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Page 20



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KET



Summer in the City ... and how to make the most of it

After a snowy, cold winter, I think we can safely say that Louisville was ready for summer ... back in December. But now, it's here. Get excited.



Ali Turner is editor of BG Magazine. She can be reached at ali@lanereport.com.

I've always said one of my favorite things about the city is the Summer Scene. While we young professionals and creatives no longer operate on the summer vacation schedule, it seems as if the longer days and warmer nights make all of us a bit more willing to stay for one more drink or, at least, "up past our bedtimes."

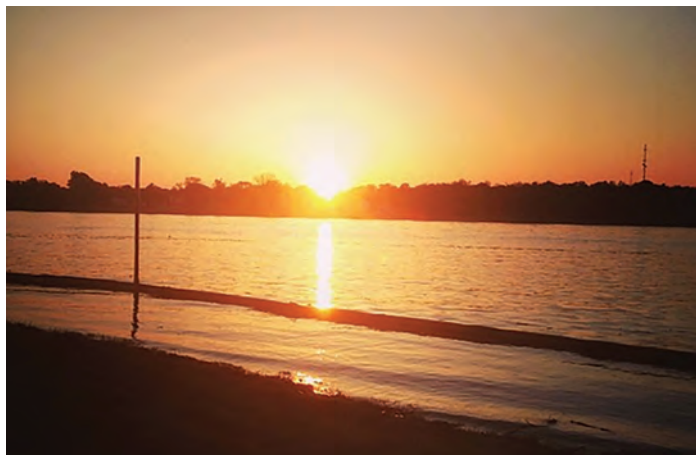
This summer, I'm sure, will be no different. Already, Louisville has announced plenty of exciting events, concerts and openings that should keep your schedule packed like never before. Yes, there's Forecastle (which this year features bands and artists including Sam Smith and the Louisville favorite My Morning

Jacket), but let me suggest you try a few other things along the way.

Looking to volunteer? Check out My Dog Eats First, an organization that provides support to the homeless population and their pets, on page 27. Looking to try a new patio-centric Sunday Funday? Stop by The Post, which is featured on page 28.

But there's so much to see and do beyond Louisville, too. Weekend road trips to nearby cities, such as Lexington, or states, like Ohio, can be a great way to escape the city without breaking your summer fun budget.

Inside this issue, you'll find plenty of spaces, places and faces to keep you entertained and informed throughout the summer. So take our advice: Try something new. After all, come



One of my favorite summertime traditions: a Sunday sunset at Captain's Quarters (No Instagram filter needed).

November, the cold weather will return, and we'll have to wait another half year to fully enjoy the summer sun.

Get out. Enjoy Louisville. Have some fun.

Ali Turner



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COVER STORY

McQuixote Books & Coffee is one of the shops responsible for helping Portland become Louisville's next "it" neighborhood.

Cover photo by Ralph Holman

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From patio sitting to trivia night, hear our favorite summer traditions that will keep you busy long past Labor Day.





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The Moth Story Slam

Everyone has a story to tell. And we love to hear them! At the **Moth Story Slam**, happening the last Tuesday of every month at Headliners, you'll hear 10 true stories from fellow audience members. Each Slam's seasonally relevant theme (themes this summer include Adventure and Delusions), draws a nearly sold-out crowd to the **Lexington Road** venue's stage. Want to tell a story of your own? You can – and could earn a spot in the **Moth Grand Slam** in December. All shows take place (unless specified) at Headliners with an \$8 admission fee. Doors open at 7 p.m., with the Slam beginning at 8 p.m. Learn more at headlinerslouisville.com/the-moth.



Do502

No plans this weekend? Leave it to **Do502** to help you find Louisville's most happening events around the city. But the group's website, Do502.com, is much more than an events calendar. Do502 uses its members and influencers (called Sluggers) to rank events based on RSVPs and the number of Sluggers who also recommend the event. So whether you're looking to find a tasty food truck, a new band, or even win some free tickets to your favorite events, Do502 is the virtual place to be in the Derby City.



Onco360 comes to Louisville

Another healthcare company will soon call Louisville its home. **Onco Med Speciality LLC** (Onco360) announced in January that it is moving its headquarters to a facility in Jeffersontown. Onco360, one of the world's fastest growing providers of oncology and hematology pharmacy services, is expected



to bring more than **150 jobs** to the city. **Onco360** currently plans to locate its headquarters on **Campus Place** in the current **PharMerica** facility. The new headquarters will allow the company to better serve a growing population of hematology and oncology patients and physicians around the country. Onco360's move is expected to happen this summer.



ZeroBus adds five more vehicles to TARC fleet

The **Transit Authority of River City** (aka TARC) has received a multimillion-dollar grant from the Federal Transportation Administration to add five more **ZeroBuses** to its fleet. Louisville's first all-electric ZeroBus began operating downtown on Jan. 12, replacing diesel-fueled trolleys. In addition to free rides, the buses provide on board Wi-Fi, making the sleek new fleet perfect for the commuting young professional. Beyond the new vehicles, the FTA grant includes funding for another on-route charging station and a solar-paneled roof on TARC's bus storage building behind Union Station. To learn more, visit ridetarc.org.

Eat Happy and Healthy

Looking to learn more about healthier eating and cooking at the new **Happy and Healthy Ways Nutrition Cooking School**, just down the road in Lexington. Whether you're looking for simple health coaching, seasonal detoxes, kids' classes or take-home meals for dinner parties, owners **Kimberly Jacobs** and **Staci Cravens** can help. Happy and Healthy ways has seven cooking stations where novice cooks can come prepare healthy, organic meals with help from the experts. To learn more, visit happyandhealthyways.com.





An elevated dining experience

Dine high up in the Louisville skyline at the city's newest elevated eatery, 8UP. Not only does 8UP boast an impressive wine and cocktail list, all of which can be enjoyed this summer on the rooftop bar, but it has a menu to match, too. Snack and dine on small plates in the bar area, or have an elegant night out in the formal restaurant with its sumptuous view of **Downtown Louisville**. Try grabbing a few friends for a **sunset happy hour**, complete with the skyline. For information or to make reservations, visit 8uplouisville.com.

#OpenCoffeeLou

The newest coffee chat on the block, **#OpenCoffeeLou** can best be described as a "regular gathering of people who love start-ups." The group meets every Monday at 8 a.m. (early risers rejoice) at the **iHub** (204 S. Floyd St.); whether you are an entrepreneur or have an interest in topics relevant to start ups, meeting goers will have an opportunity to connect with some of the newest and most established start-ups in the region. You're going to have coffee anyway. Make it a little more interesting. Learn more about #OpenCoffeeLou by visit its Facebook page (facebook.com/OpenCoffeeLou).

Beats & Eats ... Decca Style

If you haven't stopped by **Decca's Cellar Lounge** lately, you may want to pencil in a few dates this summer. Beats & Eats: Street Foods of the World, which debuted last year, pairs regional street food and music by DJ Ryan Rugger from 10:30 p.m. to 2 a.m. Mashups planned for this summer include **South of the Border & West Coast Rap** (July 24), and **'Merica & NYC Hip-Hop** (Sept. 24). So bring your appetites and dancing shoes. These will be summer nights to remember. Decca is located in **NuLu** at 812 E Market St.

Dragon boat race takes to the Ohio

Ancient legends tell of "dragon" boats used in religious ritual, ceremony and benediction to the rain gods. But in Louisville, **Dragon Boats** have become a source of friendly competition. On Sept. 12, 2015, the Louisville Dragon Boat Festival will take to the river in its annual race. Individuals can sign up in teams of 21 for the race and anyone 12 year or older is eligible to participate. New to **Dragon Boat Racing**? That's OK! Training and equipment are provided to all registered teams. Practice sessions will be held the week before the races. Interested in joining the race? Visit LouisvilleDragonBoat.com for more information or to register your team.



Frankfort River Blast

June 26th & 27th

Ribbon Cutting for Locks 1 thru 4

**Friday June 26th, 3:00 pm
At Lock 4**

Meet Us At The River In Frankfort

River View Park • 404 Wilkinson Blvd

Live Music • Food • Beer Garden

ART Market

Canoe and Kayak Rental • Paddling Contest

Boat Rides and Tours • Flotilla

Laser Show

Friday, June 26, 2015

3:00 p.m. Ribbon Cutting at Lock 4

1021 Kentucky Avenue, Frankfort, KY

7:00 p.m. Downtown Frankfort Summer Concert

Old State Capitol — Broadway Street

Saturday, June 27, 2015

Frankfort River Blast Schedule at River View Park

\$2 Admission

Proceeds Benefit Riverside Children's Play Park

8:00 a.m. Registration for Paddling Races

9:00 a.m. Paddling Races Begin

10:00 a.m. to 7:00 p.m.

ART Market • Children's Activities

11:00 a.m. to 10:00 p.m.

Food Vendors • Beer Garden

Noon to 10:00 p.m. Live Music on Stage

Noon

Flotilla Presented by the Frankfort Boat Club

1:30 to 6:00 p.m.

Games for All Ages

1:30 to 7:00 p.m. Boat Tours

Nancy Wilkinson History Pontoon

KY River Thorobred (KSU Science Boat/Lab)

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Meet Us At The River

Mellow Mushroom comes to the Highlands

Driving down **Bardstown Road**, it's clear there's a new pizza Goliath in town. The double-story **Mellow Mushroom**, which opened in February this year, is the third Louisville location for the Atlanta-based pizzeria. If you're looking for a new pizza/beer destination on Bardstown Road, Mellow Mushroom may be the place for you. With more than 50 beers on tap, many of which rotate monthly, even the most picky brew quaffer can find a perfect pairing for their pie. Be sure to check out the outdoor patio this summer at the new location (1023 Bardstown Road).



An “exclamation point” on the Louisville skyline

Louisville's **Omni Hotel & Resort** project is now underway and will be a fantastic new addition to the Louisville skyline. Construction should begin by Jan. 1, according to **Mayor Greg Fischer**, pending the relocation of the historic **Louisville Water Co.** building on the site.

The \$289 million hotel project will include 600 hotel rooms spread throughout the buildings 16 lower floors. The top 14 floors will be luxury apartments, and an 825-car parking garage will be built along Third Street.

Other amenities will include an urban marketplace, two ballroom, meeting space, a fitness center, spa, two pools, rooftop bar, coffee shop, lounge, retail space and a speakeasy with a bowling alley.

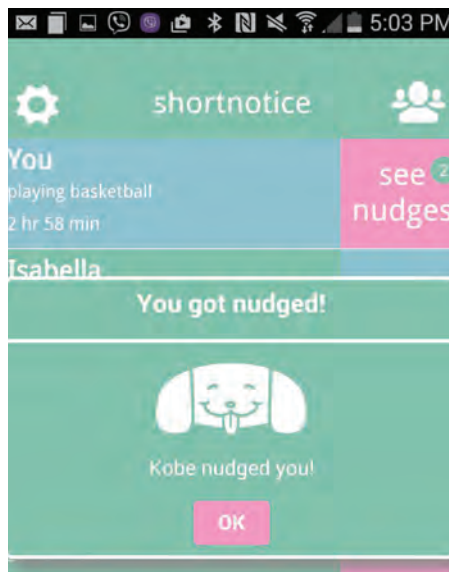


Waterfront Wednesday

It's not summer in Louisville until the music starts at the waterfront. **WFPK**-hosted **Waterfront Wednesday**, which occurs on the last Wednesday of every month, features some of the regions' (and country's) up-and-coming artists. So bring your friends, chairs, and an ear for great music and head to Waterfront Park. This year's schedule includes **Pokey Lafarge**, **Bela Fleck** and **Abigail Washburn**. Check out the full schedule at waterfrontwednesdays.wfpk.org.

GLI has a new look

For the first time in 18 years, **Greater Louisville Inc.**, the Metro Chamber of Commerce has a new branding look. The fresh simplistic logo design, which was revealed at the February GLI meeting, includes a new tagline for the Chamber: “In the business of business.” The new campaign was designed by **Doe-Anderson** and **Tandem Public Relations** and reflects the Chamber's increased focus on legislative lobbying and business relations. For more information on the **Chamber of Commerce**, visit greatlouisville.com.



Shortnotice encourages human engagement

Gone are the days of flying solo. With **Shortnotice**, a new social media app created by Louisville natives **Kush** and **Neil Nijhawan**, you put an idea out to your own social network of friends and contacts. If your friends are ‘in,’ they can simply ‘nudge’ the organizer to participate. The app, which now has several hundred active users, can help find company for a night on the town or even a quick coffee chat. Put down your phone (after you download Shortnotice, of course) and make real connections. To learn more, visit shortnoticeapp.com.



Blink Boutique fashions deal with Rodes For Her

Rodes For Her and the uber trendy **Blink Boutique** are joining forces to create a powerhouse for women's fashion in the region. As part of Rodes' recent remodel and expansion, Blink Boutique will move into the Rodes for Her location, combining fashion lines, sales associates and, most importantly, customer bases. According to Blink owner **Cara King**, joining the two businesses is a win/win for clients as Blink Boutique will now be able to not only expand their square footage, but will also offer customers alterations services. To learn more, visit rodes.com.

Louisville's craft Cream Pint Club

Craft ice cream, delivered monthly to your door? Yes, it's happening in Louisville. Members of **Louisville Cream Pint Club** receive two curated flavors of premium small-batch ice cream each month. The **L.C. Pint Club**, which debuted March 13, can also make custom flavors for customers, caters, and has online ordering. To learn more (or, better yet, to order) visit louisvillecream.com.



Aspen Creek opens on Bardstown Road

Aspen Creek Restaurant recently opened on 8000 Bardstown Rd. The family friendly space serves down-home classics like Braised Beef Pot Roast and Homestyle Meatloaf.

The Mountain Lodge décor with creek stone and rustic wood beams is a welcoming environment for any occasion. The restaurant currently has locations in Louisville (also on 302 Bullitt Lane) as well as Irving, Texas.

Visit aspencreekrestaurant.com for more information.



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Got Nia?

Looking for new life in your workout routine? Check out **Shine Studio's** latest offering: a **Nia Technique** exercise program. A blend of martial arts, yoga and dance, the Nia Technique helps connect mind, body and spirit. Nia is appropriate for people of any fitness level and requires no prior experience. Classes are offered Monday through Saturday at noon and Sunday at 11 a.m. Additional evening classes are available Monday and Tuesday at 5:45 p.m., and Thursday at 7 p.m. Classes cost \$15 each, \$65 for five classes or \$110 for 10 classes. To register, email shine@shinelouisville.com or call (502) 442-2843.

Copper & Kings goes Lock, Stock & Barrel

Copper & Kings American Brandy Co. will host its second annual **Lock, Stock & Smoking Barrels** on Friday, Oct. 30. The festival, which benefits the **Beargrass Creek Alliance**, features barrel-aged beer, cider, brandy and coffee, food, and music from 6-10 p.m. To nab tickets to the event, which takes place at the American Brandy Co.'s **Butcher-town** distillery (1121 E. Washington St.), sign up for the Copper & Kings mailing list by emailing copperandkings.com/connect.



El Mundo

A long-loved eatery on Frankfort Avenue (2345 Frankfort Avenue to be exact), **El Mundo** is stepping up its outdoor space to now include an outside bar in their patio seating area. No longer will thirsty customers have to tread inside for their libations (the Prickly Pear margarita is a favorite of many). No, now they can relax in style, covered in umbrella shade from the hot summer sun. Next time you're in the neighborhood, stop by for a drink and some delicious food. They'll have the patio stocked and food on the fire.



1985

Coca Cola cancels the introduction of “New” Coke.

2015



1985

Apple Computer fires Steve Jobs.

2015



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Ohio in 48 Hours



Few destinations can be fully experienced in a mere 48 hours, and Ohio is no different. But this will at least help you get a wonderful glimpse!

Kentucky's neighbor to the north has been the home of six United States presidents, and is the current home of the Rock and Roll Hall of Fame and the **Pro Football Hall of Fame**.

If you're heading to Ohio for a couple of days, know that you may not get to do everything

In just a few hours, you can get to Cleveland and the shores of Lake Erie. Consider visiting Ohio this spring and summer for a weekend getaway!

the Buckeye State has to offer, but with our help you'll get pretty close.

Starting off in Cincinnati (because it's close to Kentucky, right?), head to **The Northside** district and Hamilton Avenue, which has blossomed into a casually hip destination for



shopping and night life. In the morning, a good stop is **Collective Espresso**, where all caffeine dreams and biscuit wishes can come true — plus it features Kentucky-sourced granola and country ham.

If your road trip is after dark, a better first stop might be **Shake It Records**, a music store specializing in independent labels and lots of vinyl; if you can't find a title among the 40,000 they carry, the owners will track it down for you. For a bite, locals swear by **Melt**, a quirky restaurant friendly to vegans and carnivores alike.

Head back to I-75 and continue north about 50 miles to Dayton. Here, you'll find the **Dayton Aviation Heritage National Historical Park**. This National Park tells the story of the Wright



The Rock and Roll Hall of Fame is in Cleveland.

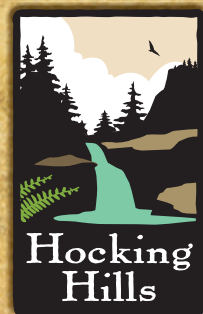


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Photo Steve Perry

The Columbus Zoo and Aquarium is where zoologist Jack Hanna is director emeritus.



Cedar Point has ample rollercoasters.

brothers, Orville and Wilbur, who pioneered modern day aviation, as well as Paul Laurence Dunbar, an acclaimed African American poet.

When you've landed from your historical high, head about three miles southeast to **Dewey's Pizza**. Inside you'll be treated to local, gourmet pizza with a "fanatical" following,

according to the Dayton Business Journal.

Then head east on I-70 about 80 miles to Columbus, the state capital and largest city with nearly 822,000 residents. On the north side of town is the **Columbus Zoo and Aquarium**, where renowned zoologist Jack Hanna is director emeritus. Hanna was director of the zoo from 1978-93 and is still known to give tours of the zoo several times a year.

While in Columbus, swing through the **Short North Arts District** just south of the Ohio State campus, which wears the crown – with an understated swagger, of course – as the city's most hipster heavy neighborhood. You might be tempted to stop for a self-guided walking tour of Short North's best public arts displays. Of course, your walk could suffer a few delays from the distraction of all the fascinating shops, art galleries and cool restaurants.

But that's often the purest fun of a road trip.

From Columbus, head north about 140 miles to Cleveland on I-71. On the way, just outside of Columbus in Sanbury, it's important you stop to see the giant, somewhat creepy, **statue of Ronald McDonald**.

Further up I-71 in Medina is **Castle Noel**, the country's largest year-round Christmas museum. It's a must-see for any Christmas movie fan since the indoor museum is abound with Hollywood props.

In Cleveland, visit the **Rock and Roll Hall of Fame**. This year's inductees include Ringo Starr, Green Day and Joan Jett, among others. Afterward, stop by the **West Side Market** on West 25th Street for some fresh eats at the oldest publicly owned market in the city with roots back to the 1840s. The West Side Market is loaded with history and food, so enjoy.

Cleveland is also home to the **Cleveland Cavaliers** National Basketball Association team. Get a ticket to cap off the day and catch of one of the league's top players, LeBron James, in action.

Heading out of Cleveland, follow Lake Erie to Sandusky, the home of the fictitious Callahan Auto Parts in the film "Tommy Boy." While in Sandusky, take a trip to **Cedar Point**, the second oldest operating amusement park in the United States. Cedar Point boasts more than 70 attractions and 17 roller coasters, giving park officials reason to claim it to be the "roller coaster capital of the world."

After a few hours at the park, it's about time to head back home. Find your way to I-71 for the four-hour haul to Cincinnati, pull into **Arnold's Bar and Grill** on Eighth Street and order up a Cincinnati Dancing Pig, a barrel-aged Manhattan, and start planning your next trip to Ohio. ■



Jacob Ryan is a correspondent for BG. Reach him at editorial@lanereport.com.

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Summit Lake Metropark, Akron
Ohio & Erie Canalway



Steak for Days

The best places to eat beef in Lexington and Louisville

As if we needed more reason to celebrate steak, June is National Beef Steak Month. So we have selected some of our favorite places in Lexington and Louisville to dig in. Arrive hungry.



Jeff Ruby's offers a selection of steak that you don't want to miss next time you're in Louisville, including this 65-day dry-aged bone-in strip.

Eddie Merlot's

With locations across the Midwest, Eddie Merlot's is a frequented stop for Louisvillians with a taste for beef. Serving USDA

Prime such as the Platte River Ranch Natural Filet Mignon or the massive, mouth-watering, 32-ounce Wagyu Tomahawk Ribeye, with plenty of stops in between, Merlot's will feed that inner carnivore. Merlot's is located downtown at the edge of Fourth Street Live!

eddiemerlots.com

Jeff Ruby's

If you love great steak, chances are you've been to Jeff Ruby's, which has a reputation as one of Louisville's best upscale steakhouses. Ruby's offers an array of award-winning USDA Prime steaks, from the 65-day dry-aged bone-in strip to the barrel-cut filet, carved from the thickest part of the tenderloin. Ruby's offers that

signature atmosphere that is fun upscale with a focus on, as Jeff Ruby himself has put it, making everyone feel like a celebrity.

jeffruby.com

Louisville

Del Frisco's

Forget that it's hidden away in a strip mall. A Louisville mainstay for more than a quarter century, Del Frisco's offers a quiet, upscale atmosphere and a place where locals can get USDA Prime corn-fed, aged steak, from a hearty, 18-ounce ribeye to Chateaubriand for Two. Another way to enjoy Prime beef at Del Frisco's is the signature Del Frisco's Kabab, skewers made with Prime filet and shrimp, along with mushrooms, tomatoes, onions and green peppers.

delfriscosloouisville.com

Morton's the Steakhouse

Located in the heart of downtown Louisville on West Main, the award-winning Morton's has built a menu focused on USDA Prime beef, aged 23 to 28 days and custom-cut. The dining experience is one of elegance and comfort. Morton's also serves seafood favorites like Chilean sea bass, oysters on the half shell and Alaskan king crab legs.

mortons.com/louisville

Pat's Steakhouse

One of the great aspects of Pat's Steakhouse, located in an old house in Louisville's Clifton neighborhood, is its old-school, Irish-themed atmosphere. You've got the regulars at the downstairs bar, the family gatherings in the banquet room and couple scattered here and there having quiet dinners in the serene space.

patssteakhouselouisville.com

Ruth's Chris Steakhouse

Part of an international chain, Ruth's Chris Steakhouse, perched in the 16th floor of the historic Kaden Tower in east Louisville, carries a reputation for serving some of the city's best USDA Prime steaks. It was so named in the very beginning when founder Ruth Fertel mortgaged her home to acquire a restaurant in New Orleans called "Chris Steak House."

ruthschris.com



Ruth's Chris Steakhouse is perched on the 16th floor of Louisville's iconic Kaden Tower.

Z's Oyster Bar & Steakhouse

Of course, the seafood lovers, those who crave the best oysters the oceans have to offer, know all about Z's Oyster Bar & Steakhouse. And what better fills out a meal that begins with oysters that are flown in fresh daily than a USDA Prime cut of beef? Z's has you covered. Founded in 2000, Z's has two locations in Louisville.

zsoyster.com



New Study Finds Reduced Evening Snacking When Beef Is Consumed At Breakfast

Recent research published in the *American Journal of Clinical Nutrition* suggests that eating a protein-rich breakfast, such as beef and eggs, boosts satiety and reduces hunger signals and brain activation responses involved with food cravings more than a typical ready-to-eat breakfast cereal. Study participants, overweight late adolescents who normally skip breakfast, experienced a significant reduction in unhealthy evening snacking following a protein-rich breakfast.

Lean beef is a complete high-quality protein that contains all the essential amino acids your body needs for optimal health. Even better, a 3-oz serving of lean beef is about 150 calories on average and provides more than 10 percent of the Daily Value for 10 essential nutrients. Lean beef is a perfect partner for fruits, vegetables and whole grains, so it's easy to enjoy more high-quality protein in your diet.

- Leidy HJ, Ortinau LC, Douglas SM, Hoertel HA. Beneficial effects of a higher-protein breakfast on the appetitive, hormonal, and neural signals controlling energy intake regulation in overweight/obese "breakfast-skipping" late-adolescent girls. *Am J Clin Nutr* 2013; 97:677-88.
- U.S. Department of Agriculture, Agricultural Research Service, 2012. USDA Nutrient Database for Standard Reference, Release 25. Nutrient Data Laboratory homepage www.ars.usda.gov/ba/bhnrc/ndl.



www.kybeef.org • www.beefnutrition.org



The Chop House in Lexington features USDA Prime beef, prepared in Montague® ovens.

historic home in Lexington's Jefferson Street corridor, the Blue Heron is complete with wood-burning fireplace. blueheronsteakhouse.com

The Chop House

Established in 1992, the Chop House has grown to 12 restaurants in four states, including its location on Richmond Road in Lexington. Featuring Midwestern USDA Prime aged beef, the Chop House goes all the way, with a wildly varied menu and a huge selection. From a horse-

radish-encrusted filet to a market-available top two percent USDA Prime cut, each steak at the Chop House is prepared in Montague® ovens, which sear in juices and natural flavors at temperatures exceeding 1,800 degrees.

thechophouse.com

Malone's

Brian McCarty decided to open Malone's with business partner Bruce Drake after having his first taste of USDA Prime Beef – which makes up no more than two percent of all the beef butchered in the world – in a steakhouse

in Chicago. The atmosphere at Malone's, with three locations in Lexington, is a place where upscale dining meets family comfort with affordable prices for quality food.

bluegrasshospitality.com/malones

Sal's Chophouse

It's hard to imagine being in Lexington for long without stopping at Sal's for a steak. The upscale chophouse located on Tates Creek Rd. features steak and seafood in a cozy setting with impeccable service. Sal's is known for its filet medallions, cowboy ribeye and Oscar style twin filets, among other perfectly cooked specialties served with hearty sides like whipped potatoes, stuffed portabello mushrooms and sweet potato fries. Grab a bottle of wine, enjoy bottomless salads with warm bread and stay a while.

bluegrasshospitality.com/sals

Tony's Steaks & Seafood

The recently opened Tony's Steaks & Seafood brings an upscale dining experience to downtown Lexington. Known for exemplary food with impeccable service, it has received many top ratings in the culinary world. Tony's is situated in historic Victorian Square on West Main Street.

tonysoflexington.com ■



Kevin Gibson is a correspondent for BG. Reach him at editorial@lanereport.com.

Lexington

Blue Heron Steakhouse

The locally owned Blue Heron brings a Kentucky flair to USDA Prime steak, pairing options like an 8-ounce filet or a massive 24-ounce Porterhouse with locally-sourced chicken and produce. The menu is expansive, offering appetizers such as Shrimp And Grits and Chargrilled Louisiana-Style Oysters to pair with entrees ranging from Roasted Lamb Loin to Brick Chicken With Watercress Salad And Oyster Mushroom Sauce. Set in a

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YPAL Board Member Spotlight

We sat down with the successful and talented Nick McRae this month to find out more about him and the Young Professionals Association of Louisville.

Aside from starting his own business, Nick has been awarded Louisville's Young Entrepreneur of the Year Award and was featured in *Business First Louisville's* 20 People to Know in Technology/Innovation in 2014. On top of all his accomplishments, he is also a YPAL board member. His wife, Shannon, is also involved with YPAL and serves as an ambassador.

companies with disconnected systems that rely on manual processes or double entry of data. We also have a ticket management solution called Relayd. (Relayd.com)

What are some of your favorite YPAL events?

NM: I really liked the S#! I Wish I Knew series. There was one recently focused on Young Entrepreneurs, which was very relevant to me and many other young professionals who dream of one day running their own businesses. YPAL does a great job of providing net-

working time at the beginning of each event so you can meet other young professionals.

I am also excited for this year's YP Jubilee. Jubilee is our summer celebration. This year it will be on Friday, June 5. The theme is YP2K: Party Like It Is 1999. Since YPAL was founded in

1999, we thought we should have a throw-back party and dance to the best music of the '90s! (For info on all YPAL events visit: ypal.org/Events)

What is the best part about YPAL?

NM: The opportunity to meet and build relationships with some of Louisville's most influential people and organizations is my favorite part about YPAL. I believe one of the most important qualities I can have as an entrepreneur is being opportunistic and putting myself in positions where opportunity is likely to present itself.

To learn more about YPAL, please visit YPAL.org. ■



Nick McRae is an entrepreneur, technologist and YPAL board member.

YPAL's '\$&! I Wish I Knew' series has become one of the organization's top events over the past two years.*

Nick, why did you join YPAL?

Nick McRae: A couple years ago I heard Scott Colosi, president of Texas Roadhouse, speak at a YPAL event. He was a very captivating speaker. The atmosphere was so laid back and when the event was over, I was able to walk right up and introduce myself to him. I was hooked after that. I started going to the tech committee meetings and eventually became the director of technology.

What do you do for a living?

NM: I own McRae Technologies LLC, a software consulting and website design firm in the Louisville area. We started in Indianapolis in 2010 and relocated to the Louisville area in 2012. Along with custom software solutions, we have developed an integration platform used to connect third-party systems together that has proven to fill a need in the restaurant industry, but is applicable for many



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www.ypal.org

From idea to actual product

Jeremiah Chapman: From Engineer to Entrepreneur

Applying education to a lifetime interest and coming up with a business is the American entrepreneurial dream. It came true for Jeremiah Chapman in 2014, a year after graduation, when he started making FreshFry, a special absorbent material product that extends the life of frying oil for restaurants.

Chapman has a bachelor of science and a master's degree, both in chemical engineering from the University of Louisville. One of the things he learned from the applied math and science classes he took was how to do things on a large scale.

"You can make a perfect cup of coffee," he said. "But what about 10,000 gallons of perfect coffee?"

The J.B. Speed School of Engineering at UofL honed Chapman's interest in alternative energies. He was spending time with biodiesel, processing some of the frying oil that restaurants were throwing away into biodiesel to fuel the school's shuttle service vehicle.

"These restaurants were throwing away more oil than I could process," he said. "And I knew biofuel was valuable."

It presented an opportunity.

Chapman wasn't really considered a 'brainiac' growing up. "I was known for food," he said. "I really like food."

In his own kitchen at home, he began looking into a way of extending the life of frying oil: This meant keeping grease cleaner, and he developed an actual chemical process. Suddenly he had invented a product and had a business on his hands. The name of the company and its product, the FreshFry pod, came about by its function.

"What we were trying to do was get a material that could be used in a freestanding piece of equipment and not have to add a big pump or anything" into an existing system, Chapman said. "We felt that everyone who owned a fryer might not know how to prime a pump or weigh out different chemicals, but everyone knows how to fry."

Chapman will look back on some pretty big memories when he thinks of Fall 2014. In September, he was one of four finalists in the Community Foundation of Louisville's Vogt Awards. In November, he earned a national ranking in Forbes magazine's 30 Under 30 list in the category of manufacturing and industry.

Thanks to the \$20,000 Vogt Award grant and a subsequent training course for startups,

FreshFry went from "this is my idea" to "I sold one" in three months, Chapman said. His buddy, Alex Frommeyer, had entered Chapman in the Vogt Award competition before things were perfectly in place. The two met in graduate school at Speed where they worked together as resident assistants, and now Frommeyer is a partner in Chapman's company.



Jeremiah Chapman is one of Louisville's many budding entrepreneurs and was named as a Top 30 Under 30 Entrepreneur by Forbes Magazine.



The FreshFry pod extends the life of cooking oil before it needs to be disposed of. The pods are designed for use in commercial kitchens.

"I'm an engineer at heart, wanting everything to be perfect before I let anyone see it," Chapman said. He later appreciated Frommeyer throwing him into the deep end.

"I realized that with a little pressure I get things in place," he said.

Production for the FreshFry pods takes place at Uproar Labs, a co-working incubator space for startups. And several restaurants in Louisville are using the product.

"Every customer is a little bit different," Chapman said. But he says a typical restaurant can save 35 percent on oil costs with FreshFry, all while extending the life of the oil used.

"People may view me as a person with a lot of ideas; I'm not, necessarily," Chapman said. "I have one specific goal and a lot of avenues to get there."

His goal is to disrupt the way alternative energies are being processed and to push for energy independence.

"People wouldn't expect FreshFry to be a bold push forward for energy independence, but it is," he said.

Chapman is in the process of working with several fryer and filter manufacturers. And FreshFry the company has other exciting things in the works.

"Good good things seem to come when I keep pressing forward," Chapman said.

He has embraced the entrepreneurial spirit, although his engineering background keeps him assessing risk more than most entrepreneurs do.

I come up with a plan of action and slowly work through that," he said. "It's exciting to



At FreshFry's manufacturing space, located in Uproar Labs, a pilot-scale fryer is in action. An oil quality tester nearby is optimizing the product performance of FreshFry's pods.

not fully understand what you're accomplishing but knowing it's coming from you and the people you've connected with. It's special to manufacture something that was just an idea. That's honestly an engineer's dream: to go from an idea to an actual product." ■



Kathie Stamps is a correspondent for BG. Reach him at editorial@lanereport.com.



Turning Everyday Gatherings into Extraordinary Events

Morehead Conference Center, conveniently located in downtown Morehead, **just off I-64**, is a versatile multi-purpose event venue. The Conference Center is a functional and dynamic space for trade shows, expos, meetings, as well as comfortable enough for personal engagements such as reunions and weddings.

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The Portland Renaissance

'Urban Acupuncture' begins to revive an 80-block West Louisville community



Parts of the Portland neighborhood seem like an ode to simpler times, complete with the corner hardware store.

beneath the veneer of unkind years. Pii, as the initiative is dubbed, aims to raise \$23.5 million from investors to create a capital resource that will be channeled to improve Portland's quality of life and transform the landscape.

The creative plan involves restoring and revitalizing abandoned warehouses, businesses and old shotgun homes into new retail, office and green space; there also will be strategic new construction on vacant lots. Pii is referring to its plan for a block-by-block reseedling of fresh green shoots of development into the area as "urban acupuncture."

How does a community recover from being underwater more than a month? The West Louisville neighborhood of Portland has been asking this question – and waiting for a champion to emerge – since the Great Flood of 1937 submerged the area. And a second catastrophic flood did the same in 1945.

Much of the population that fled the floods never returned. As the intervening decades flowed by, time and lack of prosperity left a historically vibrant community a shadow of its former self. A former hub of commerce is now one of Louisville's most economically downtrodden zip codes.

Enter developer **Gill Holland**, known for shepherding the transformation of the derelict structures and detritus of the 700 block of East Market Street into the bubbling urban hot spot that today is **NuLu**.

Named *Louisville Magazine's* 2009 Person of the Year, Holland is a modern renaissance man in the truest sense of the word: international lawyer, film director and producer, developer and friend of the community. He and his wife **Augusta Brown Holland** successfully kickstarted NuLu by raising \$13 million to go toward rehabing key elements of an exhausted neighborhood.

Similarly, the vision of the **Portland Investment Initiative** launched in late 2012 with Holland's guidance is to realize the untapped community potential concealed

Portland adjoins the **Falls of the Ohio**, where shallows and cascading waters make it necessary for river vessels transporting man, woman and cargo to portage around – hence the name. There are shipping locks today, but that portage activity some three centuries ago gave birth to an original regional center of commerce for Kentuckiana.

Creating a new Cinderella story

Portland's history imparts a long-hidden greatness beneath its surface. Without a guiding hand, however, she has been a Cinderella in need of her glass slipper.

Stephanie Kertis, managing director of the Pii laid out the guiding principles of respect and sustainability in revitalizing the community of roughly 18,000 people.





Gill Holland and Shine Contracting are two key fixtures in Portland's revival.

"We are into community building," Kertis said, "so we work with the existing residents, businesses, non-profits and historic properties to revitalize what was a thriving partner city to Louisville ever since the founding of Portland in 1811."

The eastern edge of Portland closest to downtown Louisville is home to sprawling

warehouses that give the newly christened **East Portland Warehouse District** its name. Covering the blocks between 15th and 17th streets, it is already home to two new spots for a java fix, **McQuixote Books & Coffee**, which opened last fall, and **Hot Coffee**, which followed this spring. **Tim Faulkner Gallery** is an anchor and includes event space plus 13 active art studios. In the building they share, Faulkner and McQuixote play host to concerts, shows, weddings, poetry readings and book signings.

It is a community meeting space, said Trevor DeCuir, one of principals in McQuixote. They used a Kickstarter campaign, DeCuir said, to fund the \$8,000-plus espresso machine it needed to open their bookstore-coffee house business.

Both the **Louisville Film Society** and the **Louisville Visual Arts Association** plan to establish a presence to contribute to the burgeoning cultural and educational destination.

Between nearby 15th and 25th streets is a residential cluster called "Artist Row" Portland, or "Maker's Row" as it is also known.

Louisville rivals New Orleans as the shotgun house capital of America, but many of them are in disrepair or abandoned. The good news is that there is a lot to preserve and protect. Additionally, Pii expects to refresh the residential genre by partnering with renowned architecture firms to develop new shotgun homes that will bring an ultra-modern twist to the classic Louisville architectural style. To keep housing affordable, the development initiative is partnering with organizations such as **Habitat for Humanity** and **New Directions Housing Corp.**

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'Urban acupuncture' applied block by block

At roughly 80 square blocks, Portland is much larger geographically than NuLu. That meant a new vision as Holland and his cadre approached this renewal initiative.

"We call our approach 'urban acupuncture,'" Kertis said "Strategically working to acquire the homes in the worst shape and fix them up. We are working with affordable housing advocates and groups like the New Directions Housing Corp. and Habitat for Humanity to rent our renovated shotguns

at rates that are in line with affordable housing guidelines."

Pii's aim is to inject new or updated residential or commercial activity into nearly every block.

The **Portland Stroll District** is the neighborhood's most iconic cornerstone for those familiar with the area between Portland and 26th Street. Just down the street from **Shaheen's** department store and **Annie's Pizza**, a former firehouse has been undergoing a transformation. This cocoon is in the process of slowly opening to reveal a second location for **Hillbilly Tea**, a minority-owned farm-to-table Appalachian fare

A simple fence sign in the neighborhood shows Portland's potential to be a vibrant spot for Louisville's residents.

restaurant, which will join Sweet Baby J's lunch spot in bringing new fare to the neighborhood.

Further planned district additions will bring other retail and office space, eateries and service centers, which will be home to community staples.

An essential element of the development plan, DeCuir said, is to bridge and connect the old and the new, rather than replace or displace what already exists in Portland. As a Louisville native, this appeals to him.

Brooke Vaughn and Jason Pierce are believers in Holland's approach. They were early participants in his NuLu effort, opening the **Please & Thank You** coffee shop-record store in 2011, and are the proprietors now of **Hot Coffee** in Portland.

Though new investments and business are great, Kertis stressed that it means little without servicing the community itself. To that end, efforts are underway to improve education and growth for community youth and bolster job opportunities through skill centers. There's also a robust development plan to provide new homes and business to support that vibrant human capital.

"Louisville cannot reach the greatness it deserves when so many of its neighborhoods are dotted with vacant and abandoned properties, kids dropping out of school, and folks without job opportunities," Kertis said. "There are presently 470 businesses in Portland, and we hope to help quadruple that to 2,000 by 2025."

If you are looking for a place to buy a house, start a business or get involved in activities, consider Portland. ■



Shaheen's Department Store is one of the most recognizable businesses in the neighborhood. But with many buildings full of potential (like the one above), there could be many more community fixtures pop up in coming years.



Nicholas Hess is a correspondent for BG. Reach him at editorial@lanereport.com.

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Bardstown
 sample our spirit

by Kathie Stamps

What do you think of when you hear “the arts scene in Louisville”?

How about music, dance, theater, painting, sculpture, photography and literature? They all have a rich presence in the River City. There’s



something for eyes and ears to appreciate all over town, and it’s important to do so on a regular basis. Artist Pablo Picasso once said, “The purpose of art is washing the dust of daily life off our souls.”

Part of what makes Louisville’s culture so vibrant is the community’s support of the arts, which is best exhibited through the organization that helps makes the Louisville arts scene possible.

The Summer

The Fund for the Arts provides general operating support to 14 organizations, including Actors Theatre of Louisville, Kentucky Museum of Art and Craft, Louisville Ballet and Louisville Orchestra, while promoting about 175 other arts groups throughout the region.

“Here in Louisville, we have a very rich and diverse arts scene,” Christen Boone, president and CEO of Fund for the Arts, said. “Last year we raised about \$8 million, with a goal of \$8.3 million this year, through the generosity of 20,000 donors in the community.”

Louisville’s Fund for the Arts also partners with the Derby Festival and Churchill Downs each year.

“When we invite people to this community,” Boone said, “the arts are one of the ways in

which we share our authenticity, our unique perspective, our character and culture.”

Being engaged in the arts community, according to Boone, includes buying a ticket to a performance, visiting a local museum or gallery, buying local art or attending a live concert. She encourages all Louisvillians to participate and celebrate this summer by being an active participant in the arts scene.

“Art is a great way to bring people together,” she said. “Art is about sharing what we create together as a culture with each other and with the world.”

Looking to get involved in the arts this summer? Here are some events you should be sure not to miss.

Area’s vibrant
cultural scene has ample
offers for all senses
this summer



An unusually versatile musician, Teddy Abrams (the Louisville Orchestra’s conductor) is a widely acclaimed conductor, as well as an established pianist, clarinetist, and composer.

Art Scene



Louisville's annual Forecastle Festival is a cultural anchor in the community, bringing thousands of guests to Louisville each summer.

The Speed Art Museum on South Third Street is undergoing a \$50 million renovation, with an expected reopening in 2016. While the Speed is under construction, Local Speed is the museum's satellite space on East Market Street, bringing another opportunity to engage in the arts to NuLu. The Local Speed Museum currently has a "Teatime Chic" exhibit, which features six decades' worth of tea and coffee



services on display every Friday and Saturday through July 25. (speedmuseum.org)

Be part of the audience at **Kentucky Homefront**, a live radio show of acoustic music recorded at the Clifton Center on June 13, Aug. 8, Sept. 12, Oct. 10 and Nov. 14. Admission is \$12. The National Endowment for the Arts is awarding the Clifton Center a \$15,000 grant to support the Louisville Heritage Project, which promotes music and art. (kentucky-homefront.org)

The Louisville Leopard Percussionists, an ensemble featuring kids from 7 to 14 years old, will perform at various venues and private functions throughout the summer. Check out the group live, and see why more than 4 million people have watched their Led Zeppelin tribute on YouTube. On Sept. 13, the Steel Leopards (graduated members of the Leopards in 6th through 9th grades) will be performing at Josephine Sculpture Park in Frankfort for the fall festival there. Showtime is still TBD. (louisvilleleopardpercussionists.com)

Ride the **ZeroBus** for free during the First Friday Trolley Hop and soak in arts and culture along the museum and gallery district downtown on, obviously, the first Friday evening of each month. On the fourth Friday of the month, the Frankfort Avenue Trolley Hop runs from Cannons Lane to River Road, stopping at galleries and shops down trendy Frankfort Avenue. (firstfridayhop.com, fatfridayhop.org)

If you're looking for a Shakespeare fix, there are plenty of summer events for you. Not only will **Kentucky Shakespeare** be touring various parks this summer, but beginning June 3 there will be a whole summer of Shakespeare in Central Park. Now in its 55th season, the festival is featuring rotating productions of "The Tempest," "The Taming of the Shrew" and "Macbeth" from June 3 to Aug. 9. Admission is free, and you can settle in after buying dinner

from local food trucks in the Park. (kyshakespeare.com)

The Forecastle Festival has become a summer staple in this city, with regional and national bands bringing in 75,000 fans over three days to Waterfront Park downtown. Sam Smith, My Morning Jacket and Widespread Panic are among the scheduled headliners this year. This year's festival runs July 17-19 at Waterfront Park. Ticket prices start at \$75 for a one-day pass. (forecastlefest.com)

Before and after Forecastle, there's more live music with **Waterfront Wednesdays** on the Big Four Lawn, an after-work series of concerts with free admission and a cash bar. Summer dates are June 24, July 29, Aug. 26 and Sept. 30. (waterfrontwednesdays.wfpk.org)

So no matter if you love music, art, theater or, well, all of it, this summer there is something for you to enjoy in this city. For more information on arts organizations in our community, visit fundforthearts.com. ■



Taking in summer arts experiences is a way to keep the whole family entertained from dawn to dusk.

by Hailey Heishman

After many gym memberships, countless hours on treadmills, spin classes and boot camps, many people have, at one time or another, sworn off “trendy” workout routines. So why not try a practice that has had staying power for thousands, yes thousands, of years?

comfort zone, unlock your hidden potential and live your own extraordinary life.

For a great Power Yoga class in Louisville, head to **502 Power Yoga**. A crowd-favorite class is the Saturday morning donation-based class at Tim Faulkner Art Gallery.

But no yoga practice, for me, tops **Buti Yoga**. It is a combination of movement that fuses power yoga, tribal dance and plyometrics into a high-intensity workout. Buti is not just a workout, it is a fierce family of strong committed individuals who are

Find Your Inner Yogi

Yoga is making a comeback, especially among millennials. Why? In a world overwhelmed with technology and an always-on mentality, many are gravitating to the 5,000-year-old practice because it is a departure from the grind of daily life.

Why do I love yoga so much? It is just as much mental as it is physical, and that keeps me coming back to the mat.

So, as a practiced yogi, let me be your guru and point you to the best classes in the Louisville.

Power Vinyasa Yoga is a yoga style that creates flow and strength in your everyday life. It combines stretching, strength training and meditative breathing for an overall great workout. Power yoga takes Ashtanga a step further with its many poses (asanas) that resemble push-ups, handstands, toe touches and side bends. The pace of this practice is key to its sweat-producing, muscle-building power. Instead of pausing between poses as you would in traditional yoga, each move flows into the next, making it an effective and challenging workout.

There is plenty of room for all yogis, from beginners to advanced students, to be challenged in the same power yoga class. This flow will torch calories, cleanse your body, strengthen your muscles and clear your mind. The dynamic mix of mental and physical strength that's cultivated in each class will challenge you to step out of your

You will not be disappointed with the way you feel afterward, and will be strengthening not only your mind and body but your community, too.

www.502poweryoga.com

Sridaiva is a holistic mind-body approach that utilizes a dynamically balanced posture called the Bowspring. The goal of the Bowspring is to achieve strength and lightness in every movement, while using the least amount of physical energy. It offers a new view on body alignment that helps keep you healthy, cultivating graceful lightness and strength.

The Bowspring postures are dynamic and you move in all sorts of directions: backward and forward, side bends, twists and upside down. You also incorporate

exercises such as hopping, jumping and skipping into your practice in order to access its anti-gravity benefits. There is a strong focus on balancing poses that reveal the universal imbalances we all have. Locally, I highly recommend Louisville Bowspring (241 Sears Ave in St. Matthews). With its multiple classes and times per day, you're bound to find a session that works for you. louisvillebowspring.com

Find your center in these local yoga classes

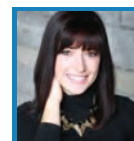
willing to bring it all to the mat to make themselves better day in and day out. The “Buti Tribe” will leave you feeling empowered and stronger than ever even after just one class.

Buti Yoga is the answer to whatever I am searching for, whether it is stress relief or the need to push my body just a little further than in the last class. As most of us say, “It's what I didn't know I was missing in life.” This practice celebrates the female body and awakens a unique feminine energy. When you leave Buti you will feel confident, empowered and accepting of your body. My favorite class around Louisville is Buti Yoga at PLAY. Classes run at 6 p.m. Monday and Thursday nights, but be sure to check the Buti Yoga at Play Louisville page on Facebook for special events and class times.

facebook.com/butiyoaatplaylouisville

The beauty of yoga is that you can practice wherever you are, mentally and physically, and grow it into whatever you want. Regardless of which type of yoga you decide to adopt (or all of them), make sure it's the one for you. There are many great benefits to finding a practice that works for your body, mind and lifestyle. Invest in a good mat, try a few different classes and don't be afraid of falling or looking silly because we are all here for the same reason.

Good luck, and Namaste! ■



Hailey Heishman is a correspondent for BG. Reach her at editorial@lanereport.com.

From Bardstown Road to

The story of my dog eats first



People who come to the Orange Lot at Waterfront Park in downtown Louisville on Wednesday afternoons treat Buster well. He's never been in a feature film, but some say he's a "movie star."



Buster, a 9-year-old Dachshund, stands atop Tony Juliot's lap and peers out of the window of the vehicle he shares with Tony, two people and two dogs as living space.

Buster is a 9-year-old Dachshund, and the sprinkle of silver on his snout gives character to a coat that's the color of a well-worn baseball glove. His eyes are walnut, and when they look at you it's likely love at first sight.

Despite his slew of staring admirers, he nuzzles closest to Tony Juliot. Tony is prepping a bologna sandwich and is prone to give Buster a pinch now and then between bites.

Buster and Tony live together, along with Bruno, Bella, Tamara Mattingly and Gerald Beale. Gerald calls Bruno, a small, mop-like dog, "a little hippy." Tony says Bella "is the only Chihuahua in the world that doesn't bark."

Home for this rag-tag family of six is a small, black, two-door car. It's riddled with blankets and cigarette boxes. But today, at least, there are a few gallon-sized plastic bags of dog food and some bologna sandwiches.

On Wednesdays, dozens of residents who are homeless, down on their luck or just in need of a little compassion, come to Waterfront Park with dogs, cats, sometimes even a rabbit, to stock up on food and basic supplies for both pets and people.

Volunteers from non-profit organization My Dog Eats First have been collecting donations of pet food, cat litter, flea and tick shampoo, collars, leashes and water bowls for more than a year with the aim of helping people in need, said Beth Green, the group's founder.

The non-profit's premise, Green said, is simple: help ease the burden the city's underserved and most vulnerable residents face every day. To do that she helps them feed perhaps their most loyal and loving companions – their pets.

"We see people in Louisville who are homeless. They live in camps. They

live under overpasses. They live in their cars. And they have pets with them that they love and want to keep," Green said. "They sacrifice things that they could have for themselves so they can take care of their pets first."

No shelters in Louisville allow pets, Green said. So any of the city's 8,000 homeless residents with pets are forced to find solace on the street or, perhaps, in a car.

The concept for My Dog Eats First came when Green, 40, was having lunch with her son on Bardstown Road. A man appearing to be homeless, along with his dog, sat down on the sidewalk not far from where she and her son had just begun to dine.

"My son got up without a word and took his lunch over to him," she said. "Before the guy took a bite of his food he tore it in half and fed his dog first."

These days it's not unusual for the group of volunteers to hand out more than 100 gallons of dry pet food every week. Some weeks the volunteers are the majority in the parking lot.

Green also owns a pet sitting and walking service, so she is business savvy. She requests

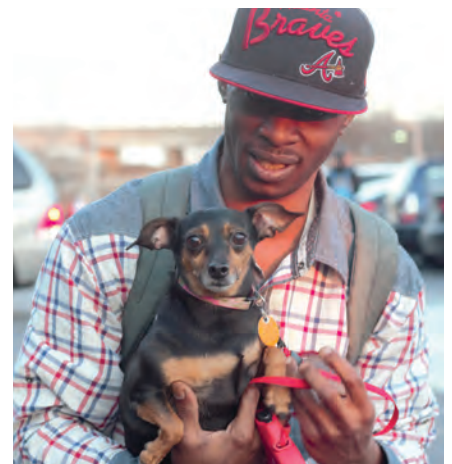
that people interested in volunteering fill out waivers and register on the group's website. She stays active on social media. They only accept unopened pet food and clean pet supplies.

But she is quick to point out that she isn't the engine of My Dog Eats First – the people and pets involved are.

A young girl giving away sandwiches until the sun disappears behind the Ohio River said she told her family not to give her gifts for her birthday, but rather to donate to My Dog Eats First.

Another volunteer works to keep a small, brown dog named Booboo calm as his owner, Gilbert Deherrera, slides on a new harness.

And Buster, along with Bruno and Bella, crane their necks out the car window, the window of their home, for a photo opportunity.



Mark Hankins and Tia enjoy the sunset at Waterfront Park in downtown Louisville on a recent Wednesday. The two are frequent visitors to My Dog Eats First events.

Tony said organizers for My Dog Eats First have offered in the past to help foster the dogs, so that he, Gerald and Tamara could find an apartment. With little to no income, he said, it's difficult to find an apartment with three small dogs. But he turned the offer down. Tony would rather sleep in his car or along the river than part with his pets.

And when the bologna sandwich came back around, he made sure that Buster got the first bite. ■

by Kara DeLost

The Post: Straightforward, Simple, Standout Pizza Pies

Few things pop into the mind when you say “real, American Food.” Our country is truly a melting pot of cultures, so there are few foods that distinctly define American cuisine. But there is one with a definite origin that is unmistakably American: pizza.

Wait ... hear me out. We’re not talking about the crispy, simplistic kind from Italy – which is totally yummy in its own way. I’m talking about that big, cheesy, bubbly “pie” the United States has perfected.

There have been several top-notch, new restaurant openings in recent months, but one immediately caught this foodie’s attention from the moment I heard the concept: New York-style pizza. Many would say Louisville isn’t short on pizza places (and I would agree), but when one is truly exceptional, it will stand out.

The Post, at 1045 Goss Ave. in Germantown, is the city’s latest formidable pizza addition. From the day it opened its doors, it’s been a fixture on many local social media feeds and has even climbed on Yelp to become one of the highest rated restaurants in Louisville.



The menu is straightforward: pizza, salad, sides, calzones, subs and booze. This simplicity is one of my favorite things about the place; it’s not trying to be everything to everyone. It’s trying to be the best for people who love pizza (which, I believe, is most everyone).

Let’s talk food! Let me first applaud the pizza menu, which currently has 11 different special combinations that are all unique, making it very difficult to pick. Luckily, you can split a pie into a half-and-half combination, allowing variety seekers an opportunity to try two pies in one visit.

However, if you’re a pepperoni- or cheese-only pizza eater, you’ll not be disappointed with the Post. Opt for simple toppings or even the Slice of the Day (which rotates), and you can get a single, giant slice (it is huge) for under \$4.

On my first visit to the Post, I did a half-and-half of the Army Brat and the South Pacific. The Army Brat is perfect. It’s got beer bratwurst, garlic, jalapeno, cheddar, sauerkraut and brown mustard. The cheddar cheese really stands out on the pie, and the hot mustard is that kick in the mouth you need every now and then.

The South Pacific is ham, bacon, pineapple, onion, roasted red pepper and sweet chili drizzle. You can do no wrong with sweet chili sauce; it’s great on anything, especially this pie.

If you’re still hungry, the White Flag (tried it my second visit) is also a great choice for non-meat eaters with red onion, spinach, roasted red pepper, ricotta and fresh basil.

But what did I love most about both pies? You can taste the detail that goes into each individual component before they meet atop that perfectly foldable crust. That’s the beauty in all their pies: Ingredients are quite tasty apart but create a unique flavor experience when combined.

As strange as it may be to talk about a salad in a pizza place, it only helps to illustrate the strength of the whole menu, not just the pies.

The spinach salad is simple and amazing – spinach, mushroom, tomato, parmesan and (drum roll please) warm bacon vinaigrette. This dressing is a game changer. Now that I’ve tried it, I don’t know how I ever ate salad before this dressing. It’s sweet, warm, aromatic and just awesome. I would even say you should go just to try this dressing.

And the pizza, of course.



Décor at The Post is modern, yet rustic, creating an inviting blend of old and new in the space.

The Post is great addition to the food culture in the city. It’s fun, genuine, and at the end of the day, it’s great food. And isn’t that what we’re all looking for?

Happy eating! ■



Kara DeLost is a correspondent for BG. Reach her at editorial@lanereport.com.



The Post is more than a place to have a slice. It’s a great summer spot to stay and play (and is equipped with a full bar).

The Post is a pleasant surprise upon first arrival – a beautiful and modern building with a small patio out front, perfect for a summer Sunday Funday. The inside is modern WWII-themed décor with a large bar and TVs that cover the walls, bringing excitement and energy to the space.

5 things

by Ali Turner

Summer is all about experiencing new and exciting things. However, as many do in the Bluegrass Region, there are many who also value tradition. Summertime is the perfect season to create your own new traditions with family and friends. Here are a few 'new' traditions you can add to your calendar through Labor Day.



Add some tunes to your Sunday night by attending a concert at Cherokee Triangle.

Natives of Cherokee Triangle have known about a hidden gem for years: the Cherokee Triangle Summer Concert Series, held every Sunday from Memorial Day to Labor Day in **Willow Park**. Shows run 7-9 p.m. featuring live music and, yes, a whole lot of dancing. Admission is free, but be sure to bring your lawn chairs and a cooler of refreshments. The best part about this series? The music styles rotate weekly and feature genres including swing, salsa, rockabilly, and, of course, rock & roll. For a full schedule of events, visit cherokeetriangle.org.



Sunday sunsets on the river are a favorite of many. Our favorite view is from the waterfront at Captain's Quarters.

Take in a Sunday sunset at **Captain's Quarters**. This evening hot spot doesn't just have a patio, but a full multilevel lawn by the Ohio River complete with sets of Adirondack chairs. It's the perfect place to grab an early

dinner, then head to the waterfront, libation in hand, and watch the sun go down over the water. A piece of advice: Just to be safe, bring a blanket or lawn chair of your own. The Adirondack chairs go quickly, and you'll have to be there while the sun is still high to nab one. So grab your closest friends, grab a brew from the bar and enjoy Mother Nature's show.

Your New Summer Traditions



Our favorite part of breakfast at Flea Off Market? A warm doughnut from the High-Five Doughnut truck.

Check out the **Flea Off Market**, a summertime flea market in NuLu, that features local vendors and artists, music, and, of course, food trucks. Even if you aren't in the market for vintage clothes, housewares or art, the Flea Off Market gives visitors the chance to take in the NuLu scene while enjoying the summer sun. Beat the heat, and go in the morning where food trucks will be serving breakfast, or kick off an evening downtown with an early dinner and cocktail before heading to **Garage Bar** (not a far walk).

Make a new tradition with friends and head to one of the many trivia nights in town. With competitions around the city most every night, your group can find a day and



Many bars and restaurants around town feature trivia nights, catering to the genius in all of us.

trivia style you like best by visiting Louisville Trivia.com. Our recommendation? Thursday night trivia at **Diorio's Pizza and Pub** in St. Matthews (310 Wallace Ave.). While first-timers may be surprised by the caliber of random knowledge of the regulars, with steady practice, and perhaps a couple pints, you'll be among the best in no time.



Spoils of the Douglas Loop Farmer's Market are plenty on Saturday mornings. Our favorite? The fresh baked croissants.

What would summer be without farmers markets? Still great, but with fewer fresh vegetables, bread, milk and flowers. There are many markets to choose from, but be sure to stop by the **Douglas Loop Farmers Market** (2005 Douglas Blvd.) at least once before Labor Day hits. Many local favorite produce and dairy vendors are regulars at the market, and you can even grab some fresh flowers to decorate your table. After you have nabbed your fresh fare, head across the street to **North End Café**, and enjoy a well-deserved breakfast or brunch. ■



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