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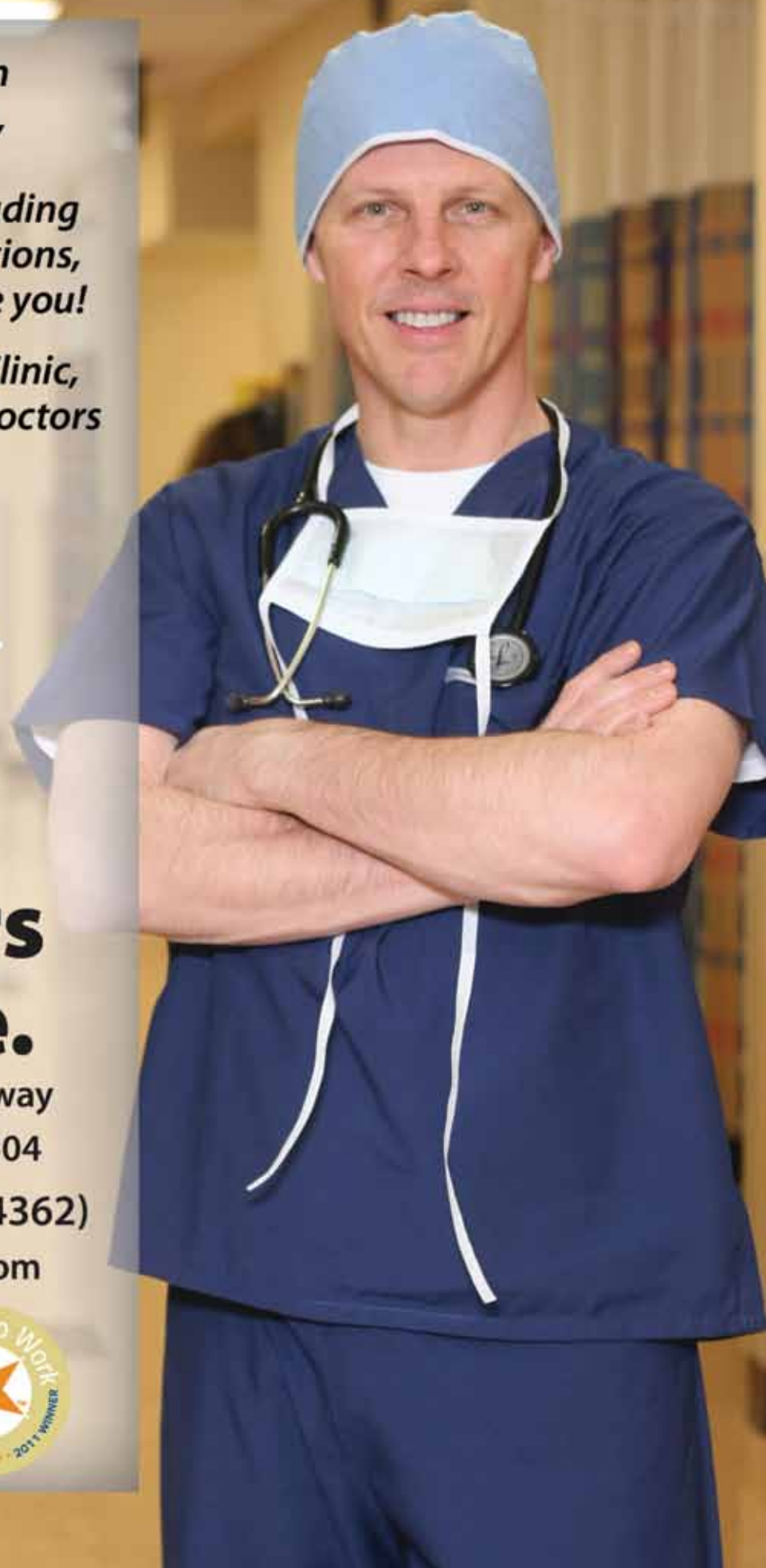
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ON THE COVER

The Quest for Number Eight

Cover photo by
Dr. Michael Huang Photography

| 4 | FROM THE EDITOR

Meredith Lane, a Bluegrass region young professional, discusses the evolution of *BG Magazine* and where you can now conveniently pick up your own copy.

| 6 | NEW IN THE BLUE

What's happening in the Bluegrass from new business openings, accolades for Lexington, notable construction projects, interesting events, innovative regional products and places to eat and drink.

| 13 | HOLIDAY DECORATING

Stumped on how to deck your halls this holiday season? Interior decorator J. Stuart Hurt, CID, explains simple, affordable ways to spruce up your tree trimmings with items you already have in your home.

| 14 | EAT & DRINK

Cheapside Park just got hotter this fall. Newly opened is Parlay Social, a Prohibition era performance lounge, featuring themed décor, cocktails, food and music.

| 16 | REAL ESTATE

Renovating older properties is now the trend for many real estate investors, including Nathan Maddocks., Nathan Cravens and Philip Conrad, three young professionals making a living and a life out of transforming old, dated spaces into beautiful, modern ones.

| 18 | ENTREPRENEURS

Ann-Michael McCalister, owner of Calypso Boutique, and Karl Beisel, co-founder of the Lexington Sports and Social Club, discuss the challenges and triumphs of owning and operating their own businesses.

| 20 | COVER STORY

With the third straight top-ranked recruiting class in the country, the reigning SEC Tournament MVP and a talented mix of players, University of Kentucky basketball is white hot this season. And it could be the year that the Wildcats win their eighth national title.

| 24 | CAREERS

Three Chimneys Farm President Case Clay talks about taking over his family's business, one of Kentucky's most successful Thoroughbred farms. Clay has advice and guidance for other young professionals considering the same path in their family's enterprise.

| 26 | FEATURED COUPLE

BG profiles Brad Kerrick and Nicole Pence, a fun-loving and goal-oriented couple headed to the altar in the fall of 2012. The pair share many interests, including a continual pursuit of higher education, giving back to the community and working in the media – she as a morning anchor and reporter at LEX18 News, and he as the co-founder of *The Bourbon Review* magazine.

| 28 | TRAVEL

If cold weather and shorter days are starting to get you down, get away for a few days to sunny skies and warm temperatures. It's now easy, affordable and quick to get to Grand Bahama on a new direct flight from nearby Louisville (SDF) on Vision Airlines.

| 30 | IN THE COMMUNITY

Every year, the Lexington Young Professionals Association (LYPA) awards 10 young professionals for their work professionally, in the community and personally. *BG* takes a look at the 2011 Rising Stars.

| 32 | ELECTION UPDATE

Perhaps the most interesting subplot to come out of the Nov. 8, 2011 election was the glimpse into the future that it offered with the election of four Gen X'ers: re-elected Attorney General Jack Conway, 42; new Agriculture Commissioner James Comer, 39; Adam Edelen, 37, the new state auditor; and Alison Lundergan Grimes, 33, the new secretary of state.

| 33 | WINES

Different wines for different seasons can get tricky. Our wine expert shares easy-to-remember advice on which bottle to serve with what – or to bring as a hostess gift for those holiday parties you'll be attending.

| 34 | HEALTH & WELLNESS

The Paleolithic Diet is beyond a fad. Actually, Paleo lifestyle eating brings people back to the dining habits of our "original human" hunter-gatherer ancestors. Experts weigh in on the pros and cons of the popular Paleolithic plan.

| 36 | 10 THINGS WE LOVE

Since it's the holiday season, *BG* is focusing on 10 of our favorite gifts shops around Lexington. Check out these retailers for ideas to satisfy everyone on your shopping list.

14



28



26



34



20



24



19



18



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BG Magazine is now offered at 25 locations

BG Lexington's premiere issue launched in 2009. Over the last 24 months, *BG Magazine* has increased its frequency to three times a year and expanded to the Louisville market. Each *BG* issue is written and edited for the city it serves and covers the high quality lifestyle, interesting venues, entertaining events, sports, and the local young professionals, creatives and business leaders in each community.



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

Our editors and writers are proud that *BG Magazine* showcases the great things and people that make living in Central Kentucky, Greater Louisville and Kentucky so fantastic. As *BG* continues to grow and prosper, we thank you for your feedback and support.

Over the last two years, we've frequently heard, "I love *BG*, but where can I get a copy if I'm not on the subscription list?" *BG* is published online at lanereport.com/BG and available at 25 locations who carry our recent issues. While you may have seen *BG* at businesses and universities across Central Kentucky, and at special events and promotions, we are now making it easier for you to pick it up your own copy at a number of convenient locations.

Also, if you want to be added to *BG's* subscription list, email your name, title, business affiliation, address and phone number to meredithlane@insightbb.com and we'll send you a copy! Be sure to find *BG Magazine* on Facebook too.

See you next year!

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Allegiant Deals Lex Direct Flights to Vegas

Allegiant Air now offers non-stop flights to Las Vegas from Lexington twice-weekly. The inaugural flight took off Nov. 16. The discount airline operates two flights from Lex Vegas to **Las Vegas** on Wednesdays and Saturdays using a Boeing 757 jet, with 213 seats. It will be the largest aircraft serving Lexington. Lexington flights to Las Vegas depart Blue Grass Airport at 3:45 p.m. Wednesdays and

Saturdays and arrive at McCarran International at 5 p.m. Return Las Vegas flights to Lexington leave the gate at 8 a.m. and get to Lexington at 2:30 p.m.



1,000 Elks Bowlers to Strike Lexington

Lexington has been selected to host the 93rd annual **Elks National Bowling Tournament** March 15 to May 5, 2013. The Bluegrass Sports Commission and the Lexington CVB worked with the Kentucky Elks, Clarion Hotel and Collins Bowling Centers on the bid effort. Eastland Bowling Center, one of two Collins Bowling Centers in town, will be the tournament venue and the Clarion will serve as the host hotel for the event, which is expected to attract about 1,000 bowlers from around the country.



CDC Facility Spouting Near Arboretum

Construction has begun on a new facility for the **Child Development Centers** of the Bluegrass, located on the UK campus near The Arboretum. Set to open in August 2012, the facility will more than triple the number of children being provided services. Since 1958, CDC has provided early childhood care for children in the Lexington area with a full-day preschool program for children with disabilities as well as typically developing children ages 13 months to 5 years old. The center plans to continue to be a National Association for Education of Young Children (NAEYC) accredited facility, as well as four-star rated in Kentucky's voluntary STARS for Kids Now quality rating system that serves children with and without special needs.

Hitachi Powers Up Berea's Economy

Hitachi Automotive Systems Americas Inc. has selected Berea for its third Kentucky manufacturing facility. The new plant will produce electric drive motors for hybrid and electric vehicles (including the Chevy Volt), creating 130 new jobs starting in late 2011, with a \$74.5 million investment. Hitachi has existing locations in Harrodsburg and Berea. For the latest project, the company purchased a 151,000-s.f. facility on 65 acres in Berea. Hitachi's future plans include the production of other hybrid vehicle products like lithium-ion batteries and electric inverters to be manufactured in its Kentucky plants.

Pure Sweat Once a Day

The owners of **Pure Barre Lexington** are bringing a new fitness studio to town. **SWEAT** is coming to Lexington in early 2012. Located above Pure Barre on East High Street, the studio will offer clients non-impact cardiovascular workouts designed to strengthen your heart, burn unwanted calories and make you sweat. The group fitness classes include crew (rowing) and cardio. They will be held at various times, seven days a week. Men and women are both encouraged to attend and your first class is free. sweatlex.com



Great Bagel to Poach UK Campus Clientele

Locally owned **Great Bagel** is now open on Woodland near campus. Robert Swan and staff serve breakfast and lunch daily. There are 16 varieties of boiled bagels, with weekend specials including French toast. The bagels and bagel sandwiches are made with organic flours and dairy products. Great Bagel also has a full-service deli, serving sandwiches, desserts and seasonal salads.



Lexington Angler Casts for New Biz

The Lexington Angler is a new store on Clay Avenue in Chevy Chase owned by Gene Slusher. In addition to retail (fly fishing tackle and sporting collectibles), fly casting lessons are available for beginners to advanced anglers. The store is an authorized dealer of **Orvis** products including clothing, luggage, pet items and household goods. If you want to order something from Orvis online, let Slusher know and he can get it for you without shipping charges—you can save money and support a local small business at the same time.



Bookstore Expands Space and Minds

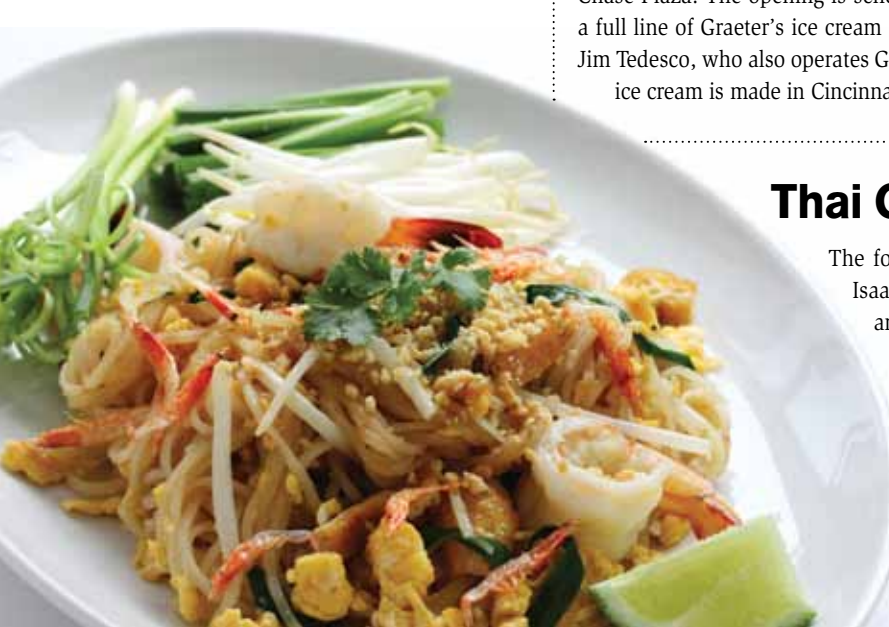
This fall, **the Morris book shop** gained 1,000 more square feet at its new location on East High, between Rite-Aid and Le Matin/Zuni Cafe. Owner Wyn Morris and store manager Hap Houlihan have expanded the children's section and added a more public gathering space. The store has about 20,000 titles of new books, with fiction and Kentucky books having the largest selections.



Graeter's Dips Its Scoop Into Rich Lex Neighborhood

Have you missed your **Chevy Chase Graeter's**? It's making a comeback with a new retail store on Euclid Avenue in Chevy Chase Plaza. The opening is scheduled for February 2012, with

a full line of Graeter's ice cream and select Graeter's candies. It will be operated by franchisee Jim Tedesco, who also operates Graeter's locations in Louisville and Southern Indiana. Graeter's ice cream is made in Cincinnati with century-old recipes and methods of production.



Thai Chef Will Curry Your Flavor

The former Portabella's location off Richmond Road is now Baan Isaan, a **gourmet Thai restaurant** locally owned by Jonathan and Kanya Weiss. Chef Kanya prepares soups, salads, entrées and desserts from her native northeastern Thailand, using as many local ingredients as possible. The gaeng man-thed gai is a curry-based dish made with coconut milk and sweet potatoes. Baan Isaan is open Tuesday through Sunday for lunch and dinner, with free Wi-Fi and a no-tipping policy. A private banquet room is available.

Spicing Up Her Bottom Line



Restaurateur and chef **Ouita Michel** is sharing one of her kitchen secrets with the public, as **Wallace Station Bourbon Mustard** is now available for your home table. Michel worked with Nancy Ward and Kentucky Specialty Sauces of Lexington to package the mustard. Ward's line of sauces and condiments are made in Kentucky, as is the Wallace Station Bourbon Mustard. The mustard is \$5.95 for a 9.8-ounce jar and is available at Windy Corner Market (Lexington) and Wallace Station Deli and Bakery (Midway). Coming soon on store shelves, chef Ouita's pickled okra.

2011 DLC Awards of Excellence



Farmers Market

On Dec. 12 at the Hilton Downtown/Lexington, the Downtown Lexington Corporation presents the **2011 DLC Awards of Excellence**. Winners include Shorty's Urban Market for the urban innovation award, the management and ownership of Trust Lounge for the landscape and streetscape award, the Hilton Lexington/Downtown's Madison Capital Management for leadership achievement, Jeff Dabbelt and the Lexington Farmers Market for the Smiley Pete award, Dr. Lee Todd as outstanding individual and Don Wathen as perfect partner.

Gatton Scholars Get Top Honors

A team of scholars in the University of Kentucky's **Gatton College of Business and Economics** brought home the top prize, the Fama-DFA, for best research paper published in the Journal of Financial Economics during the past year. Brad Jordan, professor of finance, was lead author on the study, "The Good News in Short Interest." He and his colleagues found that stocks with relatively high short interest subsequently experience negative abnormal returns, but the effect can be brief in duration and of debatable economic significance. In contrast, stocks with low short interest are significantly undervalued, a finding at odds with modern asset pricing models.



4-Star Griffin Gate Blows Out 30 Candles



Griffin Gate Marriott Resort & Spa celebrated its 30th anniversary this fall. In 1981, 220 acres of cattle farmland on Newtown Pike was transformed into a world-class hotel and resort with more than 400 hotel rooms. Griffin Gate was the first Marriott branded property in Lexington. The 150 year-old historic two-story antebellum mansion on the property is a unique venue for meetings and events. There's also the Rees Jones-designed golf course. And the spa. And the view.

Hospital Now Has Big Heart (Clinic) for Kids

Kentucky Children's Hospital opened the new **Congenital Heart Clinic** in October. The hospital is part of the healthcare complex on the University of Kentucky campus. Under the medical direction of Dr. Doug Schneider, the clinic specializes in perinatal, pediatric and adult congenital cardiology, cardiovascular surgery, and cardiovascular research for children and adults with congenital heart disease. Patients were previously seen in one of five clinic areas; now comprehensive cardiac care is in one location.



Alltech National Horse Show Debuts in New Kentucky Home

Adding to Lexington's bragging rights as the Horse Capital of the World is the Alltech National Horse Show, which was held November 2-6 at the **Kentucky Horse Park**. This was the 128th edition of the event, America's oldest indoor horse show.

The National Horse Show features the show jumping discipline, and boasts a glamorous history. First held in 1883 at the original Madison Square Garden in the heart of New York City, the show was a major fixture on the national and international sports scene (even covered by Sports Illustrated) and on social event calendars. Back in the day, spectators wore tuxedos and evening gowns.

After more than 100 years at the Garden, the show moved around, but needed a more suitable home for human and equine competitors and fans. Look no further than the Kentucky Horse Park, which the World Equestrian Games proved was one of the world's finest equestrian facilities. Add the support of both Alltech, the global animal health and nutrition company based in Nicholasville, Kentucky, and Central Kentucky's vast equine industry to the recipe for success.



The show awarded more than \$600,000 in total prize money to competitors, and ticket sales benefited a number of local non-profits.

Kentucky now is home to two of the oldest equine competitions in the United States. The other, of course, is the Kentucky Derby, which has been run at Churchill Downs in Louisville every year since 1875.



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Singletary Hosts Signature Series



The **Singletary Signature Series** at the UK Singletary Center for the Arts started over the summer. The 2011-12 season continues with retro combo Pink Martini and the UK Symphony Orchestra on Dec. 10, pianist Natasha Paremiski and the university's orchestra on Feb. 11 and the Moscow Festival Ballet on March 22. A part of the UK College of Fine Arts, the Singletary Center for the Arts presents and hosts around 400 artistic, cultural and educational events annually for the community.

UK's Plaid is for 7 NCAA Victories

The third set of official UK-licensed products is for sale from **the UK Plaid Project**. Created by former students Christina Criollo and Jena Everhard, the plaid design's seven black stripes represent the seven NCAA championships won by the UK men's basketball team, and the blue background demonstrates the pride the state has for its flagship university. New products this year include the first UK Plaid paper products (cocktail napkins and plates) and the first product with madras style design (hobo bag). A portion of the proceeds benefits the UK Department of Merchandising, Apparel and Textiles.



New Affordable Housing Options Near Hamburg

Summerfield and **The Home Place (phase two)**, two new subdivisions near Hamburg, are now offering affordable housing for young professionals and families starting in the \$150s. Summerfield is off Winchester Rd. across from Patchen Wilkes and the new phase of The Home Place is off Polo Club Blvd. near I-75. Both feature large tree-lined lots and a variety of local builders providing premium features in their homes.



Single Oak Bourbon Project

The third release of the **Single Oak Project Bourbon Whiskey** by Buffalo Trace Distillery is available just in time for the holidays. Exploring three important variables that affect the Bourbon taste—recipe, grain size, entry proof—some of the bottles contain Bourbon made with rye and others with wheat. The barrels themselves, 12 of them, were made from different trees, each with varying degrees of thickness to their wood grain, from fine to average to very coarse. The barrel entry proof of these Bourbons was either 105 or 125 proof. All releases are packaged in a 375ml bottle at a suggested retail price of \$46.35. Consumers can rate each whiskey they taste at singleoakproject.com.



United Trust Ices Rink



Triangle Park is turning into an **ice skating rink** this winter. The name is the United Trust Company Ice Rink, with a grand opening scheduled the day after Thanksgiving as part of Lexington's Tree Lighting Festival, which will also include an artist market, seasonal food and beverage offerings, an ice skating performance and the official tree lighting. The United Trust Company Ice Rink will be open daily through February 1. Skate rental is available for \$10 or bring your own skates. The ice usage fee is \$10.

Home of 200 Year-Old Artifacts

A renovated **Kentucky Military History Museum** at the State Arsenal (built in 1850) opened on Veterans Day, 11-11-11, in downtown Frank-



fort. The museum is operated by the Kentucky Historical Society and the Kentucky Department of Military Affairs. The "Kentucky Military Treasures" exhibit features artifacts and stories of Kentuckians who fought in battles spanning

nearly 200 years of conflicts. Nearly \$1.5 million was allocated to the renovation project.

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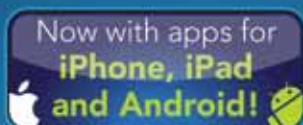
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Ky College Will Be Center of 2012 National VP Debate

The Commission on Presidential Debates has selected **Centre College** to host the vice presidential debate on Oct. 11, 2012. The liberal arts college in Danville hosted the 2000 debate between Republican candidate Dick Cheney and Democratic candidate Joe Lieberman. The 2012 vice presidential debate will take place in the same venue, Newlin Hall in the Norton Center for the Arts. The Commission on Presidential Debates controls all tickets to general election debates.



Vue Restaurant Offers Best Look at Downtown Lex

Look for **Vue**, a new restaurant, bar and nightclub venue, on the 15th floor of Chase Bank Tower downtown. There's seating for 175 in the dining area and 325 in the nightclub. The biggest focus for the restaurant is offering reasonably priced steaks, seafood and sushi for lunch and dinner, in addition to a bar menu. The separate nightclub will offer VIP bottle service and a rotation of new DJs from different cities every weekend.



Lex Text Biz Expands

Lexington-based **CMSText LLC** is expanding its mobile marketing company, growing the company's current employment base of 19 to 154. The project will result in a capital investment of nearly \$4.4 million in the commonwealth. Text message marketing is quickly growing as an effective advertising tool; CMSText provides message marketing services to a variety of industries, and the expansion will allow it to provide services to more regions of the country, as well as Canada.



Town Branch Bourbon is Flowing

Alltech first entered into the beverage industry with Kentucky Ale in 2000. Since then the company has released two more beers (Kentucky Light and Kentucky Bourbon Barrel Ale), a Bourbon-infused coffee beverage and the malt whiskey Pearse Lyons Reserve. Now there's **Town Branch Bourbon**, available at local Kentucky retailers.



It's Holiday Time!

As we all can see, and feel the cold whip of air that has graced us, the holiday season is upon us in full force!

Local merchants are dawned with lights and bobbles to remind you that once again, it's time to start digging in the attic for those beloved holiday decorations and look for the "best of the best" to add that right touch to your collection. There are quick and easy steps to help those tired Christmas decorations shine... and they are right under your nose!

The Front Door

Who says you have to have a wreath on the front door? There are other options such as greenery "swags", which are nothing more than loose greens tied in a bundle with some pretty ribbon and a few glittered bulbs. It's a great splash to welcome in the season, and more cost effective than the gargantuan wreath that ate the door.



For those of you who love that wreath, and will have nothing else but that on the door, then let's try to spice it up a bit by updating the ribbons, replacing the discolored and weathered ornaments and add some greenery picks to bring a new freshness back to the ol' bugger!

How about making a "scene" on your front stoop? Create a vignette of your favorite things. It could be garden inspired with an old sleigh, some rakes and winter boots, or it could be a gathering of natural elements like sugar pine cones, birch bark and twigs in bundle, and fresh cut or artificial greens. It's up to you; just don't forget to spot light it so everyone can see your handy work!

The Dining Room Table

Most of us may not even use it, or even remember it's a part of the house, but family is important and they will certainly peek in there to see what's going on during their holiday visit! Having an impact piece on the dining room table or sideboard is a great way to "stage" Christmas in your house and use the room that is forgotten about the majority of the time. Using a great family heirloom compote dish, serving platter or great unused punch bowl is the perfect base for building a centerpiece.

Gather greens and place in a haphazard, but organized layer on the dish. The key to this one: don't overthink it! Add in some beaded garland, draped slightly, your accent color bulbs of ornaments and maybe some taper candles for ambiance. There you go; the perfect centerpiece, for very little cost.

Mantles, Bookcase and Shelves, OH MY!

We know not everyone has grand bookcases that span the two-story great room, or a mahogany walled library, or a stacked stone fireplace that could roast a pig in it, but we all have great little spots in our home that should not be ignored. Gather some greens, tie some ribbons and bobbles together and make "shelf sitter" or "swag-ettes".

Tuck these in with the books in the case, the curio where your favorite things are stored, and even on the family room coffee table, surrounded by glowing candles and the favorite coaster set for the evening cocktails.

Having a larger impact piece, such as over the fireplace, is a great way to zone in on all of those decorations that have haunted you and overwhelmed the process. Using a large wreath base, combine all of the colors of your home, some lush greenery and then, just do it! Add the unexpected! Pages of an old book, that great focal Santa figure you can't place,



or an angel. Tie it right on into that wreath! Make it bold and say "Merry Christmas" to all who visit!

The Tree

Whether you've gone to the tree farm and selected the perfect one to water, nurture or decorate, or you've found "the best artificial tree out there", there are simple ways to make your tree more festive. Start the tradition of adding a special ornament each year. Date

them and place them accordingly around the tree, bringing in some sentimental. Not for you? Well, then add as many glitter picks, crazy glittered presents, snowman hats, Santa belts and things that jingle as you can find!

It is Christmas; you can share the joy even on a budget!

Just take some time to think it through. Eliminate what you have not used in years, and add where necessary to spring some life into the tired base décor you may have. True Christmas comes from you. Let it show in your décor this year! ●



J. Stuart Hurt, CID is an interior designer and the co-owner of house, by jsd, located on Delaware Avenue. housebyjsd.com

Photos by Shawn Ring Photography



Cheapside Park is **PARLAYed** into a **SOCIAL** scene

New **Prohibition** performance lounge opens on Short Street

Cheapside Park just got hotter with the addition of Parlay Social, and owner Bob Estes said the newly opened Prohibition performance lounge will feel like a throwback — just don't expect to see any flappers or Model T's out front.

"The Prohibition era ties into a couple of things — it's a time in American history that a lot of people pay more attention to now," Estes said. "It was a time when the government said you couldn't so people, wanted to do it even more and have fun ... It makes it a fun theme to create an environment for people to be able to enjoy great cocktails and music and to be social with each other. That kind of evolved into the idea of having the name of Parlay Social."

Estes said he loves art deco and all things Prohibition era — like lush velvet curtains, brick and vintage chandeliers. The performance lounge's decor has a subdued luxury feel and promotes conversation with its unique floor plan.

"It's comfy, and you feel like you're in a throwback," he said.

And the building that Parlay Social is situated on 257 West Short Street is indeed a throwback. An 1890 construction, the building's original wood floors and brick walls were highlighted in the new space, as Estes yearned to let the building's "pedigree" shine through, even in a new space with flat screen televisions mounted on the wall and high quality lighting and sound systems.

"We try to use the same theory we always have, just try to let the building be all it can be," he said.

Estes, who spent most of his career at Kennedy Space Center, purchased the three-story building three years ago in October and turned the third floor into his downtown residence, developing the rest of the building along the way. He gave credit to Lexington's planning and zoning for the "foresight they used in making the area mixed use."

City in the midst of a renaissance

That foresight is part of what is making Lexington great now, he said, adding that he thinks the city is in the midst of a "renaissance."

"I can't remember a time that it was any better to be downtown; it's a great time in Lexington history to come enjoy downtown and live there," said Estes, who also is president of Cheapside Entertainment District Association.

He hopes events like Thursday Night Live and the newly created Friday Fest in Cheapside Park will continue to bring people downtown and discover how walkable and thriving the city has become.

"We've got a lot of people taking chances opening businesses," he said. "People are taking chances and being successful."

Parlay Social may be the next big success for the downtown area. With a unique cocktail menu featuring old-fashioned favorites like the Manhattan and Sidecar and a new Belvedere pink grapefruit vodka specialty called The Parlay, the joint may just become a Lexington staple.

Cocktails with a history

"We really went back and did research on older cocktails, and mixology really got started during prohibition," Estes said.



Parlay Social is located on West Short Street by Cheapside Park.

Abby Laub photos

Parlay Social will soon be featuring Prohibition era food, like "over the top" grilled cheese sandwiches with gourmet cheeses. Estes said the sandwiches "hit the world in the Prohibition era, and the Depression made them really popular."

The staff is putting the finishing touches on the menu, but it features "pub grub" like hot sandwiches and pizzas, as well as appetizers like shrimp and oysters.

And guests will always be entertained. Parlay Social will feature a variety of musical acts; the first week alone

showcased jazz, Bluegrass, Latin and Texas swing. The stage area includes artwork and a lush curtain evoking the 1920s. Most nights, Estes said, jazz will play during Happy Hour, and later in the evenings bigger bands will come in. Sundays will be devoted to football, but Estes stressed that it is not a sports bar, just a “good place to hang out” and watch the game.

He also noted that the music at Parlay Social will never be too loud to talk over.



Bob Estes, owner

“We tweak the music all the time throughout the night to make sure people can talk to each other and socialize,” he said.

The music reflects the intimate environment. At only about 2,000-s.f. with a capacity of just under 200, Estes said the space is cozy.



The lounge is open to the bar, stage and dance floor, allowing guests to easily circulate around the space.

“We made some major adjustments to open up the two sides,” he said. “It was split before, so we took some holes out of the brick wall in the middle to make it feel like one place.”

The brick openings are anchored by the wooden bar in the middle. Spaces around the bar are filled with high tables, and there is plenty of room for dancing by the stage. Large windows open up to Cheapside Park in the front and Market Street to the east.

Parlay Social opens at 3:30 every day, and so far Estes said business is good.

“We’ve had nothing but positive feedback. There’s obviously some fine tuning to

do, but the staff has performed excellent,” he said. “The key is we’re going to stay flexible and figure out what works with folks and what makes sense as we go through.”

The venue is still undergoing a few touch-ups with its decor, but now that the construction is complete — thanks to Chris Benezet of Benezet & Associates Construction Services — Parlay Social has nowhere to go but up. ●



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



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Imagination Adds Value

Their business cards offer job titles—owner, builder, engineer. Their ingenuity and ability to take risks presents another—entrepreneur. But instead of these formal titles, you might simply want to call Nathan Maddocks, Nathan Cravens and Philip Conrad problem solvers.

All three transform something less than desirable into something virtually irresistible by envisioning change and tackling all the problems standing in the way of making that change a reality.

Fast & Efficient

Sometimes the change comes rapidly, as in the case of Nathan Cravens. The name of his business says it all, well a lot, about his work. It's called Bathroomsin1week.com.

As the name suggests, Cravens will give your bathroom a complete make-over in around a week, a few days more if it's the master bath or an especially large or complicated job. Then it might take two weeks.

Cravens designed software that enables him to arrive at a home armed with an iPad and give the homeowner a bid before leaving. The software allows for a rapid bid process, but it is the trailer he pulls behind his truck that enables the real magic.

The gleaming black 5x8 covered trailer is a compact traveling showroom. It contains

samples of tiles, vanities, faucets, handles, pulls, paint colors and light fixtures. All the owner has to do is choose their favorite, and Cravens does the rest. There is no running from store to store to purchase fixtures or take home color swatches to try. In fact, there is no running around for the homeowner at all.

"The showroom allows people to see what products they get," said Cravens. "They don't have to guess about anything and they don't have to get an allowance and go to a plumbing store. It is much more efficient."

It sounds like such a smart approach that you might think there are numerous other services like it, but Cravens says he is "the only guy who does this."

"If you think about it, there are niche remodelers all around," the third-generation



Nathan Cravens' traveling showroom takes the guesswork out of product selection.

builder said. "There are roofers, people who put in windows, companies that do driveways. By specializing in one thing, all my attention can go into bathrooms. I don't need to worry about new carpets or the trends in shingles."



Philip Conrad added a porch patio at this Lexington residence. Shown above – the residence before construction, and at right – after completion.

Cravens also doesn't have to worry about finding clients. In the past five years, he has completed more than 150 bathrooms and can't keep up with demand. The basic bathroom remodel is \$10,000. Larger bathrooms or those with special features go up from there.

The streamlined process has benefits for Craven as well.

"I wanted to simplify work," the 34-year-old said. "I didn't want to be at home working on estimates every night. This way there is no extra homework and more time to be with my family."

Efficient & Personalized

Efficient might also describe the work of Philip Conrad, owner of Conrad Construction Company, but his efficiency comes via a different route.

After high school, Conrad came to Lexington for a two-year architecture program at Lexington Community College (now Bluegrass Community and Technical College). He worked in construction part-time while attending school and found that he liked the building aspect more.

"I wanted to see the finished products when I was done with them," Conrad said.

And that is where Conrad builds in efficiency. Rather than needing an architect and a builder, clients get both in one with Conrad, who does most of the architectural renderings himself and then builds what he draws.

Today we are at the home of T. Lynn Williamson. Conrad and his subcontractors have built a stunning coiffured ceiling in the family room and redone the fireplace, raising the hearth 12 inches. They installed electrical wiring that enables a new flat screen television to go above the mantle. The dated panel-



ing is gone, and now the once-dark room is more inviting.

A generalist, Conrad may be remodeling a kitchen tomorrow or building a screened-in porch. He has done a lot of kitchens and porches since starting his company in August 2010 after nine years working with another contractor.

Establishing his own company was one of the goals Conrad set for himself before he turned 30. He celebrated that milestone last year, a checkmark beside the goal of becoming an entrepreneur.

Conrad's work was on display at the Tour of Remodeled Homes in August, another accomplishment for the young builder.

Personalized & Varied

Nathan Maddocks also has more than a few accomplishments to his credit at age 28.

Maddocks currently owns three companies: Manor Properties, Greenlife Landscaping and Gxbilt.com.

Through Manor Properties, Maddocks buys distressed properties, renovates them and offers them for rent.

"Lexington is a really good place to live especially for people willing to put in the hours and work hard," he said. "Lexington is also a great place to start a business. There is a lot of positivity generated for young professionals, a lot of benefits—the campus, downtown, the contributions Alltech has made. It's a real healthy and intelligent environment."

Maddocks focuses his remodeling efforts in the Idle Hour area, which he describes as a "positive, up-and-coming neighborhood with a lot of benefits for young professionals."

The homes in this neighborhood are mostly Cape Cod, according to Maddocks. They range from 1,000 to 1,500-s.f., with a



value of approximately \$90,000 to \$140,000.

When he is not working on a home, Maddocks is doing marketing for an Italian drilling manufacturer (see more at Gxbilt.com) or redoing landscapes and gardens as a part of Greenlife

Landscaping. He figures he works 60 hours a week, but says he enjoys what he does so much that it doesn't seem like work. "It's just like waking up and brushing my teeth. It's just a part of my day. It's not like I'm punching a time clock."

It also doesn't matter to Maddocks that he does not have formal training in any of the fields he now works. Instead, he graduated from the University of Kentucky in 2007 with a degree in engineering and a specialty in bioprocessing (food engineering).

Through his professors, Maddocks says that he learned he could take on anything he wanted to.

"With the appropriate tools and the Internet, completing any job is possible," said the upbeat entrepreneur. You just have to have a positive approach. If you approach projects with negative outlook, you are going to struggle to complete them. But if you approach every problem with a positive out-take, you get through the problems."

So add problem solver to the list of titles for Maddocks, Cravens and Conrad.

And add one more title as well—artist. All three described their delight at seeing the change their work had wrought.

"I like working with my hands and creating," said Maddocks. "I like taking a blank canvas and generating something; making an improvement and creating a finished



Nathan Maddox's before and after work exemplified in an Idle Hour area home.



product. I enjoy the transformation process and being a part of it."

"I like drawing things and seeing them come to life,"

Conrad said.

"It is the satisfaction of completing a project and seeing the final product," Cravens added. "It is the excitement people have when they get what they wanted." ●

Debra Gibson is a correspondent for The Lane Report. She can be reached at editorial@lanereport.com.

Ann-Michael McCalister, 30, is the owner and founder of Calypso Boutique and one is stylishly-driven entrepreneur. McCalister came to Lexington at 18 and worked at Ramsey's Diner while attending classes at University of Kentucky. After graduation, she swapped the t-shirt and tie for more grown-up attire and joined the Finance and Administration Cabinet in Frankfort. It wasn't long, however, before the free-spirited McCalister spurned the desk job and, four years ago, started Calypso Boutique as an outlet for her unique style and a solution for her employment situation. "I came up with the idea that I would open a little boutique that offered my hand-picked clothes, jewelry and other accessories. I have always loved clothes and shopped at the Goodwill in high school to find the unique pieces no one else would wear."

Ann-Michael McCalister
Owner, Calypso Boutique
513 E Maxwell St.
Lexington, KY 40502

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on Facebook

The Day to Day

"As the store has grown, more responsibility on my end is dedicated to book keeping, reorders, phone calls with the suppliers, taxes and I like to focus mostly on customer service with the world's best folks – Lexington's ladies! Helping someone "style" the perfect Keeneland outfit, for instance, is the part of my job that is most gratifying. The styling aspect of retail is what inspires me most. It's fun and rewarding to create a really nontraditional but stylish, or traditional but funky, or sexy but classy little ensemble that turns heads in a 'who's that girl' kind of way!"

"My day is usually predominately talking to my friends/customers, catching up on their lives and helping outfit them for whatever event they are attending. My favorite part is the social aspect, getting to know people. I really do care about my people and love 'styling' them. I definitely credit my being per-

sonable and taking a genuine interest in other people as a big part of our success."

The Secret

"I love my sweet customers. I try to take the time to get to know the people I see day in and day out. I genuinely care about the people that shop with me and I like to think that sets me apart from, maybe, bigger stores who can't focus on each individual person. It sounds corny, but I think the key to my being here today is kindness, treating others (customers and employees) with kindness and concern. Also being here to see it grow has been important."

Mentors

"My parents are my heroes. Aside from showing me an unconditional love and support, they have taught a girl to work hard, be determined, win modestly, lose gracefully, be proud of exactly who you are, love others like you love yourself. They taught me 100 percent by example; give it your all in whatever career it is you choose. They are the two hardest working people I know, hands down.

And when it comes to advice, I'm calling one of them! "I've [also] looked up to Carol Behr at Kennedy Bookstore. She exemplifies to me the kind of boss, leader and person that I want to be as a business owner."

Biggest Challenge

"The biggest challenge for me is the managing of people. I want to be a modest person, always. So it sometimes makes it hard for me to tell people what to do.

I have the hardest time with simply asking an employee to do something. It is also challenging for me to find the right people to work with who care about the success of the business the way I do."

"Also the gamble of buying stuff that you



Photos by Shawn Ring Photography

are unsure of how it will be perceived. It's really hard to know if the things you pick, and invest lots of your money into, will be bought. That is definitely what stresses me out most."

Age an issue?

"I don't think age has been an issue. I have grown up in my 20s working here and learning the ropes both inside the business and outside in life. I think my naivety could have been a positive; not knowing what I know now when I started is probably a good thing!"

Advice

"I go back to the kindness. Just being a professional, kind, caring, ethical person in business and in life is the key to being a happy person that should draw people in to your business."



Social Media

"The Facebook page is essential to Calypso's business. Posting the photos of our stock gets people in to try it on! I think an internet presence is very important in this day and age. I am a word of mouth person, because it truly is the best advertising." ●

Karl Beisel
Co-Founder
Lexington Sports
and Social Club
lexssc.com

Karl Beisel, 36, is a sporting kind of guy and the co-founder of the Lexington Sports and Social Club. He's taking his entrepreneurial drive to the playing field and the social scene in a combination that is part intramurals and part bar hopping, with just a dash of competition. Beisel likes kickball and dodgeball, but he'll set up a game of flag football, volleyball, softball and maybe even wiffle ball for anyone who wants to sign up. It's a recipe that's found success in multiple markets, from Beisel's first club in New Hampshire to newer ventures with his partner Joyce Stewart in Norfolk, Va., in Lexington, and a soon-to-launch Knoxville club.

The Day to Day

"I generally spend most of my time doing a combination of website improvements. We own all of our website technologies. We have an online registration process, we're building social networking features into the site and there's a big road map to really make it a cool place to go to find out information and, at some point, to interact with other players who are participating. I also spent a lot of time, until recently, going out to the fields, emailing people who had questions, scheduling fields and facilities for the leagues and work-

ing with sponsors. We have a sponsorship with Kentucky Eagle, the Bud Light distributor here, and I'm actually taking a step

back from that. We have a hired staff member who is taking on all that so I can focus a little more on the business side."

The Secret

"I think it's focusing on the fun and not the competition. You look at traditional leagues and it's not team-oriented, it's competition oriented. With LSSC, everybody's play-

ing on the same day, usually in the same two to three hour period. Also, everyone goes to the same bar afterwards. It's not just about being on a team and hanging with your teammates; it's about hang-

ing out with everyone in the league. I think the social side of it is about 50 percent of the importance of what we do, it's not just the sports. We always encourage people to come out to the bar and participate in any social events that we might organize – not just show up for kickball and then go home."

Mentors

"I do occasionally talk to other people who run clubs in other markets. I'm a voracious reader and there a few books that I recommend as far as starting a business goes and growing a business. From an inspiration point of view, I was pretty profoundly impacted by three books: "Think and Grow Rich", "The Magic of Thinking Big" and "The Four Hour Workweek". Another influence was the "E-Myth Revisited: Why Most Small Businesses Don't Work and What to Do About It" in terms of trying to structure a business in such a way that it's not going to take over your life."

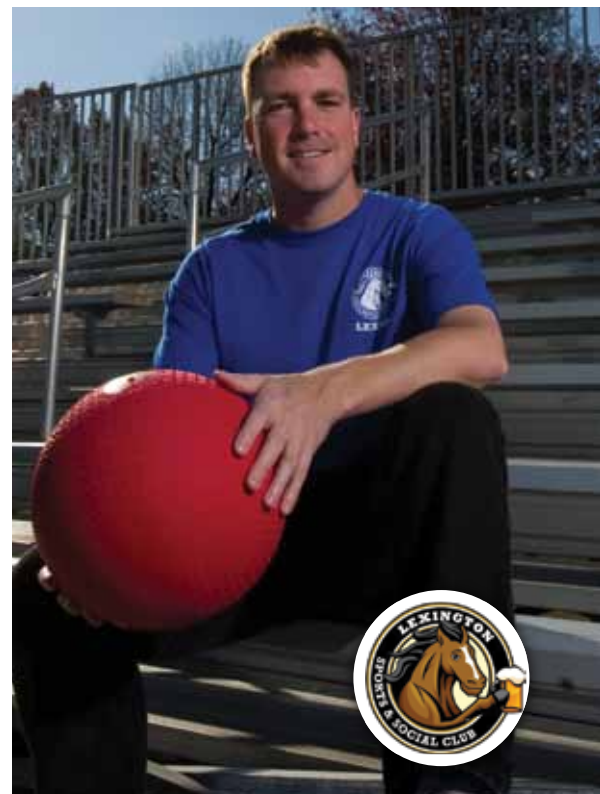
Biggest Challenge

"I think it's going through what some entrepreneurs will call the dip – that point where you're a small business and you're doing it part time. Then you wonder how you get from your current situation to the point where you're making a living. Then possibly going from that to where you're earning a real significant wealth from it. I'm not there yet, but I'm working on it."

"You also get to the point where you're not doing everything yourself, you're delegating. It's just not efficient for one person to do everything and I give it to other people so I'm not tearing my hair out."

Advice

"I love the phrase, 'ready fire aim.' I was caught up on the whole idea of, I have to have the perfect business plan, I have to wait for the right time in the economy, but things are never 'just right'. Don't wait until you have everything perfectly lined up, just start. Get the ball rolling and improve it as you go. I think the biggest blocker for people is just getting started."



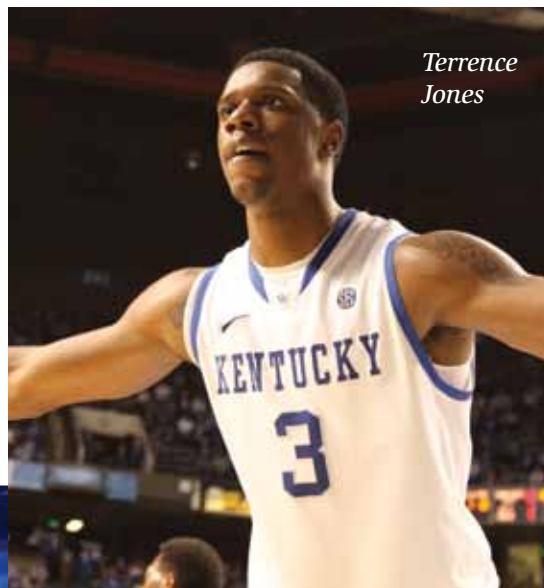
Social Media

"It's vital – especially in our business. We are very word-of-mouth driven. We're a social networking organization at our core, even before Facebook and Myspace. We have a fan page, we have a Twitter feed, we're on MeetUp, we prominently post our social media links on our home page and we advertise on Facebook. Facebook is probably the single biggest driver of business for us." ●



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

The Quest for Number Eight



Terrence Jones

Photos by Dr. Michael Huang



An unexpected trip to the Final Four last season leads to expectations for a return trip this year, and beyond. University of Kentucky men's basketball coach **John Calipari** has assembled another group thought of as national title contenders. For the Big Blue Nation, anything less than two stops in New Orleans is almost unacceptable.

Kentucky returns three starters from last season. **Terrence Jones** shocked most people by returning to Kentucky for his sophomore season. He came back a completely different player. Jones changed his body to become a more physically imposing presence and has changed his attitude. He works harder in practice and on his own. As a player, Jones is a preseason first-team All-American

and is expected to be in the conversation for national player of the year. As a teammate, he has become a leader. He came back to win it all.



Darius Miller

Doron Lamb also could have tried his hand at the NBA draft last season, but didn't. He had things he needed to work on. His strength and his stamina have also improved. And yes, he can still shoot the three.

The reigning SEC Tournament MVP, **Darius Miller**, is also back for his senior season. The time is now for Darius to become the consistent scoring threat Calipari believes he can be. Darius came to Kentucky in the hopes of leaving here with a ring, and this is his best chance to do it.

Add to that the third straight top-ranked recruiting class in the country. **Anthony Davis**, **Marquis Teague**, **Michael Kidd-Gilchrist** and **Kyle Wiltjer** came to Lexington having already formed a strong bond with each other.

Jones is a pre-season first-team All-American and is expected to be in the conversation for national player of the year.

Davis is a shooting guard in a 6'10" body. He runs the floor as well as anybody and is a threat to lead the nation in blocked shots. Teague may have the toughest role on the team, filling the shoes of John Wall and Brandon Knight before him. He's got the keys to the

Rolls Royce. Teague is a tough-nosed point guard who isn't like Wall or Knight. Calipari calls him a bulldog on both the offensive and defensive ends of the floor. If Teague figures out how to control the pace of the game, the sky is the limit. Kidd-Gilchrist takes over for DeAndre Liggins as the defensive stopper, but his offensive game is much better. He plays with a level of intensity and fire that likely won't be matched by any of his teammates. Finally, Wiltjer is a guy that can shoot from the outside, or take it inside with his patented sky hook.



Doron Lamb



Anthony Davis



*Head Coach
John Calipari*

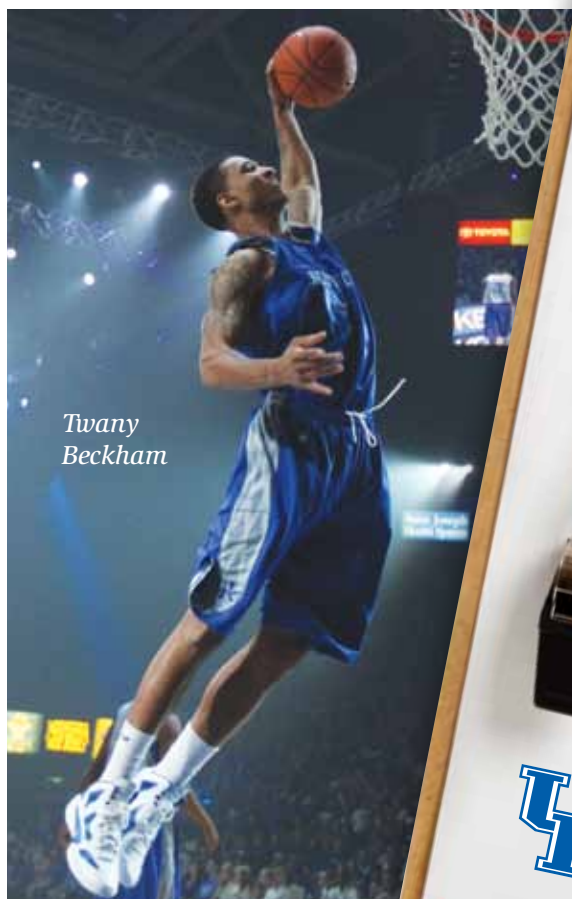
He may be the most unheralded of the freshmen, but don't sleep on him. Wiltjer can play. He was a top 20 recruit in his own right and will contribute this season.

As imposing as that sounds, that's not all. Kentucky will be deeper than ever under Coach Cal. Senior **Eloy Vargas** got some valuable work in this summer with the Domini-

can National team and Calipari has been wowed by the change in him. Walk-on transfer **Twany Beckham** will be eligible to play in the second semester. A walk-on for the Cats, who started at times last season for Mississippi State. He will bring depth.



Michael Kidd-Gilchrist



Twany Beckham

The Cats will be challenged early and often. Calipari likes to say that UK is everyone's Super Bowl. There will be two Super Bowls at Rupp. Both North Carolina and Louisville come to Lexington this season. The Cats will also face the likes of Kansas and



Eloy Vargas

KENTUCKY MEN'S BASKETBALL 2011-12 Schedule

Date	Opponent	Time
Oct. 26	(Wed) BLUE-WHITE SCRIMMAGE	7:00 p.m.
Nov. 2	(Wed) TRANSYLVANIA [EXH.]	7:00 p.m.
Nov. 7	(Mon) MOREHOUSE [EXH.] #	7:00 p.m.
Nov. 11	(Fri) ¹ MARIST #	7:00 p.m.
Nov. 15	(Tue) ² vs. Kansas	9:00 p.m.
Nov. 19	(Sat) ³ vs. Penn State	Noon
Nov. 20	(Sun) ³ vs. Old Dominion/S. Florida	Noon
Nov. 23	(Wed) ¹ RADFORD #	7:00 p.m.
Nov. 26	(Sat) ⁴ PORTLAND #	7:00 p.m.
Dec. 1	(Thurs) ⁴ ST. JOHN'S	7:30 p.m.
Dec. 3	(Sat) NORTH CAROLINA	Noon
Dec. 10	(Sat) at Indiana	5:15 p.m.
Dec. 17	(Sat) TENN-CHATTANOOGA	8:00 p.m.
Dec. 20	(Tue) SAMFORD	7:00 p.m.
Dec. 22	(Thurs) LOYOLA (MD)	1:00 p.m.
Dec. 28	(Wed) LAMAR	8:30 p.m.
Dec. 31	(Sat) LOUISVILLE	Noon
Jan. 3	(Tue) ⁵ vs. Arkansas-Little Rock #	7:00 p.m.
Jan. 7	(Sat) SOUTH CAROLINA	4:00 p.m.
Jan. 11	(Wed) at Auburn	Noon
Jan. 14	(Sat) at Tennessee	9:00 p.m.
Jan. 17	(Tue) ARKANSAS	4:00 p.m.
Jan. 21	(Sat) ALABAMA	Noon
Jan. 24	(Tue) at Georgia	9:00 p.m.
Jan. 28	(Sat) at LSU	Noon
Jan. 31	(Tue) TENNESSEE	9:00 p.m.
Feb. 4	(Sat) at South Carolina	4:00 p.m.
Feb. 7	(Tue) FLORIDA	7:00 p.m.
Feb. 11	(Sat) at Vanderbilt	6:00 p.m.
Feb. 18	(Sat) OLE MISS	7:00 p.m.
Feb. 21	(Tue) at Mississippi State	9:00 p.m.
Feb. 25	(Sat) VANDERBILT	4:00 p.m.
Mar. 1	(Thurs) GEORGIA	9:00 p.m.
Mar. 4	(Sun) at Florida	Noon
Mar. 8-11	(Th-Su) SEC Tournament	Noon
	Check local listings / All times Eastern	TBA

Game delayed on the UK IMG Sports Network
 • SEC Game
 1 Basketball Hall of Fame Tip-Off Tournament (Rupp Arena, Lexington, Ky.)
 2 State Farm Champions Classic (Madison Square Garden, New York, N.Y.)
 3 Basketball Hall of Fame Tip-Off Tournament (Mohegan Sun Arena, Uncasville, Conn.)
 4 Big East/SEC Challenge (Rupp Arena, Lexington, Ky.)
 5 Freedom Hall, Louisville, Ky.

Marquis
Teague



St. John's in the preseason. When SEC play starts, it doesn't get much easier. Add Vandy and Florida to Kentucky, and you have three teams in the SEC East that are top ten caliber. Alabama and Mississippi State are expected to compete for the top of the West division.

The SEC Tournament is in New Orleans this season, also the site of the Final Four. Kentucky is favored to win its 45th conference title, its 28th SEC Tournament title and its 15th Final Four. But, of course, the only number that matters to Calipari, the players or the fans, is the number eight.

The theme for this season, as Calipari has illustrated over and over, is the Kentucky

special. It's the right mix of players and mindsets. They all seem to be here for one reason and they play like it. They practice like it. They have that swagger. Get excited, because this could be the year. ●

Effect. You'll find the number eight right in the middle of those words. It stands for the eighth national title.

John Calipari raised the bar when he came to UK in 2009. In his third season, that bar takes a jump. National championship is the goal. The Cats can expect to lose five or six guys to the NBA after this season and while there's always going to be good players coming in behind them, this year feels different. It feels special.

Kyle
Wiltjer



Mary Jo Perino is a sports anchor for WLEX-TV in Lexington. She can be reached at editorial@lanereport.com.

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Three Chimneys Farm located in Midway, Ky.

Editor's Note Case Clay, 37, is the president of Three Chimneys, one of Kentucky's most successful Thoroughbred farms, located in Midway.

In a recent interview with BG publisher Ed Lane, Clay discussed how the decision for him to become the president of Three Chimneys Farm was made by his family.

Going Into

Ed Lane How long has Three Chimneys Farm been in business?

Case Clay Next year will be Three Chimneys 40th anniversary. The farm started in 1972; my mother and father (Blyth and Robert Clay) started a small boarding operation, 100 acres and a barn. The farm had its first consignment in the late 1970's. The first horse Three Chimneys sold was a grade one winner. In 1984, the farm got into the stallion business and ever since,



Three Chimneys has been in the boarding, stallion and consignment business.

EL Can you describe some of the stallions managed by Three Chimneys?

CC In 1984, Three Chimneys' first stallion was Slew O' Gold. My father built a six-stall barn down behind the office. Meanwhile, Spendthrift Farm fell on hard times and went under. Karen and Mickey Taylor (Slew O' Gold

co-owners) also owned Seattle Slew and they moved him from Spendthrift to our farm. We managed Seattle Slew for 18 years and that really put our farm on the map. Right now our most exciting stallion is Dynaformer, who

Case Clay discusses his transition to the top management position at Three Chimneys Farm.

retired from racing at a stud fee of \$3,500 per breeding and now he's \$150,000 per breeding. Dynaformer is the sire of Barbaro, who won the Kentucky Derby in 2006.

The farm's most exciting, but yet unproven, stallion is Big Brown who won the Kentucky Derby in 2008. His oldest off-spring are just yearlings, so they will run next year.

EL How well did Three Chimneys fare at the Keeneland September Yearling Sale?

CC The farm had a great sale. We had about 150 horses entered in the sale and sold just over 100. Three Chimneys was a top five consignor and that wasn't just with one big horse sale. Our top horse was \$725,000. To be a top five farm without selling a million dollar horse just shows that all the way throughout sales were strong for us. Three Chimneys achieved \$8.5 million in gross sales at the Keeneland sale this year.

EL You had to make a decision at some point to come back and manage the family business. How did you decide what to do?

CC My sister Heather and I came home for Christmas in 1999. We were having breakfast and my dad and he said, "If you guys want to be involved in this business that's great, but if you don't, I would like to know because when I get old I have two choices, either have an employee stock ownership plan or I need to sell the farm." My sister and I had no idea what we wanted to do. I had this notion that I didn't want to have something handed over to me, but the more we talked



about it that year, the more I thought this was an interesting challenge. Our family came down to Lexington for Easter and on our drive back to Chicago I asked my wife Lorin, “You would never want to live in Kentucky?” She was born in Chicago and I thought she’d say, “No way,” and we would still be living in Chicago right now. But she said, “Yes, I’d live there,” and by coincidence her aunt and uncle live in Lexington. So I called my dad and told him I was in. Together, we developed a plan of trying to get me into the Irish National Stud Program in Kildare, Ireland, to go to work for Arrowfield Stud in Scone NSW, Australia, and then come back to Three Chimneys.

EL Did you seek any outside support to help in the transition?

CC Our family went to a great program

sional came in and said things like, “Case is going to be running the farm, what do you think of that?” That helped us talk about things that are not comfortable to talk about; it was very helpful. One thing that was also good for the family was bringing somebody in totally separate from the farm to help us with the difficult conversations involved with operating a family business.

EL Your family has put a lot of energy into building the farm from 100 acres to more than 2,000, creating a reputation that is highly regarded in the industry, and establishing a financial track record that is exceptional. What are the benefits of being a second generation manager of a family business?

were with Three Chimneys Farm. Nobody knew what that was. So our sales team and I now have the advantage of a strong brand name. We definitely have a leg up, without question. It was more difficult for my dad and Dan to build the farm and its reputation than it will be for me to maintain and build upon it. But the stallions dictate the success and longevity of the farm.

EL With whom do you confer regarding operation of the farm?

CC My personal board of directors would be my parents and my wife, Lorin. I also have close trusted advisors/friends that I can

the Family Business

at Harvard Business School called “Families in Business.” It was a one-week program and everybody went, including my wife and sister, because everybody is involved in the business even though they don’t clock in everyday. My wife has an important role in this business, she advises me.

Going back to my parents. There was an interesting thing that Harvard told us. There is a point and time in a family business where the next generation thinks they can step in and run the business, but sometimes they are not ready yet. Then there’s also a time when the older generation thinks, the business needs me here – but oftentimes it no longer does. That insight was very helpful to my father and me. We’ve bumped up against issues, but we knew they were going to be there. I’m very thankful to my dad; and he’s playing a lot more golf now. My parents spend their winters in Florida. I have friends in other family businesses where that’s not the case. We’ve been lucky.

EL Would you say the management transition has gone pretty smoothly?

CC It has. The family business profes-



CC It is a lot easier. When my dad and Dan Rosenberg (former president of Three Chimneys Farm who built the farm and ran it for 29 years) started making phone calls more than three decades ago, they introduced themselves to potential customers and said they

call anytime. One of them is Dan Rosenberg. During the first couple of years of running the farm, I talked to Dan about every day, and would call and say, “Dan what do I do now?” Now we talk more on a personal level.

EL What has been the most and least satisfying aspects of operating the farm since you have become president?

CC The least satisfying part of running a family business is when family members are involved, emotions can get tied into business decisions. With family businesses, difficult conversations are inevitable, but it is usually best for the business to keep the family conversations out of the office setting and vice versa, and let the business decisions be made by sound thinking about what is best for the business.

The most satisfying part of running a family business is seeing the trust that our family has in each other spread throughout the entire team. It sounds cheesy, but it’s true. We trust each other, which is not what I saw when I worked for a “big six” (accounting) firm in Chicago. It’s nice to not have to worry about that every day. ●

featured couple

by Meredith Lane

Corey Jones Photography

Brad Kerrick & Nicole Pence

Brad Kerrick, 27, and Nicole Pence, 27, are a fun-loving couple who are headed to the altar September 2012. The pair both were born in Indiana but met while living in Lexington. They share many other similarities as well, including a continual pursuit of higher education, commitment to giving back to the community and experience working in the media – she as a news anchor and reporter at LEX18 News, and he as the co-founder of *The Bourbon Review* magazine.

Nicole's hometown: Columbus, Ind.

Brad's hometown: After being born in Newcastle and living in Fort Wayne, Ind., my family moved to Lexington, Ky. Coincidentally, Nicole and I attended the same Catholic church in Fort Wayne.

Nicole's college career:

I graduated cum laude from DePauw University in Indiana with a double major in communication arts and sciences and in Spanish, and a minor in political science. I interned at The Fox News Network in Washington, D.C. I was the recruitment chair for my sorority, Pi Beta Phi, was awarded Greek Woman of the Year during graduation, and studied abroad in Spain and Italy.

I am currently working on earning my graduate degree in public affairs at Indiana University. It's been a challenging road, as I have to complete classes both online and on

campus at the University of Kentucky's Martin School to finish my 48-credit-hour degree. I am very committed to higher education because having a graduate degree will be beneficial for my future.

Brad's college career:

I attended the University of Kentucky with a degree in political science. I was a member of Delta Tau Delta fraternity. I, too, studied abroad in Italy.

I am currently working on achieving my graduate degree in business administration at UK's Gatton College of Business and Economics. The program is an accelerated 11-month MBA program

that demands at least 30 hours of in-class work a week. After starting two small businesses, I realized the importance of higher education. I know getting my MBA will help me become a better entrepreneur. Every day I see the connections and value between my graduate classes and my professional work.

Nicole's favorite things about the Bluegrass:

I love the regality of the Bluegrass: the horses, the farms, the food and the Bourbon! It all seems so magical. I enjoy Keeneland and the quaintness of the smaller towns.

Brad's favorite things about the Bluegrass:

My favorite days in the Bluegrass are centered on Kentucky sports and Bourbon. I strategically proposed to Nicole the morning of a Kentucky football game – that way my lovely “Hoosier” bride-to-be would have to participate in a real UK tailgate!

Nicole's version of “the one!”:

I knew Brad was “the one” after a few months of dating. Brad is a perfect complement to me and, more importantly, an incredibly caring and talented person. I never thought I would find my husband in Lexington, Ky. I assumed I would work here for a few years and move on to the next market for my television career. I am truly blessed to have found the man of dreams – even if he is a UK sports fanatic, drives a truck and sips a little Bourbon now and again. This Hoosier gal is marrying the quintessential Kentucky man.

Brad's version of “the one!”:

Our first date was just before Valentine's Day. I didn't want to seem too forward, but I couldn't ignore the holiday. So after just a handful of phone conversations and a few



While working at WLEX, Pence has covered a wide-range of stories, including the Kentucky Derby.

lunches (since she goes to bed at 7 p.m.), I found myself dialing a florist and ordering flowers to be delivered to the newsroom. I couldn't decide what the card should say, so I simply wrote, "Excited to see you this weekend!" Looking back, I realize that I must have known she was very special very early on because I had never sent flowers to any woman. Nicole is the most unique woman I've ever met; she has a very strong personality but is still the most caring person I know. I'm very excited to spend the rest of my life with her.

Nicole's career:

I currently work for LEX18 News as the co-anchor of "LEX18 News at Sunrise," Kentucky's number one-rated morning show. I joined the news team in August 2008 as a general assignment reporter. After a few months, I was promoted to the LEX18 Sunrise Team as the morning show's only news reporter.

In March 2010, I moved to the co-anchor spot of "LEX18 News at Sunrise." My mentor and friend, Dia Davidson, was the main anchor of the show for nearly a decade. With the arrival of her daughter and my inclusion to the show, I believe it was a combination of my dedication to journalism and perfect timing that landed me the main anchor spot at a young age. I am very dedicated to my job and challenge myself everyday to be a better journalist.

I've been blessed to be nominated for an Emmy for my journalistic work in the nation's capital with my fellow co-workers. In 2011, I was also nominated by the Kentucky Associated Press as Best Anchor.

I am a very goal-oriented person. However, I am equally a family-oriented person. During my job search, it was very important to me to be no more than five hours from my hometown. I chose Lexington at first, simply because it was a great television market that was very close to my family.

Brad's career:

The concept for *The Bourbon Review* was truly organic. Created in spring 2008, my three business partners (Justin Thompson,

Seth Thompson and Bobby Kenney Eidson) and I wanted to create a magazine that showcases the uniqueness of the Bourbon lifestyle, while cross-marketing Kentucky's Bourbon distilleries. While we still all have a hand in every aspect of the magazine, our company has grown into a business that promotes and celebrates the success of the industry. I often find myself hosting Bourbon tastings and introducing others to one of Kentucky's most historic industries.

The success of the magazine and its merchandise extension, Bourbon Outfitters, happened due to our persistence. The four of us are passionate about sharing the interesting world of Bourbon with others. The Bourbon Review has subscribers in all 50 states and more than a dozen countries across the world.

In the community:

Brad and Nicole regularly participate in giving back to the community. Nicole often serves as the host for non-profit fundraising events, including the Susan G. Komen Pink Tie Gala and Martin Luther King Unity Breakfast. Through *The Bourbon Review* and The Fayette Alliance, Brad helped plan and organize the Town Branch Clean-Up, now in its second year of cleaning pollution and invasive plant species from the Town Branch of Elkhorn Creek in downtown Lexington. The couple also took part in the first local Surgery on Sunday "Dancing With the Stars" charity event, which raised nearly \$40,000 for outpatient surgical services to families who don't have health insurance and aren't eligible for government assistance. They won first place for their dance routines.

Nicole's advice to young professionals:

I cannot stress enough the importance of being professional. My father often reminds me to work on my craft and personal life with



The couple won first place for their dance routines during the first local Surgery on Sunday "Dancing With the Stars" charity event, which raised money for outpatient surgical services to qualifying families.

a professional mindset. No matter what age you are, you can be a professional, and it is often more impressive when a younger person commits to being a professional.

To keep focused, I use a quote: "The man on top of the mountain didn't just fall there." It is honest: There are no shortcuts to achieving success. It takes a lot of work, and often what you are doing on your personal time to get yourself to a better professional position can mean you are missing out on social time with friends. I have never been one who is concerned about my social image. I believe it is best to push yourself to achieve more and know that to achieve success there will be sacrifices before getting to the top of that mountain.

Brad's advice to young professionals:

My advice to young professionals focuses on dedication – establish goals, and never stop striving toward those goals. However, I think it is very important for our generation and those following us to understand accomplishing our goals and dreams will require a lot of hard work and persistence. We live in a vastly different world than we did 10 years ago, and we cannot take anything for granted. Rather, be disciplined and realize that everything worth doing comes with a price, and continual perseverance will pay off in the end. ●



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

Bahamas Vision



Staff photo

Another of Kentucky's sultry summers has passed by and just as quickly as complaints about the unrelenting humidity have vanished, another mantra has emerged - one to do with chills, frost and clouds shad-

Upon arrival at Freeport, you'll be greeted with a jolt of warmth - from the people and the weather.

ing the scant sunshine allowed by shortened days.

If you suffer from seasonal affective disorder (appropriately shortened to S.A.D.), workweek weariness or general wanderlust, a quick trip to Freeport, Grand Bahama Island might do you a bit of good, and now it's easy,

affordable and quick to get there with a direct flight from Louisville's (SDF) airport. Vision Airlines began the nonstop service November 3 with flights on Thursdays and Sundays.

The flight is pleasantly quick - especially if you're a seasoned traveler familiar with the many hassles of stopovers, plane changes, connecting flights and layovers - and is hastened by a fun and friendly crew. Tickets are also affordable on various dates researched throughout the coming season, but you will have to shell out some cash (\$20 per bag) to check your bags, so pack light. Also, remember that this is an international trip, so be sure to bring your passport.

Upon arrival at Freeport, you'll be greet-

ed with a jolt of warmth - from the people and the weather (average temperatures through the winter are 70-80 degrees), as well as a relaxed atmosphere perfect for a laid back time with friends, family, a special person or simply yourself. This is not your college spring break destination. Freeport boasts a cache of resorts that range in price and are built to lighten loads of responsibility - if only for a few days at a time.

The Grand Lucayan is a perfect example of Grand Bahama's vibe, with a beautiful manor house acting as the lobby and leading out to manicured outdoor spaces (complete with life-sized chess board for the cerebral types, or fans of Alice in Wonderland) lining pools that dot the premises (there are separate pools for both the playful and the peaceful types) and lead out to a white-sand beachfront lapped upon by waves of deep blue Caribbean waters that maintain a pleasant temperature



Staff photo

year-round. The resort offers comprehensive spa services, a well-equipped fitness room (if you must), several restaurant options and comfortable accommodations that are available on various levels from a modest guest room to a presidential guest house. There is

also a large conference area including several ballrooms – in case you want to mix business with pleasure, and lots of outdoor vignettes begging for a destination wedding scene – in case, well, you know.

Venturing away from your hotel of choice provides you with activities including an outdoor market, fishing charters, dolphin encounters and more, but consider asking the locals about what's happening in the music scene. The Bahamas offer a unique sound that is lively and spicy and not to be missed.

Once you've concluded your stay in Freeport, there's one more bit of good news: international customs is conducted at the Freeport Airport so you arrive in Louisville hassle-free and ready to head home. It's a perfectly peaceful (and well-priced) long weekend. ●

Staffphoto



The Grand Lucayan is an ideal Bahamian setting for both work and pleasure.

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Staff photos

LYPA Rising Stars 2011

For the last decade, the Lexington Young Professional Association (LYPA) has been recognizing young people across the Bluegrass Region through its Rising Stars Program for their achievements both professionally and within their communities.

This year, the awards program, which took place Sept. 21 in the Malone's Banquet Room, showcased the involvement and dedication of eight individuals with a wide spectrum of careers and talents. From insurance and real estate agents, to marketing executives and bankers, the honorees each exemplified a unique palate of interests and strengths.

"We had an incredible quality of candidates in this year's group of Rising Star's nominees, and the selection process was very competitive," said LYPA president Amy Walker. "The 2011 group of winners truly illustrates a group of young people in Lexington who are dedicated to this community's future."

Rising Star nominations were received in August by a variety of companies across the Bluegrass, and a panel from Commerce Lexington judged the nominees based on their professional achievements, philanthropic activities and dedication to the future of Lexington.

This year's Rising Stars are as follows:

Micah Campbell of Kentucky Farm Bureau Insurance has a variety of community involvement on his resume, as well as awards for his professional accomplishments. His recognitions include the National Multiline Sales Award and the title of Kentucky Farm Bureau Sophomore of the Year.

Campbell's leadership roles include being vice president of Leadership Lexington Alumni Association, membership chair of Mortgage Bankers Association of the Bluegrass, and a member of Bluegrass Trust for Historic Preservation, Bluegrass Conservancy and Commerce Lexington Ambassadors Program.

Grant Mills of Fortune Hi-Tech Marketing has held several leadership roles within his community. He is vice chairman of the Fayette County Young Republicans, vice president of the Lexington Charity Club and a member of Rotoract.

Mills further gives back to his community through his role as a board member of Wrap Up America, Autism REACH and TOPS Soccer.

The 2011 LYPA Rising Stars Winners (from left to right): Stephanie Spires, Margaret Ridley, Kimberly Trammell, Grant Mills, Danielle Sullivan, Laci Poulter and Meredith Lane. (Not pictured: Micah Campbell)

He is additionally a volunteer with the Lexington Rescue Mission, Lexington Dream Factory and Best Buddies of Kentucky.

Laci Poulter of Alltech is heavily involved with the Junior League of Lexington. She received the 2009 Rising Star Award from the organization, is a 2011 board member of the Junior League Holly Day Market and has been involved with the organization's 2010-2011 Community Education & Research Grant Review Committee.

Poulter's other leadership and community roles include being a 2010 Board Member of the Bodley-Bullock House, and she currently serves as a volunteer for Hospice of the Bluegrass.

In terms of professional achievements, Poulter is the Consumer Communications Manager at Alltech and also has had her writing published in a variety of trade journals and magazines. She has received seven ADDY Awards from 2008-2011. Additionally, in 2008, she received the Adscore Advertising Excellence Award Winner.



LYPA board members (from left to right) Amy Walker, Lindsey Jones, Patrick Keal, Brittney Edwards and Kim Boblitt.

Margaret Ridley of the Bluegrass Area Development District has fulfilled many leadership positions within her community. She is president and a founding member of Ronald McDonald House Red Shoe Society. Also, Ridley is a board member of the Lexington Public Library Foundation Young Professionals Committee, Makers Mark Secretariat Center and Eastern Kentucky University Master of Public Administration Advisory Committee.

Ridley is additionally a member of the U.S. Tennis Association and a graduate of the United Way "Get on Board Program."

Stephanie Spires, owner of Limelight Promotions, has served in a number of leadership roles over the years. The former executive director of Bluegrass Tennis Association and Makenna Foundation, Spires is currently a member of the Rotary Club, Association of Fundraising Professional and the Junior League of Lexington.

She additionally serves on the board of trustees for the Lexington Public Library and is an elder of Second Presbyterian Church. Spires' life experiences have been further enriched by being a foster parent to three children.

Danielle Sullivan of Fifth Third Bank has received multiple rewards for her diligent work ethic and professional leadership qualities. She was named the 2009 Financial Center Manager of the Year for Fifth Third Bank Central Kentucky and was given the bank's Modeling the Way Leadership Award and Encouraging the Heart Leadership Award.

Within her community, Sullivan oversees the American Cancer Society and March of Dimes campaigns and is a team leader for Bank non-profit events.

Kimberly Trammell of Frontier Nursing University gives back to her community by volunteering with such organizations as Girl Scouts, Bethel Harvest Church and Athens-Chilesburg Elementary, where she assists students with reading.

Trammell additionally oversees Frontier Nursing's PRIDE Diversity and Retention

Program, is a member of the Lexington-Fayette County Health Equity Network and a co-researcher on the study "Implementing Legislative Mandates: Kentucky's Remediation."

Meredith Lane is the executive editor of *BG Magazine* and a full-service Realtor with Milestone Realty Consultants. She has made significant contributions to the community through her involvement with the Junior League of Lexington, and her work on the Leukemia and Lymphoma Society's Light the Night Walk board, as well as her roles as a judge for the 2010 National Association of Women Business Owners Winners' Circle Awards and a panelist for Women Leading Kentucky Roundtable Series and East Kentucky Women's Conference.

In addition to these leadership positions, Lane has excelled professionally through her publishing and real estate careers, and as a member of Young Realtors of the Bluegrass, the Lexington-Bluegrass Association of Realtors Million Dollar Club the 2011-2012 Leadership Lexington class.

When asked what kinds of traits are most important when considering Rising Stars candidates, Walker said, "Our Rising Stars exemplify a commitment to making Lexington a great place to live, work and play--and their professional and extracurricular activities support those efforts.

"Each year, we see established business leaders nominating young people that they work alongside each day, and we see companies nominating their young employees for their achievements," she added. "It is an incredible opportunity for a young person to be recognized by their corporate community in this way, and something that I hope our Rising Stars each year take great pride in." ●



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

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

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LEXINGTON YOUNG PROFESSIONALS ASSOCIATION

election update

by Ryan Alessi

Sure, the headlines from the Nov. 8 election were about Democratic Gov. Steve Beshear winning a second term in grand fashion. He vanquished Republican challenger and his frequent nemesis from the state Senate, David Williams, by more than 20 points.

But that was largely an anticlimactic race that was over before it started. And it yielded little excitement – both in the campaign and in the implications for Kentucky's immediate future.

Instead, perhaps the most interesting subplot coming out of the election was the glimpse into the future that it offered with the election of four Gen X'ers, including three who were born in the 1970s.

Attorney General Jack Conway, 42, was re-elected to return to Frankfort as the elder statesman of the Gen X crew.

New Agriculture Commissioner James Comer – the lone Republican to win statewide office – is 39.

And Democrats Adam Edelen, the new state auditor, and Alison Lundergan Grimes, the new secretary of state, turned 37 and 33, respectively, within three weeks of the election.

Young New Faces Elected in Frankfort

For those candidates and for younger Kentuckians who tend to look at state government as a place populated by people with gray hair, their election is more than just a piece of trivia.

"Our victory tonight gives rise to a new generation of leadership," Comer said during his victory speech.

It remains to be seen how exactly that youthful exuberance will manifest itself among the bureaucracy of Frankfort. Or how it will brighten the Capitol's halls that have borne witness to more partisan bickering than grand compromises in recent years.

But these elected representatives of the MTV generation are at least entering their new gigs with bold declarations of optimism.

"The people who always described us as the 'slacker' generation, well we've proven them

wrong,"

Edelen said. "And we've come to Frankfort to help change it."

Edelen said the common experiences of 30-somethings typically mean that loyalty to one's party is less important than solving problems.

"Members of our generation, we tend to be more skeptical of ideology. We tend to be skeptical of the way things have always been done," he said. "I think what you ought to look for from all four of us, maybe in uniquely different ways in our area, is less interest in

partisanship, more interested in results, more interest in working together."

Doing so won't be easy. Kentucky's political graveyard is littered with the withered careers of bright-eyed candidates who pledged to change the culture of Frankfort.

Edelen probably has the toughest task of the four Gen X'ers, and, thus, offers the clearest case study. As auditor of public accounts, he will be the watchdog for public money and will be expected to crack down on any improper spending by officials, including potentially some of Edelen's fellow Democrats. He also follows Crit Luallen, whose record over the last eight years as auditor is the gold standard for that post.

As important as it is for that influx of youth into state government, the most power over the direction of the state still remains in



Alison Lundergan Grimes
Secretary of State



Jack Conway
Attorney General



James Comer
Agriculture Commissioner



Adam Edelen
State Auditor

older, more experienced hands.

Beshear will return for a second four-year term at the helm of the commonwealth that financially is in much the same shape as it was when he first took office in December 2007. He will have few spare state resources to create new programs, such as his pitch to provide public funding to help poor parents send their children to pre-school.

Instead, the governor and the legislature must wrestle over how best to shore up existing programs that are hemorrhaging state revenue, such as the state retirement system for public employees.

Beshear, 67, ran his campaign mostly on his stewardship over the last four years. He talked little about his agenda for the next four. But he did confirm he plans to try again to convince the legislature to approve an expanded gambling measure.

He is expected to meet with his fellow elder statesmen, including Democratic House Speaker Greg Stumbo, 60, to chart a course of action on gambling in the coming weeks. Passing a constitutional amendment to allow expanded gambling – not to mention agreeing to another two-year state budget – will require a massive dose of bipartisanship between the Democratic governor, Democratic House and Republican-led state Senate that will still have Williams at the helm.

But who knows, they might be able to learn something from the new kids in town. ●



Ryan Alessi is host and managing editor of *Pure Politics*, which airs weeknights on *Insight Communications' cn2* at 7 p.m. Eastern and again at 11:30 p.m. Eastern. His work can also be seen online at mycn2.com.

winter wines

by Gary Doernberg

Winter Wines

Suddenly the days are shorter, colder and there's never enough time. Some easy wine reminders can minimize some of the stress and free you up to worry about other matters like whether or not Greece will default and how far Coach Cal can take the Cats.

Rich Reds

If you have the fortune to be invited to a friend's house for a dinner or a party, you may want to take a hostess or house gift. You'll be on firm ground selecting a **Pinot Noir** as your peace offering. They're quite versatile with lots of foods we eat this time of year. The best California vineyards are Russian River Valley and Carneros. Additionally, Oregon is considered by many as the premier site for **Pinot Noir**. You could also consider an Argentine

with beef. It's just a great cold weather choice, in general. .

If you are planning a quiet or romantic moment, consider **Port**. Be aware that it's higher alcohol, as it's a red wine spiked with brandy – obviously meant to fend off the cold. It's rich and somewhat sweet with a long warm finish. Look for producers like Fonseca Bin 27 or Cockburn 10 year tawny.

Winter Whites

Holiday meal whites shake out a little differently. I think the light, crisp whites like **Pinot Grigio** and **Sauvignon Blanc** are excellent as cocktails and with appetizers, but they may lack the richness to carry holiday fare. This is when a chardonnay can be at its best. Look for those with some oak aging or barrel fermentation. If it is well made, the oak

Malbec. It's sort of a spicy cabernet, dark and rich, and a very good choice to serve

will enhance, not dominate the flavor. T For something different, try an Alsatian **Gewurztraminer**. They are drier than their domestic counterparts, with a flavor, spice and charm that is unique. They really work with the myriad of flavors at a holiday meal.

If you're still lost on the best bottle to buy this holiday, come visit me at my shop, Corner Wine. ●



Gary Doernberg is the owner of Corner Wine, located on the corner of Euclid and High Streets in Lexington. cornerwinelexington.com



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Eat Like a Caveman

The **Paleo diet** brings consumers back to the basics

“Paleolithic Diet” passed “vegan diet” as a Google search term that last year, said Robb Wolf, author of *“The Paleo Solution: The Original Human Diet.”*

The Paleo lifestyle, made popular most recently by Wolf’s book and Dr. Loren Cordain’s “The Paleo Diet,” simply brings people back to the eating habits of our “original human” hunter-gatherer ancestors since human ge-

netic composition has not fundamentally changed since then.

The Paleo diet considers physiological dysfunctions caused by an agriculturally-based modern diet high in processed foods,

grains and refined sugars. Its solution is that a simple diet high in animal protein, vegetables, fruit and healthy fats can cure a myriad of health problems, prevent disease and improve performance. Additionally, Paleo lifestyle followers try to move more, sleep more and reduce stress.

Lives literally have been saved on the Paleo plan, Wolf said for people with no serious health risks or weight to lose, eating like our ancestors can mean getting stronger, leaner and preventing future disease.

Paleo is not a fad diet, said Kelli Cramer, a coach and trainer at Crossfit Maximus in Lexington with a master’s degree in health promotion from University of Kentucky. The Paleo diet or lifestyle, is she said “eating the way we were created to eat.”

“It’s been around since the earth was created,” Cramer said. “Everyone is designed to eat natural foods. The other stuff might taste great, but it causes so many complications in

our bodies.”

She and Wolf agree that their lives have significantly improved living the Paleo lifestyle.

But Heather Kiser, a clinical dietitian at the Lexington VA Medical Center, said while the Paleo diet is fabulous for encouraging people to eat more naturally, there is cause for concern since the diet cuts out entire food groups, like grains, dairy, and beans and legumes.

“Lots of research shows health benefits when your diet is rich in these foods,” Kiser said. “You can safely follow the Paleo Diet without these foods, but I would suggest calcium and vitamin D supplementation, and consuming a wide variety of fruits and vegetables.”

The diet is meant to be a lifestyle, she said, adding that she encourages all things in moderation, variety and portion control.

“If you are following the Paleo Diet, exercising regularly, eating a variety of vegetables and fruit, not eating too much saturated fat, supplementing your diet with vitamin D and calcium when needed and there are no looming medical issues, then I would say yes, this diet is good,” Kiser said. “If you have any medical issues that should be addressed... then I’d say this diet is a poor choice for good health. I am concerned when there are high amounts of saturated fat in someone’s diet.”

The Paleo diet encourages eating local, organic, grass-fed meat sources — mirroring protein sources of early humans. The lack of dairy and legumes and the focus on food quality are the main things that set Paleo apart from the comparable low-carbohydrate Atkins diet, Wolf said. And though Robert Atkins was a little early to the party and was often vilified for his suggestions, the science proves he was correct, Wolf said.

Paleo and Atkins diets could not be more

adamantly opposed to vegetarian and vegan diets. Wolf was previously a vegan and said he was “super sick, lost a ton of muscle and was generally a mess.”

Cramer switched from vegetarian to Paleo three years ago after upping her training at Crossfit and consequently getting injured more often from a lack of good protein sources, she said.

“As soon as I started adding quality animal protein back into my diet, I felt much stronger,” she said. “My workouts and recovery started to feel completely different. Now, I eat so that I can train and work out hard, knowing that I will be helping my body rebuild muscle by eating a good quality source of natural protein. To me, my body knows how to break natural foods down easily. It’s the man-made processed junk that my body says, ‘I don’t know how to break this down, so I’m going to store this for later when I can figure it out,’ i.e., fat storage.”

According to Wolf’s research and testimo-



nials, the Paleo diet is perfect for very sick people and can save their lives. It is no secret that Americans have become increasingly sicker and heavier due to sedentary lifestyles, stress and poor diets. In his book, Wolf contends grains and dairy can irritate the body,



Robb Wolf

Kelli Cramer



raise stress hormones and cause disease-inducing inflammation, while eating the original human way could help eradicate modern diseases like diabetes, heart disease and cancer.

Kiser doesn't think eating whole grain and low-fat foods is showing the collective decline of American health, which she attributes to "a decrease in movement and exercise and an increase in desk jobs and convenience foods. Our grandparents may have eaten gravy and biscuits, but they were also not lacking in exercise and they generally ate much of their food from the garden."

Wolf agrees lifestyle plays a huge role in health. Many people are getting sicker and the basic question of "why" is not answered. Doctors and nutritionists are not trained in human

evolutionary biology.

"Evolution is just not a part of medicine, physiology and biology as it applies to humans," he said. "And people are getting sicker and sicker and sicker. Human physiology is complex, but I can't imagine it being that much more complex

than the process of sending man to the moon. We don't answer it because we're refusing to look at this thing through this evolutionary biology/Paleo diet perspective."

Cramer sees it as eating the way we were created, and as a personal trainer, she sees dramatic positive changes in her clients who try it — including dropping medications.

"I love it. I can easily say I will never eat any other way just because of how easy it is," she said. She said she does have to shop more

often to get foods fresh and some of the foods are more costly. "But I don't eat nearly as much as I used to," she said. "And I'd rather invest in my health care now when it's fun, than later in life in doctors' bills and medicine."

Cramer and Wolf suggest people try the diet diligently for 30 days without "cheating." Then most people taper down to 80 or 85 percent Paleo once they realize what their "really gnarly problematic elements are," Wolf said.

But followers will not reap the benefits by going halfway, especially at first.

Planning ahead is key, and he said if you are generally so busy and stressed that you need to "ram some stuff between two pieces of bread and run out the door," then something else in your lifestyle needs to change first. ●



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

IT'S MORE THAN UGLY

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Shopping Local for the Holidays!

Just one of the great things about Lexington is that there are a ton of awesome locally owned places to shop! We could make this list 100 stores we love, but since we only have room for 10, we had to narrow it down to some of the top places to buy your holiday gifts. For those we don't mention ... we still love you, too! You can find info on these shops and tons of other great ones at localfirstlexington.com. Happy shopping!

1 Adelé A lifestyle store located on South Ashland in Chevy Chase featuring home décor, accessories and gifts. It also offers interior design and graphic design services as well as a design library open to the trade.

2 house by jsd It's a separate store, but it's connected to another great retailer on Delaware Avenue called Cowgirl Attic (check them out, too). house by jsd sells unique home décor and floral designs. Plus, it offers decorating services and will assemble custom holiday pieces based on your taste and color scheme.

3 Monkee's of Lexington With prices ranging from affordable to your big splurge of the month/year, this store, which sits between several great retail-

ers on Clay Avenue, sells women's clothing, accessories, shoes and gifts.

4 Caught Ya Lookin' Owned by the people who helped the Polo Ralph Lauren company start its brand (they made the patterns and the outerwear for almost two decades), this store on Main Street in downtown Lexington makes and sells custom baby bedding, accessories, bridesmaid gifts, purses, luggage, linens, aprons and really whatever else you can think of.

5 Bourbon Outfitters in Fayette Mall Only open during the holidays, this kiosk now in its second year sells all things Bourbon-related. This includes miniature, custom engraved barrels that you can

actually further age your Bourbon in! Find them at Oxmoor Mall in Louisville, too.


6 Two Chicks & Company Located on Southland Drive (they also have a Louisville location), this store has everything from hand-painted ceramic serving platters to gorgeous jewelry to children's clothing and even customized Derby hats. This is a great place to pick up a unique gift.

7 Peggy's Gifts You can find a cute gift for anyone on your list in this store. Located on Clay Avenue, Peggy's offers jewelry, totes, purses and accessories for your home and entertaining needs. Bonus – they will wrap your gifts in their signature polka dot paper for free.

8 Street Scene Located on Regency Road next to Coffee Times, Street Scene has all things retro from the '50s, '60s and '70s! They sell vintage clothing, furniture, jewelry, accessories and some new specialty gift items. In addition, you can pick up a pair of Tom's Shoes there also.

9 World's Apart has two locations – in Lexington Green and on High Street – and sells a wide range of children's apparel, women's clothing, gifts, home décor and more.

10 Kentucky Proud Market This awesome store located in the Lexington Convention Center offers specialty foods, beverages and handcrafted items grown and produced by Kentucky Proud and Kentucky Crafted members.

A close-up, low-angle shot of a basketball player's hand reaching upwards towards a basketball hoop. The hand is positioned in the lower left quadrant of the frame. The basketball hoop and its white net are visible in the lower left. A basketball is partially visible in the upper left corner. The background is a solid dark color.

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