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A way of life.



## BLUEGRASS BLOGGER

UK sports fanatic becomes media blueblood

Page 16

Published by

The Lane Report

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Kentucky sports fanatic Matt Jones becomes a media blueblood -- making a name for himself online, on TV and on the radio. See story on page 16.

Photo by  
Benjamin Couch Payne.

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Tastes of the World -- Lexington, Kentucky may be better known for its southern cuisine than its ethnic flavors, but that doesn't mean we don't have some cultural variety going on right here, in many of our restaurants! Here's just a few of our favorites.



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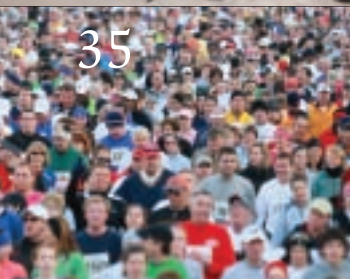
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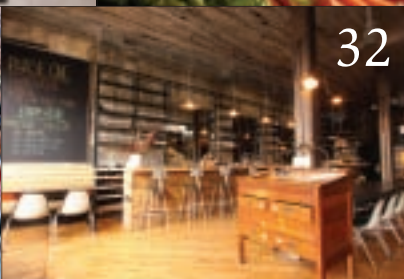
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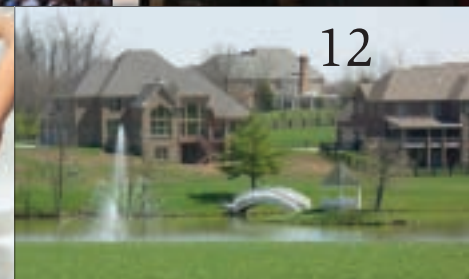
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## Spring Means Growth and New Beginnings for *BG* Magazine

*BG* – Central Kentucky has some exciting news. We are expanding! This year, the magazine is increasing its frequency to three times a year! Our edito-



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

rial team has been working hard since the publication's inception to bring you the latest happenings across Central Kentucky – events going on, new restaurant openings, budding young entrepreneurs making a name for themselves, job opportunities, available housing, fashion, finances, special events, plus a lot more. We've prided ourselves on covering what makes Lexington and its surrounding counties unique and special. But wait... there's more!

Now we're excited to announce that we're about to do it again – just a little west of here– in Louisville! *BG* – *Metro Louisville's* premiere issue will be released this spring.

**Stephanie Apple**, who was an integral part of helping create the *BG* concept, is the editor of *BG* – *Metro Louisville*. In addition to her editor's duties, Stephanie also serves as the vice president of marketing communications for Preston-Osborne, a marketing and public relations firm in Lexington and Louisville.

As always, please contact me at [meredithlane@insightbb.com](mailto:meredithlane@insightbb.com) with story ideas, feedback, etc. We love to hear from our readers.



Stephanie Apple

## *BG* Welcomes Lexington's New Mayor Jim Gray

*BG* wants to welcome Lexington Mayor Jim Gray, who took office in January. As he works to improve our great city, we look forward to his term. "To grow our economy and create jobs, we must be competitive," Gray said. "As a businessman, I know that to successfully compete, Lexington must build its brand – its quality of life – by leveraging assets and making investments. These investments are needed for Lexington



Jim Gray

to come out of this recession stronger. At the same time, we must reach beyond economic development to economic innovation, recognizing that today's economic innovation is organic, often fired by UK brainpower and fueled by entrepreneurial imagination. Through economic innovation we can create good jobs – my top priority." The editors of *BG* Magazine wish Mayor Gray well over the next four years!



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# Constitutional Authority.

Citing it is important. Understanding it is critical.

**T**he powers delegated by the proposed Constitution to the federal government are few and defined," James Madison wrote in *The Federalist Papers*. In fact, Congress has only 18 such powers, enumerated in Article I, section 8.

But since the New Deal, several of those provisions have been read as authorizing Congress to do far more than was ever imagined by those who wrote the Constitution. This has led to a government that's effectively unlimited—and increasingly unaffordable.

A new House rule requires members of the 112th Congress to cite specific constitutional authority when introducing any new legislation. That's a start, but restoring limited constitutional government will require more than simply "checking a box."

If legislators respond to that requirement by reflexively citing the Constitution's three most widely misunderstood clauses—the General Welfare, Commerce, and Necessary and Proper clauses—they'll violate the document they've sworn to uphold. Instead, to restore a constitutional culture and roll back intrusive government, it's important that we understand those clauses as the Framers understood them:

## THE GENERAL WELFARE CLAUSE

Art. I, sec. 8, cl. 1: Congress has the power to collect taxes "to pay the Debts and provide for the common Defence and general Welfare of the United States."

- Contrary to modern readings, this clause doesn't grant Congress an independent power to tax and spend for the "general welfare." If it did, there would be no need to enumerate any other powers.
- Rather, it authorizes Congress to raise revenue in support of the specifically enumerated powers that follow it. And Congress's power to tax for the "general welfare" precludes it from taxing to provide for special parties or interests.

## THE COMMERCE CLAUSE

Art. I, sec. 8, cl. 3: "[Congress shall have Power] To regulate Commerce ... among the several States."

- Nor was the Commerce Power designed to provide Congress an open-ended mandate to regulate anything and everything that "affects commerce." Instead, the Framers aimed at creating a national "free-trade zone," putting an end to the interstate protectionism allowed under the Articles of Confederation. To ensure free trade among the states, Congress was given the power to regulate, or "make regular," such commerce—the main sense of "regulate" at the time. If the clause had been understood to grant Congress the boundless regulatory power it exercises today, the Constitution would never have been ratified.

## THE NECESSARY AND PROPER CLAUSE

Art. I, sec. 8, cl. 18: "[Congress shall have Power] To make all Laws which shall be necessary and proper for carrying into Execution the foregoing Powers."

- This clause grants Congress the means to execute its enumerated powers or ends. It adds no new ends. And those means must be "necessary and proper." That means they must respect the Constitution's structure and spirit of limited government, they must respect federalist principles, and they must respect the rights retained by the people.



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## Tiffany Blue in Big Blue

Last November, ground was broken on Innovation Drive for a new 25,000-s.f. manufacturing facility for **Tiffany & Co.**, which will provide 125 additional jobs to the community by July. "With a prestigious history and a widely recognized luxury brand, Tiffany & Co. will be a superb addition to Lexington's business community," said Commerce Lexington President and CEO Bob Quick. "During the company's national site selection search, Lexington came to the forefront because of its excellent quality of life, available workforce and ease of doing business. Commerce Lexington is proud to have established a relationship with the management of Tiffany & Co. and looks forward to having the company as an active participant in our business community for years to come." The Kentucky Economic Development Finance Authority (KEDFA) preliminarily approved Tiffany & Co. for tax incentives up to \$2,450,000 through the Kentucky Business Investment (KBI) program.

## Fourth Time Is a Charm?

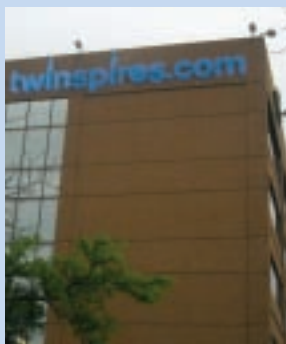


Holly Hill Inn photo

Holly Hill Inn owner and chef **Ouita Michel** is a semifinalist for a James Beard Foundation Award, a prestigious honor for culinary professionals. It's the fourth consecutive year for her nomination as Best Chef in the Southeast by the foundation. Winners will be announced in New York City on May 9.

## Bet on It

**TwinSpires.com**, a wholly owned subsidiary of Churchill Downs Incorporated (CDI), has increased its Lexington staff by 50 members and is currently interviewing to fill a dozen more positions. The Corporate Drive location is the official advance-deposit wagering service for CDI and its family of racetracks.



## Pour it on in China

Alltech's **Kentucky Bourbon Barrel Ale** has new fans in China, like the Qingdao Bao Hu Village Horse Club. Alltech chose to introduce the ale to China's equine industry, which has more than 400 horse clubs. Alltech is also working on distribution agreements in Washington, D.C., Wisconsin and Virginia. Alltech's Lexington Brewing and Distilling Company is the first craft distillery to become a member of the 130-year-old Kentucky Distillers' Association (KDA).



Staff photo



## Wake Up and Smell the Coffee

Jenny Super and Patrick Meyer, the husband/wife founders of **Superlative Coffee Roasters** on Mechanic Street, will celebrate one year in business in May. This is the only locally owned micro-roastery in Lexington. Products include Fair Trade Certified and organic beans, proprietary blends and single-origin coffees from Central and South America, Africa and Asia. In addition to the retail shop, their Kentucky Proud coffee is sold at Lexington Farmers' Market and online at Superlative-Coffee.com.



The second phase of **streetscape work** along Main Street began in February, with the goal of installing wider ADA-compliant sidewalks, along with curbside rain gardens. Storm and sanitary sewers will be replaced, as needed. One lane of Main will be blocked through mid-summer as work is completed. When the project is finished, downtown Lexington will have new sidewalks between Broadway and Elm Tree Lane on Main, and between Broadway and Limestone Street on Vine. Funding for the work has come from a mixture of federal, state and local funds.



## Raise-a-Glass for Make-a-Wish Foundation



The **Lexington Charity Club (LCC)** is hosting a Downtown Bar Hop on April 15 from 8 p.m.-2 a.m. at 14 bars in downtown Lexington. One \$5 ticket gives you admission to each place. Proceeds will benefit the **Make-A-Wish Foundation**. LCC plans to make this an annual event to add to its charitable endeavors, which have raised more than \$100,000 for organizations since 2002. Bill and Elizabeth Morgan

*A previous fundraiser of the Lexington Charity Club raised money for Kentucky Children's Hospital.*

have invited LCC to be a beneficiary of this year's "Poor Man's Derby Eve Party" on May 6 at the Kentucky Horse Park.

## Follow the Spotlight to Downtown Again

The **Spotlight Lexington Festival**, created in 2010 to entertain about 200,000 World Equestrian Games visitors, is returning to downtown Lexington Sept. 23-Oct. 2, retaining its primary sponsor of Saint Joseph Health System. The Spotlight Lexington Legacy Committee is working on securing artists and venues. Most events will be free, but look for a few ticketed shows.



## Eating Naked

**Naked Pizza** is serving up nutritious pizza in **The Lex** on S. Broadway. This is the eighth Naked Pizza in the country and the second in Kentucky. Both commonwealth locations are owned by David Lawyer of NP Kentucky. The take-out and delivery store also has spinach salads and breadsticks. The pizza features a dough made with 10 whole grains, seeds, roots and fortified with probiotics. There's a gluten-free crust option, too.

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## Mobile Technology Is Awesome Topic

The 2011 **MobileX Conference** is April 15 from 9 to 5:30 at Awesome Inc. on Main Street. If you love technology (or, ahem, *need* to love it), you'll learn new stuff about mobile and wireless capabilities. Registration is \$120 online at [mobilexconference.com](http://mobilexconference.com).

## National Award for Cheapside

Lee P. Thomas photo



The streetscape project known as **Cheapside Park and Entertainment District and Pavilion** has won a couple of engineering awards, these from the American Council of Engineering Companies. A Grand Award by the Kentucky chapter was presented to Strand Engineers and LFUCG, and a national honor award will be handed out in April in Washington, D.C.

## Cookin' Up a Culinary Career

Chef **Brigitte Nguyen**, a graduate of Sullivan University's Culinary Arts School in Lexington, has cooked in the USA House for two Olympic Games. She was a finalist on Food Network's "*Ultimate Recipe Showdown*" and now is the host of "*From the Kitchens Of...*" Sunday mornings on **The Cooking Channel**. Nguyen is a "member of the extended family" at Holly Hill Inn, where she has worked as a chef. She even got married at the Midway restaurant last year.



Brigitte Nguyen photo

## Painting Concept Sets Up Easel

The “art for entertainment” concept of **Painting with a Twist** is open for business in French Quarter Square on Richmond Road. Mother/daughter owners – Jayne Cooper and Sonya Melville – hail from Louisiana (Melville lives in Kentucky now). All supplies, from paint and brushes to canvas and easel, are supplied as an instructor walks you through a painting, which you get to take home with you, of course.



Owners Sonya Melville (l) and Jayne Cooper (r)

## Hop a Plane to Florida All Days of Week



**AirTran Airways** is increasing the frequency of Blue Grass Airport’s **Orlando service** this summer. Beginning May 26, there will be a daily flight from Lexington at 10:55 a.m., arriving at 12:50 in Orlando, Fla., from Memorial Day through Labor Day. Florida’s third-largest city is Blue Grass Airport’s most frequented non-stop destination.

## Fashion Starts at 99¢ at Bluetique



Frank Becker photo

**Bluetique Cheap Chic**, locally owned by Patterson DeCamp and friends, is now open on the corner of Woodland and Maxwell. The trendy store caters to college students and other fashionistas who like clothes, apparel, jewelry and accessories from 99¢ to \$68.99.

*UK students Mallory, Lauren and Paige shop at Bluetique.*



Staff photo

## Downtown to Get Market on Main St.

A new grocery is expected to be opening in downtown Lexington in May. Located on the corner of Esplanade and East Main Street, the **Town Branch Market** plans to sell breakfast and lunch items, fruit, coffee, fresh-baked bread, office supplies and health and beauty products. The grocery’s name comes from Town Branch creek, which flows underground through downtown. Another independent downtown grocery store, Shorty’s, An Urban Market, is also in the works and will be located on West Short Street in the Traditional Bank building.

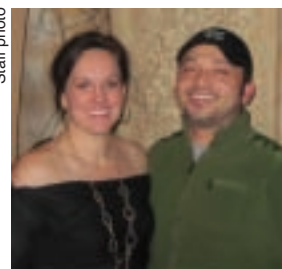
## New Pizza on Old Vine

Formerly Phil Dunn’s and Bar None, 431 Old Vine is now **Village Host Pizza**. Managing general partners Evan and Kathy Trommer have killer cheeseburgers, hot sandwiches, a 20-foot salad bar with 60 fresh items, daily soups, a full bar... and pizza. There’s seating for 190 inside and 40 on the patio. A private room holds 20 for luncheons and parties, with a screen for PowerPoint presentations.

## Paris Bistro Reopens

A popular Bourbon County restaurant is now reopen in downtown Paris, Ky. Owned by Amy Carpenter and Executive Chef Javier Lanza (shown here), **Migdalia’s Bistro**

Staff photo

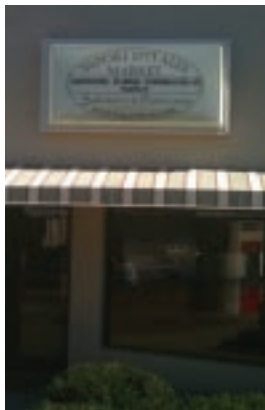


features International fare, daily specials and an extensive wine list, all in a romantic atmosphere. Find them on Facebook at [Facebook.com/MigdaliasBistro](https://www.facebook.com/MigdaliasBistro).



## Get Gourmet Italian on Romany

**Sapori d'Italia**, owned by Giovanni Capezzuto, Annarita Capezzuto Gresham and Jason Gresham, is an authentic Italian market on Romany Road in Chevy Chase. Billed as the largest producer of artisan goat cheese in the state and the firm imports Italian products for gourmet food prepared with old-world methods – no shortcuts, substitutes or additives. Recipes and new product announcements are on Twitter (@saporimarket). They also own the Sapori d'Italia cheese company in Nicholasville.



UK photo

*The student center renovation is taking place due to how important the facility is to students, according to UK representatives. It will not be expanded, rather it will receive major upgrades and improvements.*

## Student Center Having Facelift

**The Student Center at UK** is about to receive a \$23 million facelift, pending Board of Trustee approval. This will be the first significant refurbishment of the 73-year-old building since the addition in 1982. The updates call for infrastructure and aesthetic upgrades.

Funding is a result of the consolidation and initiation of two 2010 legislatively authorized infrastructure projects, the \$17,805,000 of the “Upgrade Student Center Infrastructure” agency bond capital project and \$5,195,000 from the \$25 million “Repair, Upgrade, Improve Building Mechanical Systems” agency fund project. With next year’s recommendation of a \$12 increase, the student fees will increase by about \$25 cumulatively in two years, a total that is well below the 6 percent cap imposed on UK’s mandatory student fees by the Kentucky Council on Postsecondary Education.

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## The Art of Diversity

The **Lexington Art Academy** opened in late March as an art school for adults who'd like to try out different art media or hone their skills in areas they've already tried. Evening and weekend classes are offered in Perimeter Office Park in comic (cartooning) art, figure drawing and sculpting, oil and acrylic painting, rug hooking, calligraphy, portraiture, art made from found objects and printmaking to name a few. Owner Cindy Derer is a Lexington dentist and self-proclaimed "wannabe artist." Tom Baker, sculptor and art instructor, helped her get the school started.



Lexington Art Academy photo

*The art academy is an organization offering fine arts and "fun arts" classes for beginners and more advanced students taught by artists and crafters.*

## 5 Across Offers \$500 for Best Five Minutes

The first **5 Across** event in 2010 was so cool, **Awesome Inc.** and the **Lexington Venture Club** are having them every other month. It's a gathering of entre-



preneurs (people with ideas) and investors (people with checkbooks) for 5 pitches with 5 slides in 5 minutes at 5 p.m. for one \$500 prize. Come watch in April, June, August and October or sign up to participate at [5across.org](http://5across.org).

## Widening the Road

A section of **Clays Mill Road** is being widened. A ground-breaking ceremony for the project was held in February in Higbee Mill Park, near the intersection of Clays Mill and Higbee Mill. Phase one should be finished late this year, involving making a one-mile stretch from Keithshire Way to Higbee Mill three lanes wide.

## Midway Expands Lex Campus, Adds Degrees

**Midway College** has expanded its Lexington campus, adding more classrooms, a computer lab, library, and conference and seminar room, as well as additional faculty and staff workspace. In addition, the college is now offering its teacher education degree program at the Lexington campus. The school has also received official approval from the Southern Association of Colleges and Schools Commission on Colleges to offer a Doctor of Pharmacy degree. Midway President Dr. William B. Drake Jr. said the approval allows the college to proceed with offering the Doctor of Pharmacy degree and also develop other doctoral-level degrees in the future.



## Hop to It

**Gallery Hop** is a fun Friday evening (5 to 8 p.m.) to take a self-guided tour of visual arts venues throughout downtown Lexington. It's been going

on for 25 years. There's no admission fee and you can start at any of the 50-ish spots on the tour and go from there. Lex-Tran provides free **Colt Trolley**

service for hop patrons. Managed by LexArts, the 2011 Gallery Hop season is sponsored by Stoll Keenon Ogden PLLC. A venue map is online at [galleryhop2011.com](http://galleryhop2011.com).

## Down Under in Franklin County

The Australian-owned company **SORD** will create 81 new jobs and invest more than \$2 million in the Commonwealth. **SORD KY** has chosen to locate its first U.S. manufacturing, warehousing and distribution operation in Frankfort. **SORD KY** will manufacture tactical nylon products, including backpacks, pouches, belts and other military accessories. Production at the 15,000-s.f. facility on Commerce Blvd. is expected to begin in September.

## Nonprofit Makeovers

The city's **Energizing the Arts** program is funding energy efficiency makeovers for five arts venues through \$225,000 in grants, made possible through a federal grant from the American Recovery and Reinvestment Act. Improvements include sealing ductwork and installing energy-efficient light fixtures and programmable thermostats at the Carnegie Center for Literacy and Learning, Headley Whitney Museum, LexArts, Lexington Children's Theatre, and the Living Arts and Science Center.



## Rolex Event Adds Reserved Tailgating



**The Rolex Kentucky Three-Day Event**, presented by Bridgestone, comes to the Kentucky Horse Park April 28-May 1. It is the only four-star three-day event in the western hemisphere.

The Rolex Kentucky has been named one of the Top 10 Festivals and Events for spring 2011 by the Kentucky Tourism Council. This year, for the first time, you can purchase reserved tailgating spaces along portions of the cross-country course. There will be 150 booths in the international sponsor village and trade fair. The Kentucky Reining Cup, an FEI competition, will also be held in conjunction with this year's event.

## Pizza in a Pub

**Goodfellas Pizzeria** celebrated its fifth anniversary on Mill Street in February. Now there's a second location, inside **Two Keys Tavern**. Seth Bennett, owner of Two Keys, wanted to utilize the kitchen and he liked what Goodfellas owners Eric Boggs and Alex Coats were doing. The pizza at Two Keys is served up seven days a week from 11 a.m. to 3 a.m. They also deliver to campus, downtown and anywhere inside the Circle.

Staff photo



*Goodfellas Pizzeria operators dress in gangster attire for the 21st Annual H'Artful of Fun, held at Big Ass Fans in February.*



Staff photo

## Dressed to the Nines

Established in 1998 as **AJ's Casuals**, the local women's clothing boutique is now known as **AJ's** and has moved to a new location on East High Street next door to Pure Barre. Owners Kelly Frye and Lauren Bell, and manager Kristin Baehler, serve up exclusive fashion lines like Tory Burch, Kate Spade, Tibi, Nanette Lepore, DVF, Thread Social and Elizabeth McKay.

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*Ball Homes builds in a number of subdivisions across Central Kentucky, including Chilesburg and Bryant Oak in the Hamburg area.*

Shaun Ring photo

# New Homes Garnish Hamburg

**Region's builders all remain active in east Lexington's mini-city, adding residences at every cost point**

One of the fastest-growing areas of Lexington – Hamburg – has become much like a city unto itself, with nothing lacking except a city hall and a downtown. But these backbones are less than 10 minutes away, giving the Hamburg area a cloistered, yet-convenient, feel. Tons of shopping, myriad restaurants, big-box chains like Lowe's and Best Buy, golf courses and the easy access to I-75, I-64 and New Circle Road all make this former expansive horse farmland a new economic force.

The area's appeal has not been lost on developers and homebuilders, who until the recession were building new subdivisions and homes more quickly than even frequent visitors could memorize the landscape. Regular trips to the area revealed something new almost every time.

And though new home construction has slowed down considerably, going from 478 new homes (two years old or less) being sold for an average price of \$234,600 in 2006 to 206 new homes being sold for an average \$214,900 last year, this year shows signs that the spiral has reversed directions. As of March 4 of this year, 54 homes are under contract to be sold in the area. Most of the sales have been in the \$140,000 to \$250,000 range. Extrapolated over the year, 2011 could prove to be a vast improvement over the past few years of sharp decline. Not to mention, new home construction value for the money is almost at a historical high.

The Hamburg area sits mainly south of Winchester Road and primarily east of I-75 on what was once gently rolling hills

that supported horse farms, the most sprawling and noted of which was Hamburg Place Farm, owned by the Madden family and home to six Kentucky Derby winners. In 1996, the Maddens began subdividing their 2,000-acre farm and negotiating with developers. The area built up like wildfire. Surrounding farms such as Patchen Wilkes to the north and

J. Moore Homes photo



*J. Moore Homes is currently building in Brannon Crossing, Brighton East, Summerfield and Phase Two of The Home Place.*





Quality Plus Homes photo

*Quality Plus Homes is building in two rapidly growing Lexington developments: The Home Place in Hamburg and Brookfield Chase.*

the Gess farm to the south followed suit, selling or developing parcels of their land. Both of these areas, and a few others, are now home to new residential developments at several price points.

“The Hamburg area is desirable to people for a multitude of reasons. It’s favorable for anyone who has to travel for their job because of the quick access to the interstate. New schools have been built in the area. With shopping, restaurants, medical services, churches, fitness facilities, parks and entertainment options, it’s almost like it is its own community, because everything you need is close by,” said Lisa Ball, vice president of Ball Homes.

The most popular areas for new residential construction are Chilesburg and The Home Place, which are both on the very southern end of the Hamburg area, said Kitty Lane, a Realtor with Keller Williams who sold 32 Quality Plus Homes in 2010. Chilesburg is being developed by Ball Homes and includes four communities that range in price from \$130,000 to \$252,000, making it one of the lowest-priced new communities in the Hamburg area.

“One of the added benefits of Chilesburg is that while it is in the Hamburg area, it is still within close proximity to Richmond Road, the Man O’War corridor and even downtown. Residents there have an even more diverse access to shopping, restaurants, New Circle Road and everything, as if they were closer into town,” Ball added. Ball Homes is also building in Bryant Oak, another subdivision in the area.

The Home Place, approaching its second phase with houses in the \$200,000-plus range, is across the inter-

## Good Credit Scores a Home Loan

**‘I’m better than I deserve!’**

*By Jeff Sharp*

When you spend most of your day dealing with credit reports and credit scores, you grow to appreciate the credit scoring system and its impact on people’s lives. I have often heard radio personality Dave Ramsey say that credit cards are bad and to stay away from borrowing money from anyone, at all costs. If you have ever heard this dialogue; “How are you?” “I am better than I deserve,” then you know what I am referring to!

While I agree with Ramsey in part, I take issue with a portion of his philosophy and I most often disagree when he counsels young people to stay away from credit cards. We agree that they can be severely misused and major debt problems can result from mismanagement and lack of personal responsibility and control. However if a young person does not have a student loan, a car loan or another type of debt that would report to the credit bureaus, that lack of debt repayment history will keep them from achieving the credit score required to finance a new home when the time comes, or buy and finance their first car on their own.

Owning a credit card, and using it as you would cash or debit card (paying it in full before interest accrues) can be the foundation for the start of a persons’ credit history. Most credit card companies offer online payment capability and allow the consumer to pay the balance at any time. By doing this, and paying the accrued debt on a weekly basis (prior to interest accruing), you can take advantage of credit card perks such as free plane tickets and upgrades, free hotel stays and free gift cards.

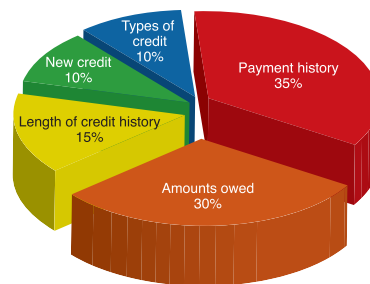
Some Tips:

- Pay your accounts as agreed, on time. Payment history makes up

about 35 percent of your credit score. Bankruptcy’s, foreclosures, judgment and tax liens are also published within your credit scoring matrix, not just consumer debt.

- Pay down your revolving account balances as low as possible as your ratio of outstanding debt to max limits makes up about 30% of your credit score. If you have multiple revolving accounts, keep in mind that the scoring matrix looks at the total on all revolving accounts versus the total max limits. In other words, maxing out a single credit card will not necessarily affect your credit score, if you have equity in several other cards.

### How Credit Scores Are Compiled



- The age of your accounts is important so when possible; do not close out old accounts in good standing. This makes up about 15 percent of your credit score

- Do not open new accounts. Credit inquiries can hurt your score as much as a late payment. The frequency for which a consumer applies for new credit accounts for approximately 10 percent of their credit score. Generally, credit inquiries for mortgage loans do not impact your credit score.

- The type of account can also have a small impact on your credit score; 10 percent or less.



*Jeff Sharp is a loan officer at Walden Mortgage in Lexington. He was the 2010 President of the Mortgage Bankers Association of the Bluegrass. He can be reached at [jsharp@waldenmg.com](mailto:jsharp@waldenmg.com).*

state from Chilesburg and appeals to young professionals and young couples with its mid-market prices. Granite countertops, hardwood floors, crown molding, stone fireplaces, master suites and upscale bathrooms make it a popular choice. Builders including Webb-Beatty Homes, Quality Plus Homes, Brester Homes, Briggs Company and M&M Properties are currently building there. Sheila McCoy, a Realtor with RE/MAX Creative Realty who works closely with M&M Properties describes The Home Place as “affordable luxury.”

Though some people might shy away from new construction, they need to consider it among their options, especially now in this competitive market, said Miranda Hinchman, a Realtor with the ERA Woods group, who also sells in The Home Place and another Hamburg new development, Summerfield, primarily for builder David Briggs of the Briggs Company.



Shaun Ring photo

“If you have three to four months, you’ll get a house just the way you want it,” said Hinchman. “You get to pick out everything – plans, colors, cabinets. There’s an emotional side to it. And, though everything is brand new, builders also provide warranties. For example, Briggs does a 60-day and a year callback to do any touchups. You don’t get that on a resale.”

Summerfield – a Haymaker development – is also in the mid-point price

*Webb-Beatty Homes is currently building in The Home Place, Summerfield and Brighton East in Hamburg and Equestrian View downtown.*

range with homes starting in the \$200,000s. It offers brand-new construction on 100 available lots. It’s the second, and less expensive, phase of Tuscany, said Dana Gentry, with RE/MAX Creative Realty, who works with builder J. Moore Homes, one of the few Energy Star builders in the Hamburg area.

“Summerfield is a ‘best-kept secret’ in the Hamburg area. As a newer development, buyers still have the opportunity to pick the best, premium, tree-lined lots. Buyers can choose from already-built spec homes or build their home to suit,” said Tim Webb-Beatty, owner of Webb-Beatty Homes. “Also, a positive aspect about the state of the current real estate market is that builders are getting creative about how to offer additional incentives to buy their properties. This means the buyer is getting more value for their money with additional upgraded features at little to no cost to them.”

On the high end are some smaller, more insulated communities such as Ashford Oaks, Walnut Grove Estates and the upcoming Walnut Grove Reserve. A little east of what might officially be thought of as the Hamburg area, Walnut Grove Estates’ lots run between \$150,000 to \$260,000, with custom homes being built upon them ranging in price from \$600,000 to \$1.5 million. It’s an equine-based commu-



M&M Homes photo

*M&M Homes is currently building in Bryant Oak, Summerfield, Brighton East and The Home Place.*





*With two pristine lakes and mature trees, Walnut Grove Estates marries a suburban feel with farmland living.*

nity with a communal barn that contains 24 stalls and 80 acres of farmland. It also includes two scenic lakes and mature tree lines.

"The big bonus is that there's a lot of green space, and you don't have to mow it," said Tom Gullett, a partner in the development.

The community is builder friendly, though Gullett partners with First Kentucky Homes. The development also has the advantage of being hooked to city utilities and city sewer unlike many other more rural developments.

"You are close enough to town to enjoy the perks of 'city' life, but far enough out to feel like you are on a farm," said Gullett.

The advantage of new construction right now is that in addition to low interest rates, building materials are

cheaper than they have been in the past several years, said Kitty Lane. With new home construction having slowed down, supplies are more plentiful, driving down prices.

"Suppliers have sharpened their pencils," she added.

The Hamburg area provides a lot of value for the money, she said. "There aren't a whole lot of new lots available around Lexington. Hamburg is one of the few areas left where you can get new construction with close proximity for a reasonable price." ●



*Rena Baer is a writer for BG. She can be reached at [editorial@lanereport.com](mailto:editorial@lanereport.com).*



David Briggs photo

*David Briggs Homes is currently building in six Lexington subdivisions: The Home Place, Pinnacle, Coventry, Summerfield, Masterson and Parkside at Masterson.*

Are you new to the area, a recent college graduate, or looking to get involved in the community?

# Join LYPA Today

[www.lypa.org](http://www.lypa.org)

The Lexington Young Professionals Association provides social, professional development and community service opportunities to young professionals in the local community.

Follow us!



**LYPA**

LEXINGTON YOUNG PROFESSIONALS ASSOCIATION

*Matt Jones, a TV host, sports writer, blogger and yes—lawyer, has made quite the journey on his way to becoming one of the most popular sports writers in the Big Blue Nation.*



Michael Huang photo

# Bluegrass Blogger

UK sports fanatic  
becomes media blueblood

Growing up in the mountains of Kentucky, you usually dream about one thing as a kid: playing basketball for UK. That was never Matt Jones' dream. If his life depended on making a shot, we might never have heard of him. But he always had a feeling that someday his life would revolve around his passion. Only back then, he couldn't have imagined the road he would take to get there and the sacrifices he'd make along the way.

Here's the good news. Jones doesn't have Harvard twins after him about his idea, like Facebook's Mark Zuckerberg. Kentucky Sports Radio, or KSR as it's known by all its fans, really was a couple of friends just trying to chat about UK sports. No one turned on any of the others, and maybe that's because nobody ever realized this was going to make any money. In fact, it never really entered their minds.



Benjamin Couch Payne photo

*Jones now hosts his own nightly show, Kentucky Sports TV, on Insight's cn2 channel, which airs in Louisville, Lexington and the surrounding areas.*

"A group of friends of mine from undergrad began the site as a way to talk about UK sports and keep in touch with each other while we lived across the country. My friend Rob Gidel and I wanted to start a sports radio show

and we integrated what are now called podcasts with the blog to create KSR. Originally it was Rob and me, along with bloggers Chris Tomlin, Chris Mosley, "Hubby" and the "Turkey Hunter" and we just wrote on the site



to try and entertain each other. Over time we grew an audience, and then we eventually started adding news, etc. It was never meant to really be a business or even a news site. But it evolved into what it is now with a lot of hard work,” said Jones.



Thomas Beisner

That’s right. Turkey Hunter. Hubby. Now you just say those words and many UK fans know exactly who you’re talking about. Throw in Thomas Beisner, who is now running the site, and

Drew Franklin, and it’s a loveable cast of characters that fans have not only come to laugh with, but rely on.

That’s KSR. Add in KSTV and CBS and not only do you have a lot of letters, but you have a multi-media giant. You could call Jones that, but that’s not really who he is. Jones is a kid at heart who’s still just talking sports with his buddies.

Of course, he has a lot more buddies now, not to mention more than 20,000 Twitter followers, a nightly TV show that airs throughout the commonwealth, a podcast that consistently ranks among the top five nationally in its genre and a column read across the country.

KSR took on such a life of its own that its led Jones to other opportunities.



*KentuckySportsRadio.com is a hugely popular blog site moderated by Matt Jones and Thomas Beisner. The site promises to bring followers University of Kentucky basketball, football, and recruiting news “in the most ridiculous manner possible.”*

Benjamin Couch Payne photo



CBS Sports recently hired him to be a college basketball blogger. Insight Communications brought Jones on to headline his own nightly TV show centered around Kentucky sports, KSTV.

Could he have ever dreamed this? “Not even close,” he said. That’s because Jones couldn’t have gone more polar opposite in college. Not only did he go to Duke law school (something we won’t talk about because Matt’s not a fan anyway), he clerked for three judges and worked for a corporate law firm. While the Website was fun and he had some good ideas, Jones always assumed being a lawyer would be his professional existence.

Of course it’s not anymore, but that doesn’t mean that old law degree doesn’t come in handy sometimes. It’s helped him particularly on the radio side of things. When you stir things up like Jones does, you have to be able to back up your opinion up. Thanks to his background, you don’t want to mess with him unless you know what you’re talking about.

“My time in law school taught me to think about issues critically and boil them down to their most important points. I hope that I am able to make arguments about sports and debate those with whom I might disagree on issues in a more logical way thanks to my law school education. Where I went to law school, the Socratic method (where you learn by getting asked questions to find the weaknesses in your opinions) was used. It is a good background for talk radio especially,” said Jones.

*Jones talks sports with a variety of experts on his nightly show, Kentucky Sports TV.*

For a kid from Middlesboro, that’s not too bad. He grew up idolizing Kenny Walker and Richie Farmer. He watched them on TV, but never really envisioned he’d get much closer to legendary players than that. Matt got his undergraduate degree from Transylvania, right down the street from Rupp Arena. Little did he know that one day he’d be watching UK practice for a column he’d write for CBS and then get ready to tape his nightly TV show after that.

Some people hate him (ask a few Louisville fans). Some people love him. But no matter what side you fall on, you *have* to read him. You *have* to listen to him. He’s gone from the basement to the big time because he’s not afraid to fail. He just wanted to do what he loved.

“My true passion ended up overtaking what I had planned and I just went with it. It was a risk to give up my education and a relatively safe job in order to go into something as random as a blog and radio, but I am so glad I did. I feel like what we do is important to people and I look forward to working every day. That is all you can ask for.” ●



Mary Jo Perino is a sports anchor for WLEX-TV in Lexington. She can be reached at [editorial@lanereport.com](mailto:editorial@lanereport.com).

# Smart Crowd Goes to the Races



## Keeneland Spring Meeting

April 8-29 (15 days)

First race: 1:05 p.m.

Gates open: 11 a.m.

No racing on Mondays and Tuesdays  
and on Sunday, April 24

## Keeneland offers extras for smartphone users

"The sport of horse racing is the heritage of Kentuckians, especially of those Kentuckians who live in the midst of the region where the majority of the champions of the American Turf have been bred."

And so begins the prospectus dated April 17, 1935, in which the Keeneland Association, a newly formed organization representing a group of Central Kentucky horsemen, describes its creation and goals. The association soon purchased 148 acres on Versailles Pike outside Lexington from horseman J.O. "Jack" Keene and began work to transform Keene's unfinished training center into a public racetrack beloved the world over.

Keeneland opened Oct. 15, 1936, for its inaugural racing season of nine days and today conducts 15 to 17 days of racing each April and October. Legions of fans of all ages and from all over visit Keeneland to watch and wager on outstanding Thoroughbred racing, socialize and take in the beauty of the horses and the track's pastoral setting. Keeneland's richest and most famous race is the \$750,000 Toyota Blue Grass Stakes, which will be run on

April 16 and be nationally televised. A number of horses competing in the Blue Grass will go on to race in the Kentucky Derby Presented by Yum! Brands at Churchill Downs on May 7.

Throughout this year, Keeneland is celebrating its 75th anniversary, but the track with the motto "Racing As It Was Meant to Be" is anything but old-fashioned. Keeneland has a comprehensive website at [Keeneland.com](http://Keeneland.com) and a vibrant social media presence.

Smartphone users can access a variety of information designed to enhance their Keeneland visits and help them pick a winner or two. This digital connection is as essential to fully enjoying an afternoon at Keeneland as reading the track program and dining on a steaming corned beef sandwich or a bowl of tasty burgoo.

Here's what Keeneland offers:

**Keeneland.com:** On race days, watch the races live (and at no cost) via streaming video and participate in live chats with handicapping experts from 12:30 p.m. to the final race. Ask questions (none is too silly), review expert selections and analysis and discuss how the day is going.

"We take the game beyond paper handicapping by discussing track trends, action on the toteboard and how the horses look in warm-ups," said participating "expert" Joe Kristufek.

On Monday nights through December 19, visit [Keeneland.com](http://Keeneland.com) to take part in Night School, a 90-minute interactive online fan education forum. Each of the Night School's lessons, which began in January, is archived on the website.

The website also offers free race replays and includes information about everything going on at Keeneland. Shop anytime at their online store at [Keenelandshop.com](http://Keenelandshop.com).

New for this spring is a mobile site at [m.Keeneland.com](http://m.Keeneland.com) that is especially formatted for smartphones. The site gives a variety of racing-related information, including handicappers' picks.

**Facebook:** [Facebook.com/Keeneland](http://Facebook.com/Keeneland) offers a variety of information about everything going on at Keeneland. Use Facebook Places on your smartphone to let your friends know you're at the track.

On Wednesdays and Thursdays during the spring racing season, Facebook



Keeneland is expanding its social media presence and using more technology like QR codes, a scannable bar code for your smart phone.





*You can find Keeneland in a multitude of places online like Facebook, Twitter, FourSquare and YouTube.*

from race replays to entertaining features and how-to segments.

All of this technology puts so much of information at your fingertips that you can't help but learn more about Keeneland, about handicapping on racehorses and about the signature industry that makes the Blue Grass region unique. The early Keeneland Association members would be proud.

"When they founded Keeneland, they said they wanted to showcase racing at the highest level," said Julie Balog, Keeneland's director of communications. "With everything we're doing, we're trying to showcase racing at the highest level, but we're trying to showcase it to people in the languages they're used to." ●



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

fans can download a coupon good for free admission to the track on those days, saving \$5.

**FourSquare:** Check in at Keeneland each time you're at the track and bid to become the mayor of Keeneland. Last fall's "mayor" received an annual pass (good for free general admission) and a VIP parking pass for 2011. Play at foursquare.com/venue/1192957.

**QR Codes:** Use your smartphone to scan these two-dimensional bar codes (QR stands for Quick Response) on signs located around Keeneland to retrieve a variety of information and even check whether a dining room table is available.

**Texting:** Have daily handicapping delivered to your phone. Text either novice or advanced (your level of handicapping expertise) to 80565. Also, fans who'd like a table in a Keeneland dining room can check on last-minute availability by texting dining to 80565.

**Twitter:** Check out @keeneland.racing for real-time handicapping information, including expert picks, and @paddockreport for an expert handicapper's visual impressions of the horses while they're in the paddock before each race.

**YouTube:** Keenelandfan, Keeneland's official YouTube channel, has more than 400 videos that cover numerous subjects



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*Meetings & Special Events*



# Office Now an All-Ages Show

**Frustration and opportunity  
are two sides of the  
multi-generational coin**

We now have the unique dynamic of four separate generations working together. That makes building personal relationships more than challenging.

This dynamic has never happened in U.S. history!

Today you have to be magnificent at motivating the 18-year-old and the 78-year-old all in the same breath! Oh and by the way, Burger King told us all we could “Have it our way” and so everyone demands it “their way.”

This “preference demand” is felt in every facet of our society. For example, many people can remember a time when you could find just plain sugar in your sugar bowl. Today on your table, you can find sugar, plus four different types of artificial sweeteners. Consider today’s “sugar bowl” – it is a veritable rainbow of options for your personal sweetening needs! Think of how expensive it is for restaurants to keep up with all those sweetening preferences.

And just like in the case of a sweetener, different generations define the same questions differently. Consider how different generations answer these questions:

- What is fair compensation?
- What is a good benefit plan?
- What is a productive meeting?
- What is the definition of hard work?

## **The Frustration**

Given that different generations see their world(s) differently and we now have four separate generations working together, there is constant friction, especially in the areas of:

- Reaction to Change
- Gender Roles
- Attitude Towards Authority
- Personal Appearance



- Definition of “Loyalty”
- Assets of “Time” and “Money”
- Technology Aptitude

With millions of *Traditionals* now continuing to work; the massive wave of *Boomers* (approximately 77 million) have recognized that the recession has changed their retirement plans; nearly 40 million *Gen X’ers* are firmly entrenched into leadership positions; and approximately 67 million *Millennials* are moving through school and into the workplace; there are some serious communication and relationship issues to deal with!

It becomes easy to throw your hands in the air and say “*They* (fill in which-ever generation frustrates you most) just don’t get it!” This is exactly where so many individuals, businesses, institutions and communities decide to stop unfortunately. But there are ways to use these challenges to your benefit.

## **The Opportunities**

While it is important to acknowledge the frustration of today’s multi-generational landscape, the opportunities afforded are limitless.

No one before has led in such a generationally-diverse environment. There is no manual and that alone can cause

great unease. The good news is—it also means *you* can write the manual!

Leaders and influencers can come from any generation...age is no longer a factor!

You can be someone like college-aged social network innovator, Mark Zuckerberg, who created Facebook and redefined the way global personal communication is conducted. Or you can be former Astronaut John Glenn, who after age of 70 decided to go back into space and redefine what it means to “age in place!” Today’s technology gives unprecedented speed and access to global human connection and information.

While there are four generations in today’s workplace and frustrations can be high, the opportunities are exponential. Those opportunities can only be seized by building strong personal relationships.

Talk with someone much older and someone much younger in the next week. Really listen to what they are saying and see what you learn. ●



Jay McChord is the founder of WorkplaceBuzz, is a speaker, consultant and author. He can be reached at [jay@workplacebuzz.com](mailto:jay@workplacebuzz.com).



## featured couple

by Anne Sabatino Hardy

# Phil & Marnie Holoubek

For this couple, doing well doesn't exclude "doing good." Their philosophy of seeking to find maximum overlap between career ambitions and civic engagement has resulted in successful business that's also been a community game changer.

Shaun Ring photos



*Phil and Marnie Holoubek were integral to the creation of the Legacy Trail, a 12-mile walking, biking and interpretive trail and public art venue.*

## Hometowns

Marnie is Bluegrass born and bred, hailing from Bourbon County, but she took her time exploring before making the decision to settle down close to home in Lexington. Studies and work opportunities took her around the world from Ohio and Pennsylvania to Spain and Italy.

Phil, a San Diego native, spent most of his life in Southern California but traveled up the coast to University of Oregon for his Masters of Business Administration. He returned to the San Diego after completing that degree and began a career.

## How They Met

After Marnie made plans to attend a friend's wedding in Florida, she was disappointed when the bride-to-be claimed there would be no available cute guys at the wedding. Phil, a friend of the groom, was also making plans to head to Florida for the nuptials. Just before he did, he broke things off with a woman he'd been seeing. The rest was history and six months later, after a long-distance relationship, the two were engaged. They settled down together in San Diego.

## Careers that Work

Marnie, who was trained in graphic design, worked in that field and also taught English during her time in Spain. She later worked with the United Way and began fundraising, which would later define what has become the vocation of her life – advocacy for the community in which she lives, especially through public arts and projects like the Legacy Trail.

Phil spent several years working for sports trading card company Upper Deck in San Diego, but was looking for ways to fortify

his civic involvement in addition to his career path. In a city the size of San Diego, however, it can be difficult to make a difference. Feeling what he refers to as 'an invisible hand' pulling them back to Lexington, Phil and

Marnie followed that intuition. Not long after their move, Phil read a news article about depraved conditions in Lexington rental properties and was inspired to begin a company that would help him combine his civic engagement with his career, and the Lexington Real Estate Company (LRC) was born. In addition to the more recognizable projects like Main + Rose and the Nunn Building, LRC has also purchased real estate on the North side of Lexington, made extensive renovations and rented the properties at market value to help encourage more livable conditions in the area.

The Holoubeks also count the origination of LYPA (Lexington Young Professionals Organization), as one of their great career successes.

## Word of Advice to Young Professionals

Marnie and Phil encourage their two daughters, colleagues, friends and even themselves to "dream big, and dare to fail."

"I think young professionals need to think that way. What can you bring to the table that's a game changer? How do you tie it in to your company? Your employer will see this as win-win because you're bringing something of value to them, you're bringing it for you, personally, and you can help the community. If you can do all three of those at once, that's pretty powerful."

## Favorite Things about the Bluegrass

Growing up on a cattle farm near Paris, KY., Marnie's favorite part of the Bluegrass is, well, the Bluegrass. Citing the very land that surrounds us as a major inspiration for the Legacy Trail, Marnie compares driving through the rolling green hills and pastoral scenes of Kentucky to driving along the coast of California without ever taking a dip in the ocean or walking along the beach.

Phil is, unsurprisingly, a big fan of the downtown area, but he also enjoys early morning runs or bikes on the Legacy Trail. While joking about his favorite things also being his pet projects, he said, "I don't think that we mention those things, you know because we do them, I think we got involved with them because we love them." ●



*Anne Sabatino Hardy is a writer for BG Magazine. She can be reached at [editorial@lanereport.com](mailto:editorial@lanereport.com).*



## Lexington Young Professionals: Reaching Their Full Potential



Staff photo

It's not often someone is awarded for their potential.

Started in July of 2000 by eight young professionals and some pretty extraordinary advisors, Lexington Young Professionals Association (LYPA) focused on creating an organization that promoted personal, civic and professional development for young professionals and creatives. To recognize young leaders who have developed their professional abilities for the betterment of the Central Kentucky community, the annual Rising Stars program awards LYPA members who are working to make the Bluegrass region even more impressive.

As the title of the award implies, the 2010 Rising Stars are expected to continue to lead by example as they work to achieve their full potential. *BG Magazine*, who recently partnered with

LYPA, would like to congratulate the 2010 winners who have excelled personally, professionally and civically.



### **Stephanie Apple**

Apple serves as the editor of *BG – Louisville*, which is being launched this spring, and vice president of marketing communications at

Preston-Osborne. She is involved in the firm's daily operations and manages client accounts in the legal, retail, finance, hospitality and workforce development industries.

She is as active outside of the office as she is at Preston-Osborne, putting her leadership skills and optimism to use in professional organizations such as Com-

*2010 Rising Stars winners (from left to right) Ryan Daugherty, Lauren Greathouse, Bryan Raisor, Renee Feistrizer, Graham Morgan, Alanna Hultz, Kent Lewis, Stephanie Apple, David Royse and Kelly Anne Beile.*

merce Lexington and Greater Louisville Inc. She is also a board member of Kentucky CASA and president-elect of IABC of Kentucky.



### **David Royse**

Royse is a Member in the Lexington office of Stoll Keenon Ogden PLLC, where he has had an active role in firm management, serving

on the firm's Administrative and Personnel Committees.





*Shown here with LYPA past-president Bo Howell, BG Magazine Editor Meredith Lane hosted the 2010 Rising Stars program.*

For six consecutive years, Royse has been recognized by Chambers USA as a “Leader” in the field of Litigation in Kentucky. This year he was named by his peers as one of The Best Lawyers in America. Royse was appointed by the Governor to serve as a Special Justice on the Kentucky Supreme Court. David devoted two years to leading the firm’s efforts in representing families in the litigation arising out of the crash of Comair 5191 in Lexington. He remains close to the families he represented and serves on the Advisory Committee for investment trusts for certain children who lost a parent in the tragedy.

Royse has also been active in Commerce Lexington for several years.



#### **Alanna Hultz**

A Lexington native and Xavier University graduate, Hultz is the Development and Expansion Coordinator at Central KY Radio Eye (CKRE), a non-

profit 24-hour radio reading service for the blind, visually impaired and physically disabled. She hopes to expand the station to more cities and area hospitals.

Hultz devotes a lot of her extra time to the YMCA Black Achiever Program. With her help, the program connects students with positive adult role mod-

els in the community and exposes them to career and educational opportunities that are not readily available to them.

#### **Kelly Anne Beile**



With a passion for football and bright lights, Beile went to Los Angeles after college for a stint in the sports and entertainment industry. While in

California, she won the title of Miss Los Angeles County USA.

Beile eventually returned to her native Lexington for a Masters in Business Administration and to create iModels Staffing; Central Kentucky’s only non-exclusive boutique talent agency.

Currently, she serves as the Marketing Team Leader & Community Liaison for Whole Foods Market and works to educate Kentuckians on healthy eating choices. Beile was awarded the title of Miss U.S. Beauties 2009. She is an active member of Junior League and a routine performer in Bluegrass Mystery Theatre.



#### **Ryan C. Daugherty**

After graduating from the University of Kentucky College of Law in 2008, Daugherty joined McBrayer, McGinnis, Leslie & Kirkland PLLC

in Lexington.

Daugherty is a member of the firm’s Litigation and Planning & Zoning practice groups, where she focuses on Real Estate and Planning & Zoning disputes, as well as other commercial and employment disputes and family law matters. She is also a LEED Accredited Professional.

In addition to her law practice, Daugherty serves as a LFUCG Green-space Commissioner, and is a member of the United States Green Building Council’s Advocacy Committee. She also serves as a Race for Education mentor.



#### **Kent Lewis**

Approaching a decade with HP Exstream, Lewis manages the Worldwide Solutions Team for Exstream Software Solutions.

He is responsible for coordinating resources to provide product expertise and assistance.

Outside of HP, Lewis is the curator of Pecha Kucha Lexington, TEDxLEX and is one of the founding members of In2Lex, an open-source consortium of entrepreneurs and professionals in the creative and technology sectors. Along with In2Lex members, he is working on a five-year plan to support Lexington’s creative and technology sectors. Lewis also shares his time with Living Arts and Science Center and Actors Guild of Lexington.



*While the program’s purpose is to award young people who are working diligently to move Lexington forward, the program is also intended to inspire. Central Bank & Trust Co. Chairman/President Luther Deaton Jr. served as the event’s keynote speaker. Deaton suggested LYPA’s tenet of civic development is perhaps more important than one’s commitment to personal development.*

2010 Rising Stars winner Alanna Hultz with LYPA past-president Bo Howell.



## Renee Feistrizer

Feistrizer is the Tax and Cost Accountant for CLARK Material Handling Company, Inc., a leading manufacturer and distributor of

lift trucks. The company relies on her for the accurate reporting of financial analysis and operating results for the retail and manufacturing divisions.

Feistrizer is a graduate of the 2009 Leadership Lexington class where she serves on a committee that is building a barrier free playground at Castlewood Park. She is currently the Treasurer for both the Bluegrass Junior Woman's Club and Kentucky Occupational Therapy Foundation. In addition, she is the Founder and President of Big Daddy's Race for Time, Inc, a Lung Cancer Foundation. Feistrizer is a board member and Team Coach for Girls on the Run Lexington. Look for this Rising Star and her therapy Dog Lily at Kentucky Children's Hospital, where the duo volunteers.

## Got a Rising Star to nominate? Want to get involved?

For more information about the Lexington Young Professionals Association, visit [lypa.org](http://lypa.org).

LYPA has grown into an organization of more than 600 young professionals and creatives in the Lexington and surrounding areas.



Amy Walker, current president of LYPA



Staff photo



## Lauren Greathouse

In her position as a Public Relations Account Executive for Moroch, Greathouse manages the public relations strategy

for the McDonald's restaurants in the Bluegrass area as well as those in Rockford, Illinois.

As a member of Bluegrass Junior Woman's Club, she was recognized as the 2009 Rookie of the year and the 2010 Outstanding Clubwoman of the Year because of her involvement and past leadership roles. She is an active volunteer for Central Kentucky Riding for Hope.



## Grahamn Morgan

A graduate of Bates Creek High School, Morgan came back to Lexington after graduating from California Western School of

Law. He has been practicing law since 2002 in Dinsmore and Shohl LLP's Lexington office. He was named partner in 2009. His legal practice focuses primarily on complex business litigation and mineral law litigation. He has represented coal and oil producing clients throughout the United States.

Morgan has served on the Executive Board of the Fayette County Bar Association and is a recent past president of the Fayette County Bar Association's Young Lawyer Section. Morgan has worked with fundraising for the Fayette County School Supply Drive, LexArts and the Leukemia & Lymphoma Society.



## Bryan Raisor

A past LYPA President, Raisor understands the importance of recognizing successful young professionals. Bryan is currently a Senior

Account Executive at Neace Lukens Insurance, the 26th largest insurance agency in the US. Raisor has eight years of experience as a Commercial Property & Casualty broker and advisor.

He volunteers with the Lexington Charity Club and the Makenna Foundation, serving as a board member. Recently, he says may be most proud of becoming a father to baby girl, Madison Claire. ●



Nicole Pence is co-anchors LEX 18 News at Sunrise weekday mornings from 5-7 am. She can be reached at [editorial@lanereport.com](mailto:editorial@lanereport.com).



# Find the Time, Lose the Weight

With today's busy schedules, many people find themselves rising earlier and working later to accomplish everything they consider "necessary". However, they often leave out one of the most important elements of their lives – their bodies!

Work days are full of quotas, deadlines and meetings, so it's sometimes easy to put exercise on the back burner. Still, it's important to find the time to invest in your body to ensure that you are strong enough to continue those hectic schedules. A great workout can not only alleviate stress brought on by long days at work and late nights on the town, but actually improve your performance in both venues.

## Home Work Outs

If you don't have time to make it to the gym every day, or any day for that matter, no problem! Look in the mirror – you have all the equipment you need for an excellent total body workout. Strength training builds muscle that improves your metabolism so you're burning more calories while sitting at the office or driving to your next appointment. Simple exercises you can do at home include squats, lunges, push-ups, pull-ups, dips, various abdominal exercises and a host of others can provide you with a strength training workout almost anywhere.

The best part is that they require no equipment. When strategically arranged, you can complete multiple sets of these exercises in a 20 minute timespan, while still giving you the results you desire. Alternate upper and lower body exercises so that you can work at a faster tempo and not have to take as many breaks.

## Easy Equipment

If and when body weight exercises are not enough for you, increase the intensity with some inexpensive equipment. Kettlebells and dumbbells take up very little space, but deliver a lot of bang for your buck. Find dumbbells and kettlebells that are comfortable for you to add to your exercises and you will feel the difference right away. If you're not sure what exercises you should be doing with your new equipment, go online for some guidance.

## Heart Pumpin' Cardio

Let's not forget that aerobic activity (or cardio) is important as well, and even easier to perform with minimal equip-



ment. Most of us have access to stairs in our home, apartment building or at the office. Take an extra 20 minutes out of your day, pop in your headphones and get to climbing. Since spring is here, you can also get outside and enjoy the outdoors with a walk, jog or bike ride.

## Hittin' the Gym

While home workouts sound great in theory, some people simply cannot find the motivation to workout at home. For people like this, the gym may be the best option.

When hitting the gym, train large muscle groups! Known as compound exercises, they move the body through more than one joint. You will find that these exercises are much more beneficial and time efficient than machines that isolate only one muscle at a time. Such exercises include barbell squats, pull-ups, close-grip bench press and lunges.



## Hiring a Personal Trainer

Another option for increasing the quality of your workouts in a timely fashion is hiring a personal trainer. There are several good training studios in town where a trainer can design a program to target your goals and cut out all of the thinking for you. A trainer can guide you through a challenging workout that is formulated specifically for your fitness level.

No matter what your choice of venue, the most important thing is that you exercise! Always consult with a professional to decrease your chance of injury. Train large muscle groups to conserve time and optimize results. And remember, it's not how much time you have, but what you do with it. ●



Josh Sato is a personal trainer at Fitness Plus. He can be reached at [jsato@fitplusinc.com](mailto:jsato@fitplusinc.com).



## Trish Tungate

*Co-owner & Operator  
the dish*

438 S. Ashland Ave.

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### What is the secret of your success?

First, I think good old-fashioned hard work is essential. A willingness to be in the thick of things and see firsthand what works and what could use improvement is a key ingredient in my book for success for any restaurant or business.

Second, I think our restaurant is very customer driven. I have tried to create a dining *experience* rather than just a place to eat. I am a firm believer in knowing as many customers as possible by name and what their particular likes and dislikes are. Further, I have been blessed with one of the most talented chefs I have ever come across. We try to push the envelope of flavors and new ideas in food, wine and spirits. Essentially, I think we have produced a restaurant that is both personal and professional and which leaves our customers curious about what we will think of next.

### Who is/are your mentors?

My friend L.B. Faulkner was the bar manager when I started with Rossi's restaurant in Lexington and is the person who made me fall in love with wine and figuring out a customer's palate. Her passion for the interesting stories behind wine and amazing notes of flavor that each different bottle holds really came through to me. I wanted to know every-

thing I could about wine in general and how to get it in to the glass the person who would absolutely love it. My appreciation for wine and what it can offer when paired perfectly with food has been a driving force of sales in the restaurant.

Secondly, the business owners I have worked with in the past have obviously had an effect. Most have always put forth the idea that the people who work for you and how they represent you is just as important as the people who walk through the door for dinner.

### What has been your biggest challenge?

My challenge is always looking for the next idea that will set us apart from everyone else. While I know we have consis-

tently great service, food and drinks, there are a lot of restaurants for people to choose from. Thus, if we can host wine dinners or cocktail dinners or invent new drinks that keeps us on the top of the "places to go/things to do" list, we have an advantage. Ingenuity is key to keeping any business at the top.

### Has your age been an issue in conducting your business dealings?

In the beginning, when we were working on opening, people would stop by and ask, "Who owns this place?" When we responded it was us, we definitely got a few interesting looks. Now, people are intrigued by our age and how we are so successful. The fact I am here all the time working side by side with my staff and as involved as I am definitely helps.

Everyone in the restaurant is young – the owners, the chef, our staff. As a result, I think our clientele can expect a fun atmosphere, and new and exciting drinks and food. In restaurants, how creative and excited about the business you are is what matters a lot more than age.

### What advice would you give to other would-be entrepreneurs?

Know the business you want to get into, and you better have a big passion for it. Being a business owner is tough and a lot of work. As with any endeavor, the more educated and informed you are about market trends, what's working in your area, what has been tried and succeeded or not, are essential before you even begin.

Being an entrepreneur is about going after what you love and putting together a business that may be tough but leaves you satisfied at the end of the day because it is yours and what you do best.

### Do you use social media in marketing your restaurant? If so how?

We use Facebook almost daily. I post dinner and drink specials, happy hours and upcoming events. I post pictures as often as I can to plant the seed that people should get out. We encourage all our customers to join us on Facebook so we can. ●

Shaun Ring photos



*Co-owner Caroline Meadows partners with Tungate on their restaurant.*



## Lafe Taylor @lafetaylor Lamar Wilson @bigmarh

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### What is the secret of your success?

Our story! Being us and not pretending to be anyone else. We are staying true to who we are and seeing opportunities in every obstacle. We also attend many networking

events and do speaking engagements. We call it “standing on our water cooler.” Training and speaking are key factors to our growing success.

We’d be remiss if we didn’t mention our wives. An understanding spouse is definitely key to success.

### Who are your mentors?

**Lafe:** We have people who help us and have our best interests at heart. I’ve had many mentors, and as I continue to live and meet new people I find more. Ed Taylor (my grandfather), Thomas Clark Jr., J.W. Gillis, Tim Hamner, Tyrone Tyra, Anthony Wright, Marilyn Clark, Lamar Wilson, and many more.

**Lamar:** Many of Lafe’s mentors are mine as well. Also for me, some of my business mentors have been Todd Underhill, Mike Scanlon, Phil Holoubek, Randall Stevens, Larry Wilson (my dad), Lafe Taylor and the late Paul “Dad Paul” Hayden. All have helped structure my business mind and my thought process in taking on new business opportunities and dealing with the wild ride of being an entrepreneur.

### What has been your biggest challenge?

Our biggest challenge has been “bootstrapping” (self funding). Running a company with limited resources and no business

debt is definitely the way to go, but it is a challenge. With every challenge presenting a new opportunity, bootstrapping has become one of our greatest assets.

When you don’t have a lot of resources, you become far more creative with the ones you have.

We have applied this same philosophy to Pheeva.com, a 212ths-owned business, which can be found on Facebook at [apps.facebook.com/playpheeva](https://apps.facebook.com/playpheeva).

### Has your age been an issue in conducting your business dealings?

Not at all. We establish relationships with clients on a professional level so that they know they can trust us with all of their media needs. Most people just want a great partner – not just a contractor but a partner, someone they can trust to help them overcome their business obstacles with creativity.

### What advice would you give to other would-be entrepreneurs?

Put God first. Marry the Right person. Stand on your Water Cooler, tell the world what you have for sale. Be willing to lose sleep. Stay humble, hungry and hustle-ready. Be patient: Patience is a very underrated attribute. And above all things, do something you love and have fun with. Life is too short to be doing something you hate. Live love, love life.

### Do you use social media in marketing your business? If so how?

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## groceries

by Abby Laub



# Farm to Table

Local stores and markets offer shoppers fresh and healthy foods

Combing the aisles of the supermarket may seem like a depressing task to shoppers craving something fresh, especially with the spring and summer months settling upon the Bluegrass. From farmers markets to organics, Lexingtonians who want their food to work harder for them will not be disappointed.

Eric Williams photo



Jeremy Ashby,  
owner and chef,  
Azur Restaurant

"There definitely is a renaissance or rebirth going on in the nation," said Jeremy Ashby, owner and chef at Azur Restaurant. "People are aware of the health and environmental benefits (not to mention the taste) of buying local, and the trend is not going to stop."

Ashby is hard at work starting a Farmers Market in Beaumont Center. Lexington Farmer's Market operates in three downtown locations throughout the week, but

the booming south end of Lexington is not served by a large-scale market. Since his store has been Kentucky Proud from day one, he needs easy access to those foods found at the markets.

"The Beaumont community is booming and full of the type of clientele that I know will literally 'eat this stuff up,'" Ashby said, adding that these all-natural food producers are the "heroes of the next generation."

Plus, for a generation of young professionals and young families, the atmosphere of a farmers market is a huge draw.

"It's a great way to get in touch with the heartbeat of your city," Ashby said.

And that heartbeat of Lexington has been beating for almost 40 years thanks to the Lexington Farmers Market. Market Manager Jeff Dabbelt said he wants people to "drink coffee and rub elbows" as part of their experience at the markets located on Southland Drive, Cheapside Park and Maxwell Street. The market has grown beyond just farm fresh food to gourmet items like bread, cheese, olive oil

*Shoppers can currently peruse Lexington farmers' markets on Southland Drive, Cheapside Park and Maxwell Street, but they will soon be able to enjoy another fresh market in Beaumont Center.*

and many other micro industries within the agricultural sector. These types of items help the winter market in Victorian Square thrive as well.

"I urge people to come shop with us first, get everything you can and want to get locally and then go get things we don't offer or the things that might be more price sensitive," Dabbelt said.

The market this year will continue to feature Kentucky wine, which Dabbelt said is making a resurgence. It also features about 100 varieties of heirloom tomatoes, huge varieties of vegetables, cooking classes and demonstrations, crepes, live music and much more.

For shoppers looking for fresh, tasty food year round, stores like Fresh Market, Whole Foods and Good Foods Market & Café on Southland Drive can be just the ticket. "More and more young professionals and people in general are drawn to Good Foods because they are concerned about food issues, food quality and supporting local business," said Good Foods Market & Café Marketing Manager Danielle Dove. "Some simply come to enjoy the community that we have cultivated for almost 39 years." The store offers ownership to individuals who are interested in owner benefits and supports more than 250 local producers. "Our produce department features a variety of local, organic and conventional products that change and grow each season," Dove said.



*Established in 1972, Good Foods Market & Cafe offers a variety of grocery store products, with a focus on natural foods, organic foods and whole foods.*



The community-focused store also features made-from-scratch bakery goodies, local and national products in meat and seafood, fair trade products, organic coffee, goat milk caramels, roasted seaweed snacks, alligator jerky, local duck eggs and many other off-the-beaten-path items that would never grace the shelves of a conventional grocery store. And in an effort to conserve packaging, the store sells many items in



Both Good Foods Market and Whole Foods sell fresh local produce, meat and dairy products.

bulk, while also heavily promoting the use of reusable bags.

On the south end of town, Whole Foods Market allows only the highest quality, healthiest ingredients in its foods. “For us the number one reason that shoppers come here are for natural ingredients. And the second reason is humane practices,” said Marketing Team Leader and Community Liaison Kelly Anne Biele. “And a close third is organics.” Beile said Lexington is a well-educated city and is increasingly concerned with consuming good food. “It’s not a fad, it’s obviously here to stay, but in the same token there is sort of a hip trendiness to it,” she said. “And outside of that it’s more of a social environment.”

Also, for a generation that is more wired and plugged in than ever, the store offers ample social opportunities that are mostly free and include Thirsty Thursday Wine Tastings, Friday Night Flights, Social Saturday Wine Tastings, Go-Go Growler Monday Happy Hour and YumZilla.



*Whole Foods offers shoppers educational opportunities like animal welfare ratings in its meat department, pamphlets on health eating and nutritional tips, opportunities to give back through the Whole Planet Foundation and helping sustain the world’s seafood supply through the Blue Ocean Institute.*

For yet another unique food experience in Lexington, shop The Fresh Market off Tates Creek Road in Lansdowne Center, which boasts an old world European market feel, daily samplings, classical music and coffee while you shop. ●



Abigail Laub is a writer for BG Magazine. She can be reached at [editorial@lanereport.com](mailto:editorial@lanereport.com).

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by Pamela Thomas

# Small Steps Put You Fashion Forward



*Incorporating bright prints or accessories into your wardrobe is a great, affordable way to spice up your look.*

Pamela Thomas photos

With most Kentuckians' favorite season rapidly approaching, we anticipate the beautiful days ahead, where we will be blessed with that lovely southern sunshine, allowing us to shed those cumbersome winter layers and sport our favorite warm weather duds. With the season being so pleasantly bright and beautiful, it is only fitting that we coordinate our attire to suit. As we prep both ourselves and our wardrobes for the season, keeping a few spring adjectives in mind will keep you on the right track – at Keeneland, and any other event you may have the pleasure of attending. By keeping your wardrobe *unpredictable, refreshing, delightful* and *fun*, you're guaranteed to hit the trifecta.

## A splash of color

Your LBD (little black dress) is a perfect go-to in almost any situation, as is a navy sports jacket over khakis. And even for the men, it never hurt anyone to

spice things up with a little color. Take a beloved closet staple and add a bright color into the mix for the perfect way to bring new life to a past look. Whether this means adding a colored pump for the ladies, or swapping that monotone neck tie for a lavender bow tie, it's all about the unexpected for spring, and adding a new twist for that fantastic extra statement. For many of us, black is a staple in our closet, so sometimes it takes that extra nudge to get on board to use an extra punch of color. Adding it by using an accessory is the perfect way to make the transition.

Recognizing that not everyone can pull off a Pucci or DVF print, much less afford one; it is still essential to incorporate some bright pieces into our wardrobe. So let's start with the basics.

Being that it's spring in Kentucky, you're going to need a good jacket. With forecasts that range from a high of 72 degrees one day, to possibly losing your tulips to frost the next, you have to be prepared, therefore: layers are necessary.

For the men, this can come by introducing the ever-loved cardigan into the mix, or maybe even trading that basic black cardigan for a purple or green one. If a cardigan doesn't fit your needs or style, throw on a neutral-toned, elbow padded blazer, or the ever-versatile military jacket.

For the ladies, your options are a bit broader. As far as color goes, it's as bold as you're willing to go. Introduce a jewel-toned, traditionally-cut trench to add an automatic statement to any spring attire. However, a neutral hue with a modern twist will allow much more wear and versatility. Choose a surprise metallic fabric, or a cropped croc jacket to do wonders for your wardrobe.

## Nude hues

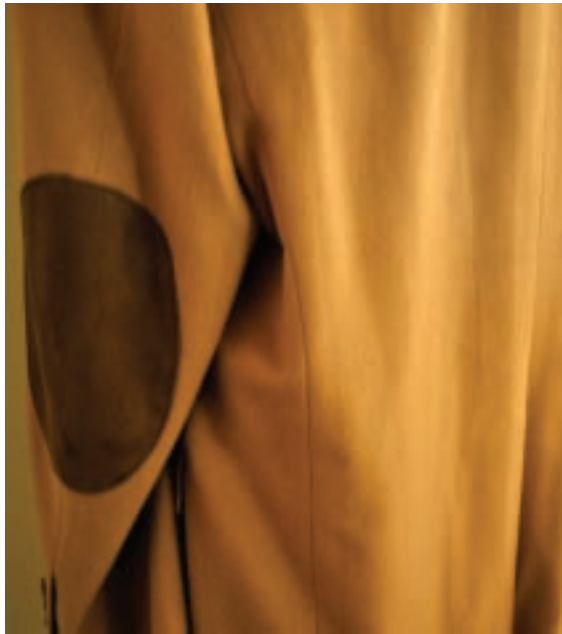
For those of us who are too timid to take the color-crazed plunge, there is an equally attractive option: nude. It's not too intimidating since it lacks bright hues, but it is equally as fresh and rejuvenating. Nude has been popping up on the scene for a while, coming in a variety of forms. For the gents, this includes dapper neutral-toned suits with accenting ties and handkerchiefs. While for the ladies, nude and ballerina pink flowy chiffon blouses and skirts, crochet sweaters, lace minis and statement-making platform pumps have all arrived in stores just in time for fashionistas to take advantage of this spring.

Fashion has finally taken a turn back towards glamour and classic beauty,

*Style experts advise to not be afraid of adding a little color into the mix.*







Pamela Thomas photos

*Simple, yet elegant neutral hues found in a variety of pieces like platform pumps or a crocheted sweater makes a statement for the ladies. For the guys, a neutral toned, elbow-padded blazer will do the trick.*

with edgier takes on classic looks will keep you centered; while adding an unexpected color accessory will ensure you hit the mark. For the ladies in particular, keep silhouettes in mind, and accent your figures with properly tailored frocks, always keeping the “less is more” mantra in mind when it comes to exposing skin. Keeping your look up-to-date with some of the season’s basic staples is essential, but remember to keep it unique by adding some of your own flair into the mix. Missing or hitting the mark can come down to the littlest of things, so keep some of these basics guidelines in mind and you’re guaranteed to look flawless all season long. ●



*Pamela Thomas is the editor of ukystyle.com, a fashion website focused on the UK campus. She can be reached at [editorial@lanereport.com](mailto:editorial@lanereport.com).*

which allows us to gleefully wear silky, elegant designs that exude sophistication and charisma. When piecing together an outfit, think opposites: a fitted skirt paired with a drapey, flowy top, or a full swing skirt and a crop top. For the boys, as the weather gets even warmer, I don’t think you can find a woman on earth who wouldn’t swoon for a pair of white or khaki linen pants matched with a cotton

v-neck. Whether you are dressing up or down, nudes provide that crisp and up-to-date look you’ll need for the season.

#### **Being yourself is fashionable enough**

Remember that the individuality of style is what gives everyone that personal edge, although it doesn’t hurt to keep a few basic guidelines in mind before you head out the door. Slim, well-cut pieces

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## food & wine

by Anne Sabatino Hardy



Table Three Ten has an urban feel, located in the heart of downtown Lexington.

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table310.com

### Wine+Market

486 W Second Street  
Lexington  
(859) 225-0755

# So Simple It Gets Confusing

Don't call it tapas. It's not French food, either. Nothing is frozen. As a matter of fact, there's hardly even an icebox in the tiny sunken kitchen at the far end of the industrial-looking bar that runs along an exposed concrete wall inside Table Three Ten.

What you can call it is good food, according to owner Krim Boughalem. Crowds at this downtown location seem to back him up.

"Everything here is very simple and we do everything. We make our own pickles, we make our own mustard, we make everything we sell. [Food] comes in fresh every day and we chop it and make it from scratch every day," said Boughalem. "Very fresh and very simple."

The expanding menu, which will rotate on roughly a weekly basis, now includes pizzas, seasonal vegetable offerings and poultry, meat and fish entrees in addition to the smaller selections available when the restaurant first opened in November 2010. Chef Johnny Shipley will create the dishes with primarily local products.

The menu at Table Three Ten is, perhaps, a curiosity since it is dominated by a dizzying selection of charcuterie

and fromage – from the familiar (dry-cured Kentucky ham or mozzarella) to the mysterious (wet-cured prosciutto or Mr. Quickies cheddar), but exploring the unique selections can be a delicious endeavor for inquisitive diners.

"Just sit down and enjoy," said Boughalem. "People sometimes don't understand how the menu works and it's different."

In fact, Table Three Ten was originally set up as something of a tasting room for the Wine + Market that is also owned by Boughalem and his wife, Andrea Sims.

"After Wine + Market, there were so many products that people wanted to know something about," he said. "It's more complex than a tasting room, but that was the idea. So people can try the cheese, the food, so they can have an idea of what to taste, and everything we have on the list, the wine, the cheese,



Krim Boughalem operates Table Three Ten, located at 310 West Short Street in downtown Lexington.

Staff photo

Stephen "Rosco" Weber photo



## From another era

Charcuterie is a practice of preserving meats that originated before refrigeration. While, in its purest form, charcuterie is made of pork and refers to products like sausages that have been blended with spices and forced through casings to create sausage, other meats - such as poultry and fish - and methods - such as smoking and curing - have also become accepted.

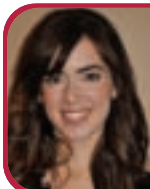
Hudepohl beer, the house beer at Table Three Ten, was the beer served to fans of the Cincinnati Reds for years during the team's heyday. Though the Cincinnati-based company fell on hard times in the late 80s and stopped producing the beer, another Cincinnati re-launched the brand in early 2009.

the charcuterie we have in the store, that was the idea. We just didn't know it would be popular so fast."

The bar menu is similarly informative for the eager-to-imbibe, boasting boutique brews and a wine list that is anything but run-of-the-mill, but Boughalem is quick to point out, affordable. House wines are offered at prices starting at \$5 and weekly drink specials are also a draw.

Desserts are crafted by CIA-trained (that's Culinary Institute of America, not Central Intelligence Agency) Stella Parks and are a journey all their own. Parks, the chef and blogger, creates inspired selections each week.

Everything about Table Three Ten is a bit unexpected - the decor is carefully cultivated, but somehow remains cavalier; the food is executed with precision, but always with the simplicity of fresh ingredients. It is not just a place to eat, it is an experience. ●



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# Brave Tart

Stella Parks, the brains behind Table Three Ten's dessert selections and the voice behind the two-man team at [bravetart.com](http://bravetart.com), took a little time to discuss breeding, blogs and baking with BG.

**Breeding:** Parks is a Lexington girl for sure, but she's taken some leave of the Bluegrass to train at the Culinary Institute of America in Hyde Park, New York, as well as study in Japan. Love brought her back - she met her husband on a visit home from Japan and soon moved back to the commonwealth.

**Blogs:** Bravetart = Rosco + Stella, according to the site, but they are quick to clarify the relationship (they are married... but not to each other). Stephen "Rosco" Weber is a professional photographer and Parks crafts the subjects of his images as well as the witty commentary accompaniments. Also, the recipes. Some are aspirational, but many are workable for at-home attempts.

**Baking:** Not near a computer? Try this Pot de Creme, direct from BraveTart's unpublished collection:

16 oz cream  
8 oz milk  
1 Madagascar vanilla bean,  
split and scraped  
10 egg yolks  
7 oz sugar  
1/5 tsp salt

In a medium pot, combine the milk, cream and vanilla bean. Bring the mixture to a simmer, then shut off the heat, cover, and allow to steep for one hour.



Stephen "Rosco" Weber photo

Stella Parks

Combine the egg yolks, sugar, and salt in a medium bowl and whisk. Store in the refrigerator until needed.

Preheat the oven to 300° and set a large pot of water on the stove to boil. Once it boils, shut off the heat and cover. Place six oven-safe ramekins or cups in a baking pan and set aside.

Return the milk/cream to a simmer and then whisk a ladleful into the eggs. Then whisk the warm egg mixture into the pot of milk. Turn the heat to medium low and cook the mixture, stirring constantly. Use a rubber spatula to stir, making sure to rub the spatula all over the bottom and sides of the pot so no scorched or curdled bits form. Keep stirring and cooking until the mixture becomes hot to the touch (about 140°).

Place a sieve over the bowl that formerly contained the eggs and strain the hot liquid into that bowl. Portion the mixture evenly between the ramekins, and fill the pan about 3/4 full with the prepared hot water. Cover the whole thing over with foil and carefully transfer to the oven.

Bake between 30-45 minutes, or until the custards have a gentle set. Cool to room temperature, then cover and refrigerate. Serve with vanilla bean Chantilly and a piece of hard caramel (you can find those recipes on BraveTart).

# Running Is the New Social Norm

Local experts weigh in on the endurance sport's increasing popularity

Not only is nearly every weekend of the spring calendar spoken for with a foot race in cities across Kentucky, runners are showing up in record numbers to participate.

"It's probably people realizing the health benefits of running, and people are finding groups to work out with and they're making friends in those groups and that's how they socialize," said Tony White, assistant manager at Swim Bike Run of Kentucky.

In Louisville, the Kentucky Derby Festival miniMarathon began with 301 runners in its inaugural year in 1974 and is now capped at 15,000. And now Lexington's Run the Bluegrass is gaining a name for itself, offering runners a chance to tour exclusive horse country by foot.

According to [marathonguide.com](http://marathonguide.com), national marathon participation shot up from 299,000 in the year 2000 to 407,000 in 2007. And [runningusa.org](http://runningusa.org) cited that half-marathon participation



Abby Laub photos

has jumped from 489,000 to 1,113,000 runners between 2000 and 2009.

John Sensenig, longtime owner of Lexington's famed John's Run/Walk Shop credits the growth to an increase in awareness of the health benefits of running.

"Thirty-five years ago the only people that were running were people that maybe ran in college, and they were almost all guys," he said, adding that women now make up a larger demographic of runners. "The quality of life and length of life can be improved. Running is by far the best way to burn calories."

He added that his customers are mostly professional, educated people who are taking control of their life and their health through consistent running habits.

Sensenig and Run the Bluegrass Director Eric Patrick Marr also said running is growing in popularity because of the social aspect of it.

Marr joked that if you check Facebook and see that your friend ran 10 miles today, you are more likely to try running 10 miles.

"When you're into exercise it creates camaraderie," Marr said. "It cre-

## Smart race preparation is at your fingertips

Training for an endurance event requires time, commitment and plenty of forethought and preparation. Find a well-fitting supportive pair of running shoes, a program that works for you and get going.

Keep in mind when looking at training programs, many of them can be adapted to your particular needs, however the long, once-a-week run should never be skipped to ensure proper training and race-day comfort.

Two websites with a myriad of training schedules are:  
[jeffgalloway.com](http://jeffgalloway.com)  
[halhigdon.com](http://halhigdon.com)

Consult a local running shop for assistance in shoe fitting, especially if starting a running regimen for the first time.





ates a conversation and becomes a connecting thing.”

That connection aspect, Marr said, also can positively affect the Lexington economy.

“I do believe that a healthy, active citizenry somehow correlates to a healthy, active economy,” he said.

He also thought the uptick in running is due to a young generation recognizing that America is overweight and health is important.

“Maybe we just don’t want to be fat,” he laughed.

Run the Bluegrass recently completed its second annual race, and Marr hopes it turns into a major attraction over the years to benefit the region.

Pru Radcliffe, manager of the ever-growing Louisville Triple Crown of Running, echoed similar sentiments.

“Running and walking events are generally good for local economies,” he said. “Runners and walkers tend to be loyal to particular races and are crucial to helping the events grow.”

Mark Shallcross, communications manager of the Derby Festival Marathon & miniMarathon, said spring is a great time for runners in Louisville. “We really are probably one of the top 10 or 15 running communities in the country,” he said.

Shallcross added that there is an addictive quality to running, and there is something to the “runner’s high.” But he said there still is a need for caution to avoid injury.

White said the biggest mistake people make in the sport is doing too much too fast and not allowing the body proper rest and cross training days. Swim Bike Run and John’s Run/Walk Shop both offer custom shoe fitting and gait analysis for runners to ensure they are well equipped for adding miles to their regimen. ●



Abby Laub is a writer for BG Magazine. She can be reached at [editorial@lanereport.com](mailto:editorial@lanereport.com).



To find a complete running calendar to get you through the spring, summer and fall months in Kentucky, visit [johnsrunwalkshop.com/race\\_calendar.html](http://johnsrunwalkshop.com/race_calendar.html), courtesy of John’s Run/Walk Shop.

## Keeneland Weekend



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## 10 things we love...

by Meredith Lane

# Tastes of the World

Lexington, Kentucky may be better known for its Southern cuisine than its ethnic flavors, but that doesn't mean we don't have some cultural variety going on right here, in many of our restaurants. In fact, it's hard to narrow it down to just 10 of our favorites! From Vietnamese to West African fare... we've got it all!

We are always looking for new places to try (and feature in BG), so please email me at [meredithlane@insightbb.com](mailto:meredithlane@insightbb.com) with your suggestions!

### Masala Indian Cuisine



Pictured is **Sunder "Sunny" Lal** in the recently renovated dining room at his restaurant located in Beaumont Centre. Masala is considered by many to be one of the best Indian offerings in Lexington. Tandoori specialties, chicken Korma, Naan and Lamb Rogan Josh will tingle your taste buds.

### Sav's Grill



This casual restaurant serves classic West African rice bowls and grilled Cornish Hen or Ribs. Also try an exotic beer, strong coffee or FuFu! Located on South Limestone, Sav's is owned by **Mamadou Savané** and his wife **Rachel**, and is open for lunch and dinner.

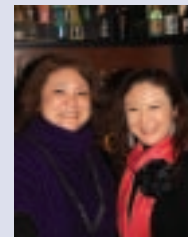
### Oasis Restaurant



Located in the heart of Chevy Chase, this Lebanese and Eastern Mediterranean restaurant operated by **Mahmoud Ahmad**, **Petar Pachev** and **Mazen Tannir**, serves some of the best Chicken Shawarma, Moujadara, Hummus and Falafel in town.

### School Restaurant

This eatery, owned by sisters **Tomoka Ito** and **Kiki Ito**, blends French



and Japanese cuisine – plus, they serve many of their sushi rolls "kaiten" style, which means little plates of sushi roll past your table on a conveyor belt. Located on Todds Road, it's the only restaurant within a 400-mile radius that serves its sushi this way (the closest kaiten sushi restaurant is in Chicago).



### Nicaraguan Grill

The first and only Nicaraguan Latin restaurant in the state, this warm and cozy eatery with the atmosphere reminiscent of a Mexican diner is run by **Nigel Vanegas**, his mother **Fatima Vanegas** and other family members. The Versailles Road venue features live music, salsa dancing and unique flavors to surprise your palate.



### Pad Thai

A long term fixture at Tates Creek Centre, Pad Thai offers a delightful selection of appetizers, salads, stir-fried rice noodles and Thai Curry rice dishes. Owner **Pisit "Thor" Sookkho** is photographed in the dine-in area of the restaurant.

### Old San Juan



Tucked away on Surfside Drive, the family-owned restaurant and small grocery serves Cuban fare to its flocks of loyal customers. Pictured here are operators **Aydee Costilla** and **Manuel Gonzalez**.

### Orchid Flower



Owned and operated by **Wiwi Harrison**, this is the only authentic Indonesian restaurant in Kentucky and it provides an inviting atmosphere, tasty menu items including satay (grilled skewers of meat), an extensive sake list and their sushi is delicious too.

### La Matin




The décor inside is simple, but the flavors are anything but! Owners **Abbas Larian** and his wife **Debra** serve fresh baked breads, pastries, desserts, soups, sandwiches and other fare. Located in Chevy Chase, this French Bakery has been a staple in Lexington for the past 25 years.

### Tachibana



**Toshihiko Lppongi** is the general manager of Lexington's first Japanese restaurant which opened over two decades ago around the commencement of manufacturing at Toyota Motor Manufacturing in Georgetown. The restaurant's "just-in-time" assembly line creates exceptional Sushi.





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