and I've been granted a great opportunity and am fortunate enough to do it."

Shea added that since meeting Glass – who was previously the VIP manager at Baker's 360 – he knew they could be great business partners.

Now, nearly two years since they first laid eyes on the building and its ornate ceiling, TRUST is open and ready for its well-coiffed clientele.

Visit trustlex.com for more info. ●



Lexington Crooner Is Local Idol

Jordan English plays solo acoustic sets at Bluegrass restaurants

If you've been a Lexingtonian for several years and are active in the local restaurant and bar scene, you've probably heard the music of Jordan English at some point in time. Perhaps you've caught snatches of his songs while sipping a cocktail on the Regatta patio, heard the faint tones of his voice while chatting with friends at Atomic Café, or danced to his music at the Tin Roof on Thursday nights.

With an original slate of songs and plans for recording an album, English will soon be in the background no more.

At first glance, one may never guess that at age 24, English is a homeowner in the process of flipping his investment for

profit, and is also making a living as a full-time musician.

"The most enjoyable aspect (about music) is being able to make a living out of something that's not a job," he said. "Money isn't going to make you happy; you've got to do what makes you happy. That's what's really rewarding about it. Since I was young, music has had almost a bizarre impact on me. It can change a mood and it's something everyone can enjoy."

English, a soothing crooner whose voice has been a staple at many local establishments since he was a teenager, is also known by many of his peers for his air time on American Idol. "But don't talk too much about that," he said in a soft tone, flashing an embarrassed smile.

English quickly explained how he had made it through four grueling rounds of judging in Atlanta and finally advanced to the main audition room on the iconic show in 2009, only to be denied a golden ticket to Hollywood by Simon Cowell and Randy Jackson in front of millions of TV viewers.

Don't feel too sorry for English, though. "Getting cut from American Idol made me want to succeed that much more," he said. While he may not be under a signed label and singing on the gargantuan stages yet, he is still living his dream, and to him, that's all that matters.

It seems that English was destined for a life in the industry, considering he descends from two generations of musi-

cians. His grandfather sang in a barber-shop quartet group in Lexington, and his parents, Victor and Susan English, are also talented performers that still play at local private events.

Following in his father's footsteps, English picked up guitar in sixth grade and later began playing in his church's youth group at Versailles United Methodist.

During the summers in high school, English teamed up with a buddy, Joe Cook, and started playing acoustic guitar sets for free at Murray's and Merrick Inn. Word spread about the duo, and they began getting paid gigs at establishments such as Regatta in Lexington and Railheads in Versailles.

Throughout his college years at Western Kentucky University, English played with another friend, Parker McGuire at local bars, and then during the summers while Cook was home from college in Boston, the trio played at Regatta, Murrays and Azur.

English held a day job at Alltech for awhile after graduating college in 2009, working as a band coordinator for the company's Fortnight Festival during the World Equestrian Games. But playing late night shows followed by early mornings in the office became tiresome, and English was relieved when he was finally able to earn a full-time living playing music.

A turning point came for English last summer when he, McGuire and Cook were asked to perform at a Lexington Hearing and Speech Center event where

Phillips Mitchell Photography photos



President Clinton was in attendance. For the show, they added a saxophone player, Dave Clark, as well as John Grossman on keyboards.

After that event, from which they garnered considerable exposure, the group was hired as the house band at the Tin Roof, and that's how "Jordan English and the Two Threes" was born.

The band consists of English, McGuire, Cook, Clark and English's brother Marshall, who took over on keyboards after Grossman moved to Austin, Texas. In addition to playing every Thursday night at the Lexington Tin Roof, the band is also doing some shows at Tin Roof franchises in Columbia, S.C., Knoxville, Tenn. and Nashville. They have also performed at special events and Keeneland, as well as at private functions such as weddings.

"When we play out, it's mostly cover songs," said English, who on Wednesday nights plays solo acoustic sets at Carino's and on the weekends performs at other bars such as Atomic Café, Big Blue Martini and Cheapside Bar & Grille. "We

throw some of our fun, upbeat originals in here and there, but usually at the bars, people are there to listen to music they're familiar with," said English.

He describes the style of his band as "Dave Matthews meets Stevie Wonder," adding that some of his other major music influences are John Mayer and Jason Mraz.

When asked where the inspiration for his song writing derives, English said, "Relationships and nostalgia; good feelings. I'm not much for the slower, depressing stuff. I like blasting it with the windows down and singing upbeat music."

In the future, English hopes to get his music on the radio, as well as Pandora and iTunes, and eventually, make a possible move to Nashville for better exposure.

While this is a transition period for Jordan English and the Two Threes as they ponder future decisions, English knows that music will always be a huge part of his life.

"I'm excited about the future, because people have been telling us



we're destined to do great things for a long time, and I think it's a 'make it or break it' situation within the next year," he said. "So I'm looking forward to recording and taking the next step."

For Jordan English's tour dates, visit jordanenglishmusic.com/tour. ●



Esther Marr is a writer for BG Magazine. She can be reached at editorial@lanereport.com.



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Joel DiGirolamo works with a yoga practitioner at Bliss Wellness.

Bliss Wellness Center photo

To Headstand or Not to Headstand

Looking at the thoughts behind yoga and how to get involved

Yoga magazine covers that feature photos of people in headstands and pretzel poses are not the friend of yoga instructors.

"People say, 'I'm not flexible enough to do yoga', which drives me crazy," said Ashtanga yoga instructor Joel DiGirolamo. "Because we all have to start somewhere, right?"

DiGirolamo, who teaches at Bliss Wellness Center in Hamburg said he has learned to never judge a person's yoga ability or flexibility by their body type, because everyone is different no matter their looks, but that gaining flexibility is something that takes time and people should not be swayed by what they see in pictures in magazines.

For DiGirolamo, yoga is just as much about flexibility as it is about mental discipline and self-awareness.

"For me, yoga is about unity," he said. "Yoga is about mixing different life activities, whether it's sound, physical body work, with a union of the divine ... You get to that unity through the physical exercise."

No matter what level of union yoga practitioners want to reach, if any at all, DiGirolamo and Romana Kalova of Yoga with Romi at The Center for Mindful Living Practices agree that it is a fantastic workout for people of all fitness levels.

"People think they'll do yoga to stretch, but if they do Ashtanga they will get a great workout," DiGirolamo said. "Ashtanga and Bikram do all three – flexibility, strengthening and balance. Many of the other hatha yoga types don't incorporate strength."

Kalova explained hatha yoga as more about learning the postures and asanas,

or flows, of the yoga poses. She said the practice is primarily about learning basic body alignment so the body "feels better." There are different types of hatha yoga, like relaxing and restorative, Bikram (which incorporates extreme heat in the studio) and Ashtanga, which has a faster flow and moves between a specific circuit of poses that all have a purpose.

DiGirolamo said Ashtanga moves so quickly that he has replaced his old running routine with it to get in his cardio workout. Kalova, on the other hand, takes a slower approach that is more gentle and focused on holding each pose for longer periods of time. She said that Ashtanga can be better for someone seeking a more traditionally Westernized workout.

For both teachers, yoga is about more than getting in shape.

"Yoga is looking at a connection with the body, mind and spirit," Kalova said. "Basically by exploring yourself, you find out what you're like, what's making you happy, what's really fulfilling you on the inside and it's changing your life. It's more of a lifestyle ... Yoga brings awareness into your body through listening to what you're thinking."

When Kalova began doing yoga several years ago it took little time for her to delve into the non-physical realm.

"I came out and noticed I was happy," she said. "I was finally able to look up and notice that the sky was blue and the grass was green."

For DiGirolamo, who has practiced yoga for most of his life, the mindful exercises have unlocked his creativity.

"Yoga can change a person's personality," he said.

He said as a result of practicing kundalini yoga (more meditative) diligently he has become a more creative person, writing more than ever before.

DiGirolamo and Kalova recognize that people want different styles of workouts, and not everyone will be interested in delving into the spiritual realm in their exercise class.

Kalova said the key is to find a yoga class that works for your particular style. Oftentimes, she said, gyms and workout facilities will offer more West-

ernized versions of yoga, some that combine it with Pilates principles.

"Yoga is for anyone, even if you want to workout, you can find that teacher that is focusing just on the workout," she said, adding that anything beyond the physical practice is not required in any class. "People are different; there is a style of yoga that can work with each person."

In DiGirolamo's class, he starts off with a minute or so of optional chanting to get into the breathing techniques then quickly moves into the series of asanas designed to work different muscle groups. He said people with back or rotator cuff injuries, especially, need to tell their instructor before beginning a class. In Ashtanga yoga, the instructor will make adjustments to the participants' poses and help guide the movements.

Both teachers agree that Lexington has great studios to explore. DiGirolamo and Derrik Meade at The Massage Center teach Ashtanga. For Bikram, practitioners

can head to the Massage Center at Dudley Square as well as speedball yoga.

Other studios include Barefoot Works, the Lexington Healing Arts Academy, Om Place, the Mind Body Studio and even some churches have yoga classes as well as other health-oriented businesses, health clubs and YMCAs.

"My view is for a town this size, we have a lot of yoga," DiGirolamo said. "We also have a lot of high quality yoga."

In some studios music is used, and some allow the use of props to get into poses easier. Class lengths vary from an under an hour all the way up to two hours. Within the hatha yoga system are many types, like gentle yoga, power yoga, vinyasa yoga, anusara yoga and more.

Kalova said yoga in Lexington is still evolving, especially since Kentucky is a more traditional part of the country. However, she is excited to see where it will head since there are many wonderful teachers in the city to show people how to headstand. ●



The Center for Mindful Living Practices photo

Romana Kalova teaches a class called "Yoga with Romi" at The Center for Mindful Living Practices.

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featured couple

by Anne Sabatino Hardy

Maggie and Nathan Mick

Nathan and Maggie Mick might be small-town people, but everything this couple does seems to fall into the category of “go big or go home.” From careers to community involvement, from home renovations and hospitality to travel and adventure, their passion for life and for each other is evident in their energetic and enthusiastic - not to mention contagiously positive - outlook on life.

Hometowns

Stepping into the Mick’s remodeled, historic Lancaster home is something akin to stepping into the home of the ambassador for Garrard County. They speak lovingly of the home they purchased together and have worked painstakingly to remodel and restore, as well as the city of Lancaster and Garrard County, so that you can hardly believe they aren’t hometown kids.

In fact, neither of them are Kentuckians by birth. Nathan and Maggie hail from different towns and states – Nathan from Wymore, Nebraska, and Maggie from Topeka, Kansas – but the two families’ histories have been intertwined in a story of small towns for years. Maggie’s grandparents were from the same county as the one in which Nathan grew up and only three blocks divided the family homes of their various grandparents. Maggie’s family even owned the town paper in Wymore years ago, and their mothers attended junior high school together.

How They Met

When Maggie met Nathan’s boss at a Nebraska tailgate in 2005, he asked Nathan to follow up on her offer to volunteer for the senatorial campaign of Pete Ricketts. Nathan was the deputy campaign manager and he

corresponded with Maggie about the campaign. As Nathan worked with Maggie on details of her volunteer work, something else became apparent. The professional phone conversations and email correspondences gradually became more casual and the two discovered shared interests, mutual friends, similar passions and a great deal of respect and affection that continued to grow into a true courtship.

Nathan relocated to Kentucky in the fall of 2007, and their first date took place that Christmas night in Beatrice, Nebraska. Love letters and visits followed, and soon Maggie was making her move to the Bluegrass to join Nathan. They married shortly after, in Lancaster, treating their out-of town guests to a true Kentucky wedding, complete with a Colonel Sanders look-a-like.

Careers that Work

Nathan’s introduction to Kentucky came when he studied at Centre College in Danville. Following his collegiate time, he worked primarily in politics, from the state level (for Lonnie Napier, who is now the Mick’s neighbor) to administrations in and campaigns for the U.S. Senate. His career has been marked as much by campaigns and professional work as it has unique exchange opportunities abroad with the American Council of Young Political Leaders (Australia), Rotary International (India) and the United States Department of State (Warsaw, Poland). He also spent time at the United States Naval War College in 2008 earning a masters of arts in National Security and Strategic Studies. He has worked as the economic



Shaun Ring photos



A historic barn adorned with Maggie and Nathan’s initials sits on their Garrard County property.





The Micks' home recently underwent a major renovation, restoring the property to its former glory.

development director for Garrard County and Lancaster since returning to Kentucky in 2007.

Maggie currently juggles two professional positions. On the day-to-day side she serves as the associate director of development for the Council of State Governments (CSG) – an entity perhaps not fully-known in its home state, but one that is quite prominent throughout the U.S. and Canada for its work supporting state governments and organizing events and forums for discussions on policymaking. On the flip side, Maggie is currently in her second term as city councilperson in Lancaster, having been appointed to her first term and securing re-election during the 2010 election. Her interest in politics was honed during studies in journalism, strategic communications, American studies and political science at University of Kansas, where she earned both a bachelor of arts and a bachelor of science. She also worked with the Lexington Children's Theater as development director in addition to her time in Washington, D.C., with Senators Pat Roberts and Jerry Moran (both R-Kan.).

Word of Advice to Young Professionals

Maggie and Nathan's passion for true involvement and community extends to their advice for young professionals. They both encourage young professionals to get involved and network, but the bottom line is finding the fire.

"Leadership has no minimum age requirement, so lead early and often," said Nathan. "Maximize your talents. Always find ways to help people and make positive contributions to things larger than your own self-interest. Take your work

seriously, but not yourself. Thank our Veterans and Active Service Men and Women. Live, laugh, listen, respect and VOTE!!"

"Instead of simply networking to gain employment, become involved within your community in areas that you are personally passionate about," Maggie said. "Networking is a way to meet new people, but building relationships through working on community projects and interests will serve to be a more rewarding investment of your time and energy."

Favorite Things about the Bluegrass

Not surprisingly, one of Nathan's favorite things is Garrard County itself, but there is a long list of loves: "Kentucky culture, history, people, Bluegrass music, country ham and corn pudding! [This is] one of the most beautiful and inviting places I've experienced in my life. Maggie and I feel blessed and thank God every day to be here."

Maggie agrees. "Living in a community and region so rich in natural beauty and history are two traits about Garrard County and the Bluegrass that I value and cherish," she said. "I also love the people in both Garrard County and Lexington. Hospitable, charming and smart: Kentuckians have got it all!" ●





The World Comes to Keeneland

The Keeneland September Yearling Sale –
See why it's an international sensation

Keeneland is the world-famous racetrack celebrating its 75th anniversary this year, but its slightly younger Thoroughbred sales arm is actually its financial engine. Keeneland's four annual sales generate the revenues that pay for operating the 1,038-acre facility with its hundreds of full- and part-time employees.

From Sept. 11-24, people from around the country and the world came to Keeneland for the auction of unnamed, year-old Thoroughbreds. Because approximately 4,400 horses are offered one after the other over 13 days, and prices range from \$1,000 to several million dollars, there's a future racehorse in everyone's price range.

"(Nearly) five thousand horses to anyone in the horse business – whether you're a buyer or an owner – (turns them into) a kid in the candy store," said Chauncey Morris, sales marketing associate at Keeneland. "You know that you're going to find a horse."

Buyers from 35 countries bought at the 2010 sale, representing more than

half of the 65 countries that currently have Thoroughbred racing, Morris said. A former trade specialist for the Kentucky Department of Agriculture, Morris joined Keeneland in 2006 and has logged hundreds of thousands of miles traveling to 34 countries. He recruits buyers around the world, especially areas identified as "emerging markets."

Morris, 37, also helps Keeneland build relationships with U.S. residents who possess the competitive nature and financial means to enjoy owning and racing Thoroughbreds. And racehorse ownership is for more than the gray-haired set. Current successful owners include celebrity chef Bobby Flay, 46; Under Armour founder Kevin Plank, 39; and 42-year-old Mike Repole, the co-founder of the company that makes Vitaminwater and Smartwater.

The September Sale always sees buyers land bargains as well as busts.

Three horses at the 2009 September Sale later proved their talent. Animal Kingdom and Ruler On Ice each sold for \$100,000; Shackelford brought \$275,000, but his owners (who are

The 13-day Thoroughbred yearlings sale every September attracts buyers from around the United States and dozens of foreign countries. Its thousands of horses at every price point are the single biggest sale in the world. It's interesting to watch, and it's free if you stay out of the bidding.

happy now) kept him because that was under their "reserve" price. The 2009 Keeneland alumni in 2011 won, respectively, the Kentucky Derby Presented by Yum! Brands, the Preakness Stakes and the Belmont Stakes.

Action at the auction

Attending a Keeneland sale for a few hours is a great way to experience a segment of the Thoroughbred industry that doesn't receive the exposure racing does. And it's free. Keeneland's state-of-the-art sales pavilion, located just down the hill from the east grandstand entrance of the racetrack, includes a 650-seat theater-style auditorium for buyers and sellers with a press box for the media. There are plenty of adjoining areas from which to watch the sales live or on high-definition monitors, a restaurant and several bars.

For the wow factor, guests attended one of the two opening select sessions the evenings of Sept. 11-12 when the horses expected to bring the highest prices were sold. There were seven-figure sales both days. The sales pavilion becomes as quiet as a library when two or more people who want the same horse test one another's nerves with sales bids climbing in six-figure increments.

Staff photo



Potential buyers have access to detailed background information about the horses being sold, which they often supplement with personal inspections such as this one in the barns area.



A handler walks a yearling at the 2011 sale from the outside show ring, where buyers and spectators get a chance to observe the animal's movements, toward the inside sales pavilion where the bidding will take place in 10 to 20 minutes.

Nearby, the packed outdoor Terrace Bar served up the social side of the sale.

To get the feel of a Keeneland sale, Morris suggests taking the same approach as a buyer would:

In the sales lobby, pick up a copy of the catalog – it contains a page of information for each horse being sold. Horses sell in a pre-determined order, and wear a hip number sticker indicating its place in the sequence.

Select a yearling to be sold that day and follow it (at a safe and respectful distance) from its barn to the 13,000-s.f. covered “show ring” behind the sales pavilion. After being walked for inspection there, the horse next is led to the holding area just outside the rear entrance of the sales pavilion and walked until its turn to be led through the door into the sales ring.

At the elevated auctioneer's stand, the announcer introduces each horse and talks about successful members of its family; the auctioneer conducts the bidding. Buyers sit in the auditorium or stand in a designated area behind the sales ring, signaling their bids with subtle clues the auctioneer or his bid spotters acknowledge.

Some visitors don't always understand everything that's going on, but they still get a good taste of the action. You might even see a future Kentucky Derby winner, a future champion or a future (or current) millionaire.

From the sale, these equine rookies are sent to new homes in Kentucky, across the United States and around the

Horse Sale Language

Bid spotter: Person employed by Keeneland who stands in the auditorium or is positioned nearby to recognize people bidding on the horse in the sales ring and to relay the bids to the auctioneer.

Catalog: Free book with a page of information about each horse in the sale about its pedigree, successful horses in its family, the number of the Keeneland barn in which it resides and its order in the sale (see hip number). Also included are conditions of sale and other information.

Conformation: Physical characteristics of a horse that people inspect to determine the horse's ability to be a successful racehorse.

Consignor: Person, farm or agency selling a horse.

Hip number: Number assigned to a horse indicating its order of appearance in the sale ring. A small sticker with the number is affixed onto the horse's hips.

Pedigree: Horse's family tree, an important factor in assessing its ability to be a successful racehorse. (The horse's father is the “sire” and its mother is the “dam.”)

world to enter training and begin racing careers generally when they're 2 or 3 years old. Thanks to Keeneland's prominence, these horses also will add to the legacy of the industry that makes Kentucky known around the world.

“This is something that Kentucky should be very proud of,” Morris said. “The breeding, racing and selling of horses is something we do better here than anywhere else in the world.” ●



Amy Owens is special publications editor for The Lane Report. She can be reached at anyowens@lanereport.com

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The Grass Is Always Greener ... Isn't It?

Do the research on potential new employer, honestly assess what you want before deciding to leave a job

“Take this job and shove it!”

“I’m mad as hell, and I’m not going to take it anymore!”

“Bite me!”

We get it, you’re fed up with your job. At work you’re “disengaged,” meaning you’ve essentially checked out, putting in time but not energy or passion into your work. If you feel this way, you’re not alone. According to a Gallup survey conducted in December 2010, 56 percent of all employees feel the same way. Rather than putting creativity and innovation into current projects, they’re surfing the Internet, updating their resumes or reading this article! In essence, they’ve quit – they just haven’t told anybody yet.

Or, they’ve decided to look for a new job. Again, they’re not alone. In fact, in a survey published by Mercer Consulting, 32 percent of American workers said they are seriously considering leaving their job, with the highest percentage of those being under age 24 (44 percent) and ages

25-34 (40 percent). With unemployment at 9.2 percent, why are so many people talking about leaving?

I’ve got a miserable job

Patrick Lencioni has written several wonderful books, including “The Three Signs of a Miserable Job.” The three signs are: anonymity, irrelevance and immeasurability. Take this brief survey and see how your job rates in each area. Score yourself on your level of agreement with each statement on a scale of 1-10.

_____ In my job, I am understood and appreciated by a person in authority.

_____ My job matters to someone.

_____ In my job, I can gauge my own progress and level of contribution on a daily basis.

If you scored:

30-25: Congratulations! No misery in your job.

24-20: Borderline misery.

< 20: You may have a miserable job.

Now What?

So what if you’re not happy, in a potentially miserable job, and ready to leave ...NOW! Where are you going to go? Would things be much better at other organizations? They can’t be any worse, right? Not so fast, my friend!

It’s often been said that employees join organizations and leave managers. I’ve got breaking news: An organization’s public image may not be the same internal brand that’s behind closed doors. You may think you’re going to join an exciting, innovative, creative organization with loads of great talent, but if you have to work for a toxic boss, you’re going to be miserable there, too. It’s probably easy to determine what you *don’t* want in a job, but when is the last time you went to the grocery store with a list of items you didn’t want?

Here are three ways to decide if a new opportunity is the right fit for you.

Make a list of things you do want from a new job (besides a paycheck and benefits) and determine if the job’s rewards are a match. These typically have nothing to do with money. After making this list, you may even find you’ve been too critical of your current job and be able to re-engage based on some of these things you want.

Talk with current employees – especially the sales staff, if applicable – because they are the most open and honest. One interesting question to ask is, “How many employees are also current customers of the organization?”

Do your research. How well known is this organization for its internal culture? Does it have a reputation as a great place to work?

The bottom line is to make sure you are moving towards a greater opportunity versus running away from a problem that may reappear. And take heed, the grass is not always greener. ●



Ryan Lisk is a partner at
Lisk Associates. liskassociates.com

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10 things we love...

by Meredith Lane

Lexington Farmers Markets

You can find a huge variety of goods at the Lexington Farmers Markets including produce, flowers, organic products, local wines, freshwater seafood, game, herbs, locally produced breads and cheeses, soap and body care products, jewelry, artwork and so much more.

The markets are held at Cheapside Park in the Fifth Third Bank Pavilion, Southland Drive and on South Broadway and Maxwell Streets. OK, so it was too difficult to narrow it down to just *10 things* we love about the Lexington Farmers Market – there's a few extra!



Buying some fresh flowers, like these from Three Toads Farm in Clark County.



Sampling Dad's Favorites Cheese Spreads, made in Lexington, while trying to narrow down which one would be best to serve at your next tailgate.



Grabbing a snack for your pup from Paw Prints Bakery in Winchester.



Perusing the artwork by local artists such as painter Enrique Gonzalez.



Letting your tongue catch fire while savoring a drop of Sadistic Mistress Hot Sauce, made in Versailles.



Thinking about your marinade for tonight's dinner, featuring meat from local producers like Elmwood Stock Farm in Georgetown (right) or Quarles Farm in Waddy (left).



Tasting the variety of other local dairy products, including Good Shepherd Cheese, Kentucky's original sheep's milk cheese, made in Owingsville.



Tasting a drop of Oliva Bella olive oil, imported to Lexington from Italy.



Listening to a variety of tunes performed by local musicians of all ages.



Grabbing a BBQ sandwich and fresh squeezed blackberry lemonade by Cookin' Up Kentucky.



Snatching up a few bags of fresh-made gnocchi, fettuccini, linguini and ravioli from Lexington Pasta.



Picking out the perfect mix of fruit and vegetables, all grown right here in Kentucky.

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