



Lexington "love" affair

Local blogger Mindy Rohr
built an enormous
following profiling
Central Kentucky's gems

Page 10



Lexington fitness buffs
hit the big time

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Fall 2015
Volume 7, Issue 2



COVER STORY

Mindy Rohr of *Love, Lexington* is the type of person you want to sit down with over coffee. So we did!

Cover photo by Abby Laub

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Central Kentucky basically has more new things happening than anyone can keep up with. Here we have attempted to pick some that we are excited about and share them with you. Never stop exploring our great city, finding new things and sharing them with us!

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We are so enamored by the spirit of togetherness in Central Kentucky during The Breeder’s Cup, stand up paddle boarding, and giving back.



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Lexington reaches its fighting weight

If a city could be an athlete “reaching its fighting weight” in preparation for competition, that would perfectly describe Lexington as it readied to welcome thousands of visitors from around the world for The Breeders’ Cup at the end of October. The races and their visitors have come and gone, but the newness remains – and abounds. Now is

a fabulous time to explore all of the new things the city has to offer, and support the new businesses that opened their doors in the past several months.

Blood, sweat and tears (and money) were poured into our dear city, and Central Kentucky as a whole this past year, and 2016 never looked brighter.



VISIT LEX

This is Keeneland Country

Keeneland and Country Boy Brewing have collaborated on the Keeneland Fall Ale, a small-batch beer produced by the Lexington brewery to promote and celebrate Keeneland’s fall racing and sales season. Keeneland Fall Ale is Country Boy’s interpretation of an American pale ale made with earthy American hops that fade into a sweet malt body.

The beer was at Keeneland all fall, remaining on tap there through Nov. 14. The Fall Ale also will be available at a number of local restaurants and bars. Keeneland Sale Ale was introduced at the 2014 September Sale. The instant popularity of last year’s ale necessitated that Country Boy brew a double batch for fall 2015.

“We were blown away by the reception last year,” Country Boy Brewing co-founder Daniel Harrison said. “Once again, it’s a dream come true for us to work with Keeneland and its great history.”



The new Red Mile is paved with green

Cold hard cash, that is. The Red Mile, the second oldest harness racetrack in the country, just wrapped up a special \$42 million renovation-expansion. The project, a partnership between Red Mile and Keeneland, included the addition of more than 900 instant racing machines and a



joint simulcasting venue for wagering on harness and Thoroughbred racing. The 60,000-s.f. addition also includes a new restaurant, bar and cafe. Lexington Mayor Jim Gray at the ribbon cutting this fall called it a “new face on racing in Lexington” and touted the 200 new jobs it brings.

Instant racing, also called historical race wagering, allows users to wager on randomly selected races from years past. Identifying information, like location and date of the race, horse names and jockeys are not shown, only skill graphs provided by *Daily Racing Forms*. This type of wagering in Kentucky is being challenged in Franklin Circuit Court, but the facility is off and running.

Rupp Arena gets tech upgrades

Rupp Arena received a \$15 million technology overhaul that includes a new center-hung video, audio and scoreboard array, wireless Internet for fans and patrons, and major roof structure improvements so the arena can attract more concerts and major events.

The Lexington Center Corp. Board of Directors unanimously OK’d the technology improvement plan in July. The upgrades will be rolled out in phases over an 18-month period beginning immediately and executed so arena programming will face no interruptions.

Also coming is an east side, upper arena press box to match the one on Rupp’s west side. Authorized at the May board meeting, it will be installed following the 2015-16 UK basketball season.

“The state-of-the-art technology upgrades and new installations approved by the Lexington Center Board will enhance Rupp Arena’s sports and concert fans’ experiences,” said Brent Rice, LCC board chairman. “They will also lead to significant increases in revenue, which is vital to the operations of the Lexington Convention Center, Opera House, Triangle Park and Rupp Arena.”



Growth in Georgetown spurred by Toyota's new Lexus line



The first Lexus ES350 rolled out of Georgetown this fall, and with it comes 750 new jobs at Toyota Motor Manufacturing Kentucky. It is the latest of many years of exciting news out of TMMK, and it only means more economic growth for Lexington's neighbor to the north. In celebration, Georgetown lined its Main Street with Lexus flags and is excited for the impact on the city.

In addition, the Bluegrass Community & Technical College Advanced Manufactur-

ing Center is opening in Georgetown, as well as Country Boy Brewing's new facility. Scott County is the fastest growing county in Kentucky.

City opens Global Lex to engage multicultural community

Lexington this fall launched GLOBAL LEX, the city's new Global Engagement Center at 1306 Versailles Road. Its mission is to support and encourage civic engagement, economic development, mutual understanding and artistic diversity.

The center houses the Office of Multicultural Affairs, which assists those who have limited English proficiency. Lexington's foreign-born residents represent 131 spoken languages.

GLOBAL LEX has the support of the Mayor's International Affairs Advisory Commission, a 23-member commission authorized by Urban County Council to provide information and advice about issues affecting foreign-born residents of Lexington and the community at-large. Membership of the advisory commission was finalized in October.

New boutique offers affordable, chic pieces

Paying homage to the streets it is located on, Rose & Lime recently opened in downtown Lexington and offers affordable clothing and accessories that appeal to a young clientele. Featured items include blue and white "Touchdown Leggings" for \$11.99, "God, Sweet Tea and the SEC" long-sleeve T-shirts and other University of Kentucky-inspired favorites. roseandlime.com



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More food than you can shake a fork at

In the last several months, a flurry of new restaurants have either opened, moved, plan to open or expanded. Here are just some of them! Hop Cat, Local Feed, Buddha Lounge, Caldo, Athenian Grill, National Provisions, Crank & Broom Ice Cream Lounge, Hill Restaurant, Lexington Pasta Garage (pictured at left), Michler's Kentucky Native Cafe, Middle Fork



Kitchen Bar, Proud Mary Honky Tonk BBQ, The Sage Rabbit Restaurant, Life Brewpub, Locals' Restaurant and Bar, Lussi Brown Coffee Bar, and MEATS BBQ MKT.

Midway University announces drop in M.Ed. pricing

Midway University announced this summer that tuition rates for its Master of Education (M.Ed.) program will drop from \$410 per credit hour to \$200 per credit hour - making it the most affordable online M.Ed. program in the state. The decrease, which will take effect for the Fall 2015 semester, is designed to make a required master's degree more affordable for working teachers.

New pizza coming to Nicholasville



Devoted fans of LaRosa's Family Pizzeria, an institution for Cincinnati-area Italian food lovers for more than 60 years, were pleased to learn its first Bluegrass location is scheduled to open in Nicholasville in early 2016.

LaRosa's signed a franchise agreement with Lexington native Terry Seaborn to open and operate the Nicholasville pizzeria. Over many years of visiting LaRosa's pizzerias in Cincinnati and Northern Kentucky, Seaborn and his son-in-law Charbel Joseph became great fans.

LaRosa's Nicholasville will serve guests in its dining room and offer delivery in the neighborhood as well as carry-out service. The 150-seat dining area will have a "Buddy Room" for team parties and other get-togethers. Seaborn hopes to expand LaRosa's further into Central Kentucky over time. LaRosa's full menu of over 40 selections will be available for carry-out and delivery as well as the restaurant dining room.



Music returns to Manchester Street

Lexington lost a great music venue when Buster's Billiards and Backroom closed last year, but the space recently was snapped up by three Pikeville entrepreneurs and the music now plays again.

Adam Hatton, one of the owners of Old Tarr Entertainment, and his partners purchased the site from Lexington developer Barry McNeese for \$1.01 million and reopened the space this fall as Manchester Music Hall.

The venue will host a diverse musical lineup and hopes to book regular national touring acts. Every Wednesday, Manchester Music Hall will host Lexington Live, inspired by the successful Thursday Night Live series in downtown Lexington. manchestermusichall.com



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The Wild Fig opens on North Limestone

The Wild Fig is north Lexington's newest eclectic addition. The cozy space at 726 North Limestone was less than a year ago a residence, and now is a bright, cheery bookstore and coffee shop. The shop, owned by writers and book lovers Crystal Wilkinson and Ronald Davis, originated at Wild Fig's Meadowthorpe Shopping Center location and reopened in a part of town that is continually feeling the love of new business owners. You won't want to miss this gem; A quiet place to browse books, sit down and read, enjoy the beautiful old architecture of the renovated, turn-of-the-century location and drink some hot coffee. the-wild-fig.com

Smartphone parking got easier

The Lexington Parking Authority announced recently that its PayByPhone app transaction fees were lowered from 35 cents to 25 cents. The LPA first offered PayByPhone as an option in early 2010.

PayByPhone is a fast and convenient way to pay for on-street parking with features such as: text message reminders, pay from inside your car, no cash needed, mobile apps and online receipts, which are very handy for business customers who need to track their expenses.

Lexington receives nearly \$8 million for healthy projects

Central Kentucky's business and activity climate continues to get healthier, including an extension for the popular Legacy Trail.

Gov. Steve Beshear and Kentucky Transportation Cabinet (KYTC) officials this fall announced the award of \$6.5 million in Congestion Mitigation and Air Quality (CMAQ) funds to the Lexington-Fayette Urban County Government, and \$1.2 million to Lextran to improve safety and air quality in Kentucky's second-largest city. The grant awards total \$7.7 million.

The \$1.2 million CMAQ funds for Lextran, the Transit Authority of Lexington, will be provided for the purchase of buses powered by compressed natural gas.

The remaining funding will help Lexington-Fayette Urban County Government complete several local projects: Brighton Rail Trail Bridge Phase IV; Fiber Optic Cable; Turn Lanes at Manchester and Forbes; KY Horse Park Legacy Trail Extension; West Hickman Trail; Hope Center Trail; Fourth Street Corridor Enhancements; Town Branch Commons (Midland Section, a \$3,200,000-Construction of bicycle and pedestrian facilities which will connect to other similar improvements in downtown on Main and Vine Streets). This section will eventually connect Town Branch Trail to Legacy Trail through downtown.

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Bikes and coffee

What do bicycles and coffee have in common? Well, not much ... besides both being awesome. At Broomwagon Coffee + Bikes on 800 North Limestone you can indulge on not only coffee, but a simple menu including grilled breakfast sandwiches, milkshakes and beer, all while you check out its stock of bicycles. There is really nothing you can't love about this place, so stop in today!

[sites.google.com/site/broomwagonbikes](https://www.google.com/site/broomwagonbikes)



New shared-use bike path opens

Cyclists and pedestrians now can safely travel from campus and downtown through University of Kentucky campus and The Arboretum, State Botanical Garden of Kentucky to south Lexington neighborhoods. The former ad hoc dirt path links Shady Lane to University Court, providing a safe and efficient paved connection for the dozens of commuters cycling and walking along this corridor daily.

UK Art Museum reopens with redesign and new hours

The University of Kentucky Art Museum reopened this fall with a bold reinstallation of its permanent collection. The walls in the facility have been reconfigured to establish intimately scaled rooms for considering many aspects of portraiture, abstractions, landscapes and the theme of mortality.

A separate space will celebrate works from the largest gift in the museum's history, the George and Susan Proskauer Collection. An architectural redesign and collection transformation had not occurred at the museum in over 15 years.

In addition to the new art on display, the UK Art Museum has new hours for patrons to view the work. The museum is open 10 a.m.-5 p.m. Tuesday to Thursday, 10 a.m.-8 p.m. Friday and noon-5 p.m. Saturday and Sunday. Admission to the UK Art Museum's exhibitions is free to the public.



West side to get a \$34 million residential boost

A 16-story multiuse building is planned for Newtown Pike on the western edge of downtown between Third and Fourth streets. It will include apartment units, retail space and more.

The project's managing partner John Cirigliano said the target residents for Thistle Station include young professionals and students attending Bluegrass Community and Technical College, which is less than a block away, and Transylvania University, which is just a few blocks away. Cirigliano said the development's status as an urban infill project is important, especially to millennials. The four-acre site was previously a lumber yard.



A new home for Willie's

Willie's Locally Known, the popular live music venue on the north end of town, announced this fall that will relocate its barbecue restaurant and music scene to Southland Drive. Owner Wilson Sebastian said Willie's has simply outgrown its location and is sad to have to leave, but excited to soon be a part of the bustling Southland Drive community.

The new location will add considerable space to Willie's, expanding its capacity from 65 seats to 167, with 65 parking spaces available. Willie's will occupy the former Show-Me restaurant and should open in mid-January. willieslex.com

Pedal party power

If you see large, strange-looking bikes riding around town ... with groups of people on the back, enjoying themselves immensely ... then you've glimpsed one of the latest additions to Lexington's party scene, The Thirsty Pedaler and Big Blue Pedaler.

The giant, food-powered trolleys are hard to miss, reaching only about 5 to 8 miles per hour on city streets and are available for rental. They hold up to a dozen passengers and are considered "commercial quadricycles" by the Commonwealth of Kentucky.





Gatton offers Certification in Innovative Leadership

If you are willing to invest 10 evenings, you just might change your entire outlook on your career. The University of Kentucky's Gatton College of Business and Economics, through its Don and Cathy Jacobs Executive Education Center, is offering a Certificate in Business Administration (CBA) program in the spring of 2016. The CBA program is an element of Gatton's Innovative Leadership initiative. Innovative Leadership, will run for 10 Thursday evenings, starting on March 24 and concluding on May 26, 2016.



Hospital, to furniture, to stylish new office space

Inside the former Hurst office furniture warehouse at 333 Short Street is a jaw dropping new space for small businesses. The building, once a hospital, was nearing extinction before it was purchased in 2014 for \$1.2 million by Zeff Maloney's Stable Holdings. It was renovated and turned into a chic yet rustic new hub of activity, housing businesses like the Woolfolk Coffee Co., Indigo Salon and Wellness, Kentucky Space and several other businesses. In the one-story attached building next door is Haven Home & Garden. Be sure to head to 333 Short Street for a visit.



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by Katheran Wasson

Get Your Game(plan) On

Finances are serious business for recent Asbury graduate

Ron L. Brown believes there's one thing everyone needs for a happy, comfortable retirement: a plan.

It's more complicated than that, of course. Plans are not one-size-fits-all. Plans are best made with goals in mind. And plans can take time and effort to outline. But, done right, it's all worth it in the end.

"Most people out there are saving blindly," said Brown, a Nicholasville native and Asbury University grad who opened R.L. Brown Wealth Management (rlbrownwm.com) in Lexington earlier this year. "They're putting 10 percent in their 401(k) (an employer-sponsored retirement account) just because their peers are, and you'll never know if that fits your situation unless you've got a plan."

Brown's interest in finance grew watching his father, an accountant. But accounting was more of a behind-the-scenes, number-crunching type of gig, and Brown wanted face time with his clients. He earned a business management degree from Asbury University and spent more than a decade working for local financial firms before deciding to hang out his own shingle in February.

"I like the autonomy that comes with it, and that flexibility has a trickle down benefit to my clients," Brown said. "At bigger firms, there are things you can't do, but I'm in a position where I can do fee-based planning and work with products and investment strategies that I didn't have access to before."

People often come to him wanting to know where to invest their money and how much to put into savings, but he says it's crucial to dig deeper to provide a solid recommendation.

"We're a planning firm, first and foremost, and it starts with background information about the client – things some people would consider to be minute details, but it's information that really guides us as to how the money needs to be invested," Brown said. "We sit down and clearly outline their goals, and from there we can back into where they need to invest and save now."

The process takes a little longer than it does at some other firms, but Brown says it's much more comprehensive. Clients often find themselves answering questions on topics they never thought factored into investment decisions.



Ron L. Brown offers many financial services, with a special expertise in wealth management for professional athletes.

"They leave with a deeper sense of comfort because they know we haven't left a stone unturned," he said.

Besides face-to-face advice, Brown provides guidance to his clients and the public through his website and social media accounts. He authors a blog on his site where he shares his expert advice on everything from estate planning advice for baby boomers to a breakdown of money mistakes thirtysomethings should avoid.

"It gives people an opportunity to see how I can help them, and it gets them comfortable with the idea of financial advising," he said. "It's also a way to stay involved with my existing clients between meetings. I feel like it's my job to keep them informed, so that when

we go through situations where the market gets volatile, they'll remember a blog or social media post, and it will give them a sense of comfort."

Beyond traditional retirement planning and financial advising, Brown also has found a niche working with professional athletes, a group that has received a good deal of bad press in recent years for blowing through their savings quickly and incurring large debts. While there are examples of that happening, Brown believes much of the criticism is undeserved.

"If any of us had that kind of money at 21 or 22 and zero financial guidance, we'd all be in trouble," he said. "Instead of just talking about the issue, I felt there was a huge opportunity to help."

Because most pro athletes retire in a matter of years instead of decades, typical strategies that work for retirees don't apply. For example, retirees face penalties for withdrawing funds from an IRA before the age of 59½ – not useful for someone who needs their money 30-plus years before that.

Despite the differences, Brown says athletes and non-athletes alike need to spend time building a plan that matches their goals. Finding the right financial adviser is key, he said, and the relationship must be a good fit – both ways – to succeed. He offers a free initial consultation to potential clients and says that's a good place to start to find out where they stand financially and start down the road toward retirement.

Brown's advice to young professionals interested in financial advising? Anyone can benefit from the process, and the earlier, the better, he said. Additionally, it doesn't matter your level of income or assets, everyone needs a plan that's tailored to them. ■



Katheran Wasson is a correspondent for BG. Reach her at editorial@lanereport.com.

LYPA Recognizes New Rising Stars Class

The Lexington Young Professionals Association honored a group of 10 leaders who were recognized for their professional and philanthropic efforts in our community. The event took place on Oct. 20, at Copper Roux.

LYPA President Kim Butler kicked off the night and handed the program over to emcee, Michael Allison a.k.a. “Mykraphone Mike” of the Lexington Legends. He introduced Maggie Mick, the keynote speaker.

Mick is the director of development at The Council of State Governments, nationally headquartered in Lexington, and one of the founding steering committee for Lexington’s EMERGE conference for young professionals in Lexington.

Visit *BG Magazine* on Facebook to read full bios of the 2015 Rising Stars class.

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Christine Louise de Briffault: Director of Risk Management & Compliance at Chrysalis House Inc. Louise de Briffault is responsible for reducing of risk and loss, revising and developing new policies and procedures, and enhancing communications with governmental entities.

Crystal Newton: Marketing Coordinator for Bates Security. Newton is responsible for leading the development of the marketing strategy and managing the execution of that strategy at Bates Security.

Emily Downey: North America Field Marketing Manager at Alltech. Some of Downey’s responsibilities include serving alongside the North America IMC, sales and admin teams to increase sales and meet goals, and managing and overseeing North America Integrated Marketing Communications Team.

Emily Evans: Multicultural Affairs Coordinator at Midway University. Evans provides necessary support to international students, including ensuring the student has proper legal documentation and that they have a healthy adjustment to American culture.

Kate Horning: Owner of Kate Horning, Live It. Share It. Retreats and Santé Cellars. Health Coach, Lifestyle Expert, Author and Chef, Horning owns companies and lifestyle brands that focus on helping busy, success driven women create a long-term healthy lifestyle.

Lauren Nichols: Associate Attorney at Bingham Greenebaum Doll LLP. Nichols both manages and assists with active litigation matters at the law firm of Bingham Greenebaum Doll.

Mike Hilton: Senior Manager, Customer Engagement at Quest

International Users Group. Hilton is responsible for creating an environment that allows sales people to continually develop and benefit the organization, and sets strategies that drive customer and vendor engagement.

Tyler Adkins: Owner/Attorney at The Adkins Firm, PLLC. Adkins focuses his practice in litigation, namely representing KSP Troopers in civil litigation. ■



Amanda Ralston: President & Director of Verbal Behavior Consulting, LLC. Ralston founded her business in January 2007 in order to help families learn strategies to better nurture children with Autism Spectrum Disorder and other developmental disabilities.

Bob Eidson: Director of Emerge Property, LLC. Eldson has successfully navigated the development cycle from concept through completion. This includes site massing,

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

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by Abby Laub

Why She Loves Lexington So Much

We sat down with Mindy Rohr of the blog *Love, Lexington*

Hanging out with Mindy Rohr is like seeing your beautiful and elegant yet goofy cousin whom you were close with as a kid but haven't seen in years and can't wait to catch up with over coffee – since coffee or a cocktail have replaced Kool-Aid.

Now you're just drinking the Kool-Aid coolness of Rohr's wildly popular following through her online personal: *Love, Lexington*.

While perusing National Provisions together for our photo shoot, Mindy threw her arms up in excitement and gave an angelic "Haaa!..." as she got to the cheese counter, and I knew then we at least had one thing in common. Cheese is good. So is Lexington, and so is her blog detailing its goodness.

AL: Why did you start doing this?

MR: I started *Love, Lexington* for a handful of different reasons. I love reading blogs, and I check my Bloglovin' list every morning! I always thought I wanted to be a fashion blogger. I tried a handful of times to get a fashion blog up and going but lost interest quickly. Fashion blogging is so much harder than the bloggers get credit for. Shooting (photos of) outfits to have four to five a week to share and keep the post interesting is challenging.

It didn't really hit me that I wanted to write a "lifestyle" blog until my friend Megan Smith, founder of *Cake + Whiskey*, wrote the "Love Letter to Lexington" that was published on *HuffingtonPost(.com in September 2013)*. Except, what if the letter was reversed ... and coming from Lexington to its readers?

I loved this blog concept from the first word I wrote ... and still do. Blogging is only really successful if you find something that you are truly passionate about, and I am passionate about my city. I try my best to eat, sleep and breath local Lexington! In doing so I am able to

help so many people experience their city in a way they may have not thought of or help take the "scary newness" out of doing something.

AL: You have nearly 16,000 followers on Instagram and dabble in other social media as well. Did social media follow the blog, or did the blog follow social media after you had built a following?

MR: They went hand-in-hand for me. The day I signed up for my Wordpress account, I locked in my Instagram and a Facebook accounts – and now Snapchat; I love Snapchat! I knew the importance of having different social media audiences to help drive traffic to the blog. Instagram took off a lot faster than the blog or the Facebook, and that probably stems from the fact that most of my energy is focused there. Another blogger who inspires me, *Gal Meets Glam*, said that you should find one social media and do it well, and that has stuck with me. Most followers know *Love, Lexington* from Instagram. It makes me giggle when people don't realize that *Love, Lexington* has a blog, too.

AL: Why do you think your readers/viewers connect with what you're putting out there? Obviously you are connecting!

MR: In the beginning, *Love, Lexington* was focused around the culinary scene. And let's be honest, who doesn't like to eat amazing food? It's apparent that my husband, Jesse, and I do! About a year prior to starting *Love, Lexington*, Jesse and I were experiencing all these new, local restaurants and events for the first time. The city is thriving, and I love that we can be a part of that by sharing with Lexingtonians all the things we've come to love.

I'd like to think my readers trust me: When I tell them something is good, it's good. I have



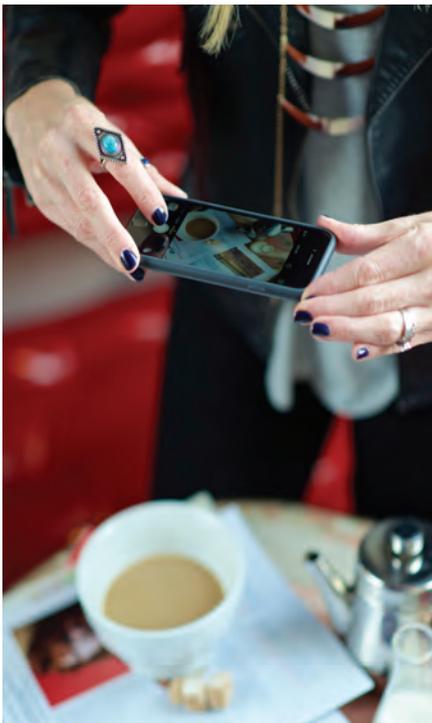
Photos courtesy Love, Lexington and Jesse Rohr

also opened a door for them to things that were once unknown and scary. I have given them the insight they need to try a new restaurant by showing them what they can get there and/or what I recommend.

When I meet my readers, they always say they feel like they know me, which is exactly what I wanted.

AL: What is your “real” profession?

MR: A lot of people don’t realize I have a “real” job (that isn’t *Love, Lexington*) but I do! I am an account director for a medical education company. The majority of my day-to-day responsibilities are focused around event planning.



Abby Laub photo

Mindy Rohr, the blogger behind *Love, Lexington*, enjoys snapping creative photos of her food and drink for her readers to check out.

AL: Do you want blogging to become your full-time job? Do you get paid in any way?

MR: I would love to be a full-time blogger. That would be the ultimate dream. I do get paid for some blog posts and disclose when/where a post has been sponsored. I don’t ever want that to deter my readers from thinking I would share something with them just because I was getting paid, but that would be far from the truth. I would never promote a company or brand that doesn’t fit into what I’ve built *Love, Lexington*’s to be.

AL: Mr. Rohr is a big part of your blog. How long have you and your husband been married, and how did you and your husband meet?

MR: Jesse and I have been married for eight years. We dated for six years before we got married.

In college, I chaperoned for my little sister’s youth group at a summer retreat in Ormond Beach, Fla. Jesse was the lead guitar player in the band, and I thought he was just dreamy. Turns out he was pretty into me, too. However, he was under very strict orders that he was not at this church retreat to “pick up girls” but he was there to be a leader for the middle and high school kids. So we never spoke that week.

During the 12-plus hour bus ride back to Kentucky, a mutual friend (from my church that knew Jesse) filled me in on how Jesse had been trying to find out who I was all week and what my name was. Keeping in mind this was in 2001, the friend passed on Jesse’s AOL IM name, and as soon as I got home I logged in and sent him a message. I think it went something

Market 301

Rohr recently started a new event, called Market 301. When she started *Love, Lexington*, she said she began meeting these amazing vendors and makers, many of whom did not have retail space and only online stores.

“I loved what the North Lime Night Market was doing by having local vendors onsite, but the event is so big now (and packed) that it’s difficult to shop the local vendors,” Rohr said. “Two vendors and I had a idea to try a vendor market, solely focused on shopping. We did our first one with just 10 vendors in a small space (301 E. Vine Street) and from there it just took off.

Now, Market 301 is a monthly event, usually happening the third weekend of the month, and will be hopefully calling the Manchester Music Hall very soon.

“Lexington loves shopping local, and my goal is to provide more exposure around that and give these talented vendors a place to sell the goods,” Rohr said.

Find Market 301 on Facebook and Instagram @themarket301, and of course on lovelexingtonblog.com



Photo by Jesse Rohr

like “Hi, It’s Mindy ... the girl from Kentucky.” I’m a *smooth* instant messenger.

Later that night, he messaged me back and our love story began! We chatted online well into the morning, listening to the new Dave Matthews “Space Between” CD – yes, I said CD! The “Space Between” will always remind me of this summer in 2001!

After weeks of online chatting and late night phone calls – free long distance on nights and weekends. Go ahead, laugh; I am! – Jesse came to visit, decided to intern at our church that fall, and made plans to go to the University of Kentucky. He’s been here, and we’ve been together ever since!

AL: What does your love story look like now?

MR: Eight years in, I think I love him more now than I did when I said “I do.” Being together for over 14 years means a lot of changing and a lot of growing up has happened for both of us. I won’t say it was easy because there have absolutely been times when it would have been easier to throw in the towel. You work past the hard stuff and on the other side it is amazing!

Jesse truly is “Mr. Love, Lexington.” Without him I would never be able to keep up with enough content. He helps by sending me photos during the week, and without him my Instagram photos would look horrible. He is an amazing photographer, and I am beyond grateful to have

him shoot my pictures, even though he keeps threatening to invoice me. He always challenges me, and that's probably the only reason I didn't give up on *Love, Lexington* two months in.

If I'm being really honest, I have to share that up until about two to three years ago I was not very adventurous in the culinary area. Jesse has and will try anything once, but not me. If it wasn't basic, I wasn't touching it. Then one day he just asked me to give new and different foods a try. And that became a "thing" for me! I was trying new things and experiencing them for the first time – and liking them when I let go of the it's-gross idea that was all in my head. My only rules now are no slimy foods and no tomatoes.

When we are aren't eating and drinking in Lexington, we love bingeing on Netflix and HBO shows, and traveling to a places we have never been to explore new sites and restaurants. We are obsessed with our dogs Nikki, the boxer, and Beau, the Pound Puppy.



Mindy Rohr enjoys a charcuterie plate at National Provisions.

AL: Why do you love Lexington so much?

MR: I have lived in Lexington my entire life. I have always loved living here. Jesse has tried his best to get me to leave a handful of times to move to a bigger metropolis or to be closer to the water, and just when I was about to cave ... Lexington started booming again. The people here are passionate about where they live, and I want to be around people like that! I'm sure

other cities in the U.S. are similar, but Lexington will forever be my home – even if I have to move out of it one day. Lexington is perfectly big and perfectly small, all at the same time! ■



Abby Laub is editor of BC Magazine. She can be reached at abby@lanereport.com.

Mindy's Lexington Favorites...

Restaurant?

It's hard to pick one, so I'll pick three! Sabio, Distilled @ Gratz Park, and County Club would be my top three – and probably National Provisions and Table 310. I know, I know, that's five, and I could name more.

Bar?

My favorite place – and possibly the best cocktails in town – would be from Table 310, which isn't really a bar per se. I also love Enoteca and Arcadium for cocktails.

Late night grub?

Goodfellas, of course. Chicken Bacon Pizza, please!

Lunch meeting spot?

My "go-to" lunch meeting spot is usually Harry's or Smashing Tomato. The food is always consistent and quick, and it's close to my work. If I wasn't

limited on time and the area, I'd have more meetings and lunches at Vinaigrette Salad Kitchen.

Place to catch up with a friend?

Local Taco is top of my list for eating and hanging out. You can split a pitcher of the best margaritas in Lexington, munch on chips and guacamole, and even grab a full meal.

Place to take a walk or ride a bike?

Jesse and I love urban bike riding. We'll load up our bikes and hit the streets or parks around downtown Lexington when we have free time. Woodland, Bell Court, UK's campuses are all great biking areas. It is also a great way to see the city!

Place for outdoor recreation?

We don't get much downtime, but I loved hiking the Pinnacles in Berea when I was in college. I'm dying to get to Frankfort to try the SUP paddle boarding.

Place to shop for clothes and accessories?

I love shopping local places when I can. Entwine and Calypso are great spots that are reasonably priced with different offerings from your typical mall stores. I'm always swooning over everything at Morton James.

For accessories, I tend to shop the vendors from Market 301. Nikki Cummings (maker of the 859 necklace) and Stella Bella are my "go-to's" for great jewelry. Miss Molly Vintage also has lots of great vintage and new accessory finds; her fringe Wild Columbine necklaces are stunning!

For the home?

It's not local, but I am a sucker for Home Goods. I can get lost in that store for hours. Locally, House and Market on National have great finds, and I fawn over everything about Fable + Flame. If my entire house could be decorated by Fable + Flame my life would be complete!

Festival?

I was able to attend the MoonTower Music Festival for the first time – this was only the second year – and had a blast! The lineup was great with the Lonely Biscuits, Space Capone, J. Roddy Walston + the Business, and Moon Taxi. There were local vendors, local beer, local wine and local food trucks. MoonTower really shined as a local Lexington event for me this year. I can't wait to see what next year has in store for the MoonTower Music Festival.

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Relationships by the Bite



Professional networking sometimes is best done over a meal; here are the rules you need to know

Terri Thompson says don't even think about pulling out your cell phone during a professional business meeting over a meal.

Success in business is all about building relationships, and one of the best ways to accomplish that is to share a meal. But business dining can feel like a minefield for the uninitiated.

Which fork goes with the salad? How do you choose the right restaurant? And, heaven forbid, how do you cope when something gets stuck between your teeth?

BG Magazine spoke with Paris, Ky.-based Terri Thompson, an etiquette expert who travels the country speaking about leadership and those often-overlooked “soft skills” needed to get ahead.

“When we’re talking about business dining etiquette, it’s all really about the confidence not to think about the dining,” Thompson said. “If you know the basics, then you’re freed up to concentrate on conversation, networking, getting a new job or landing a promotion.”

Are you a young professional faced with a big business dinner on the horizon? Here are a few of Thompson’s tips for a stress-free meal.

The never evers

They sound obvious, but many people still commit these dining sins, Thompson said.

Never blow your nose, use a toothpick or apply lipstick at the table. Never put your keys, sunglasses or any other personal objects on the table. And just like Mom told you, no elbows, either.

Add to the list a faux pas that’s grown to epidemic proportions: cell phones at the dinner table. Thompson says turn it off and put it away before you arrive at the restaurant.

“If this dinner really matters to you, then you’ll turn it off,” she said.

If you’re facing a true emergency – a sick child at home, for example – let your guests know in advance that your phone is on vibrate, and then place it on the chair beside your leg.

Think before you order

Stay far, far away from messy foods such as long pasta and French dip sandwiches. And never order ribs – even if the boss takes you to a rib joint.

“That could be a test of how you’ll react,” Thompson said. “If you’re going to represent their company, how you make it through a meal is a reflection on the company, so it really matters.”

So order the chicken and come back tomorrow night for the ribs, Thompson said.



Know where it goes

A common misconception is that you should place your napkin in your chair if you excuse yourself during the meal. But the chair is considered unclean, so it’s better to fold your napkin and place it to the left of your place setting.

You just stirred a few packets of sugar into your tea. Where do the empty papers go? Under the lip of your plate, so the server knows to grab them when he whisks away your empty dishes.

Never know where to stash your purse during dinner? The floor is dirty and it’s likely to get knocked off the back of your chair. So proper etiquette suggests placing it on your chair behind your back. But many purses today are so large they put duffel bags to shame. Thompson admits she carries one of those herself. Her advice? Leave it at home and just bring your wallet.

When you’re the host

Get to know the lay of the land beforehand. Talk to the manager and ask for a private room or table. Check out the menu to make sure the price range is appropriate and it offers a good selection of food. Make sure there’s parking for your guests and greet them at the door to escort them back to the table. Take care of the check beforehand, if possible, so all you have to do after dessert is sign.

The Golden Rule of etiquette

Beyond the dos and don’ts, there’s one big etiquette rule that tops all the rest: Make the people you’re dining with feel at ease.

“There’s no rule of etiquette I wouldn’t break to make someone comfortable,” Thompson said. “Kindness, consideration and honesty will serve you well on whatever path you take.”

Even if that path is just to the dinner table.

Visit territhompsonpresents.com for more information. ■

by Kevin Gibson

Off-the-beaten-path Winter

You've already been to Nashville and stalked Broadway, and you've mastered Gatlinburg. You've been to the cool aquarium in Newport, and you've done the Biltmore tour in Asheville. So what else is left to do if you decide on a winter getaway?

Maybe more than you think. Here are a handful of ideas to help get you through the winter doldrums without going into hibernation.



Foraging in Asheville.

Go on a foraging expedition in Asheville

"Philosoforager" Alan Muskat stands by year-round to take you on a guided foraging tour where you can, as he puts it, "get off the eaten path." You'll learn to safely forage for wild mushrooms, plants and other wild cuisine. Afterward, you can take your plunder into one of several restaurants that are in on the adventure and have them cooked. (It's called "find dining" - you can't make this stuff up.) Part of the fun will be spending a night or two at the 1899 **Wright Inn** and **Carriage House**, where you can rest up for your "Survivor"-meets-"Iron-Chef" adventure. Prices start at just \$128 per night. Naturally, you'll also want to check out downtown Asheville while you're there and have a drink or two at one of the many local microbreweries.

Notastelikehome.com

Go eagle watching in Illinois

Every winter, dozens of magnificent bald eagles come to Grafton, Ill., to roost and wait out the bitter cold months. They can be seen flying over the town, along the limestone bluffs and over the Mississippi and Illinois rivers, many of them setting up roosts on the nearby islands that visitors can observe from the waterfront.

While there, you'll want to stay at the historic and cozy **Ruebel Hotel**, which was built in 1879, burned in 1912 and was completely restored in 1997. The hotel is a trip back in time and, while there, have a cocktail or a meal at the **Reubel Restaurant** and the original and ornate bar from the 1904 St. Louis World's Fair.

When you aren't watching for eagles, you can check out the many buildings on the National Register of Historic Places, walk to the many shops, restaurants and wineries in town

TABLES, STABLES & DESIGNER LABELS

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Getaways

(including taking the shuttle to enjoy the view at the ridgetop **Aerie's Winery**), or have a seafood meal at the **Fin Inn** or one of the other seafood restaurants along the main drag.

Fair warning, though: Once you see your first eagle, it's tough to tear yourself away from the waterfront. Bonus: On the way there, stop at the **Cahokia Mounds** just east of St. Louis to check out ancient ruins that were once the site of a large Native America city.

Enjoygrifton.com, Cahokiamounds.org

Family fun in Del Rio, Tenn.

One thing you can count on when going to the Smokey Mountains is the long lines of

traffic. That is, unless you make your way to a few miles east of Knoxville and 45 minutes from Gatlinburg and its tourist-heavy congestion to Del Rio, right on the North Carolina border. Located on the **French Broad River**, Del Rio has plenty of trails for hiking and horseback riding and even a real-life dude ranch in the **French Broad Outpost**. It's all-



Bring your boots to Tennessee this winter.

inclusive and built for family enjoyment year-round. Each guest is assigned a horse for the duration of their stay, and live music takes over the saloon every evening. The ranch welcomes guests for Thanksgiving and Christmas, but don't wait too long or the rooms and cabins will be booked.

Discovercockecounty.com

The Ohio Winery Trail

Once upon a time, brandy was America's spirit of choice, and it was the vineyards from New York to Ohio that helped fuel its production. Of course, where grapes grow, wine is sure to follow. If Napa Valley seems far away, northern Ohio is just a few hours' drive. In fact, there are six different trails from which to choose – from nearby **Ohio River Valley** all the way up to **Vines and Wines** in northeast Ohio.

The Buckeye State boasts dozens of wineries, many of them family owned businesses that operating for generations. Each trail offers a wide range of lodging, from quaint bed and breakfasts to modern hotels. Events range from holiday-themed trails like **Stuff the Stocking** every December to becoming Winemaker for a Day. Makes for a perfect winter couples winter warmer getaway.

Ohiowines.org



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

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fitness

by Abby Laub

Lexington Fitness

Abby Laub photos

Everyone knows that Lexington has a lot of gyms, but not many towns this size can claim two nationally acclaimed fitness icons.

Jana Hare and Tim Boniface (yes, it's pronounced the glamorous Italian way) hail from Lexington. They're transplants, but we can safely claim them since they've lived here a while. Both have appeared on the covers of *Women's Health* and *Men's Health* magazines, respectively, in the last three months, and both have some killer advice for how they got themselves in tip top, national magazine cover-worthy condition.

And it starts on the inside.

"I can't stress it enough that when we stop learning and pushing new limits, we relinquish our ability to grow, evolve, change and flourish," said Hare, 29. "Seek out what makes you 'spark' and gives you that supplementary energy to live each day to the fullest.

Finding her spark landed Hare in a close race for America's Next Fitness Star by *Women's Health* and on the cover of the publication's July issue alongside the four other finalists.

Jana Hare and Tim Boniface take their causes to the covers of national fitness magazines

boxing, weight-training, core-focused training, boot camps, aqua fitness, spin, mixed martial arts cardio, and a focus on aerial yoga.

"I have a thriving energy and passion for health and fitness, and I just want to share that with everyone who is struggling to find that fire to get fit and healthy," she said. "I want to put my fun spin on what most people see as a chore. I want them to see it as an opportunity.

As a group fitness instructor, Hare's schedule is anything but normal and anything but boring. Teaching classes at five different locations, her week begins on Monday with KickFit at Lexington Athletic Club and ends at OrangeTheory classes on Friday. She can be found at Bella Forza Fitness, TITLE Boxing Club and YouFit.

Leaving the money behind

Men's Health November issue's cover star and fellow gym rat Boniface, 36, found his spark after the terrorist events of Sept. 11, 2001, when he decided to change his career path and become a firefighter. Boniface had lived in New York City, and close friends who were firefighters died in the World Trade Center. He previously had lost his father and brother. After 9/11, he left a lucrative career in banking in Washington, D.C., and became a full-time firefighter.

"Lexington, across the country, has a great reputation as a good fire department," he said. "I applied all over for fire departments, and when I applied in Fairfax, Va., that's when I heard from people about Lexington's good reputation – and it changed my whole life moving out here. It's definitely a change from the big city of D.C., which I miss, but the job itself has been awesome. It definitely lived up to expectations of my passion and dream I wanted to follow."

Boniface, who hails from Ventura, Calif., has used his passion for the job to help fellow

Bufs Make it Big

Applying for the contest hosted annually by *Women's Health*, Hare decided to test her chops against thousands of other fitness buffs around the country and through a long process landed herself in the top five contestants and on the cover of the magazine.

Where it all began

But Hare's fitness prowess began long before.

"I was fresh out of college, but still attending graduate school to get my masters in exercise science," she recalled. "I was the newest sales representative at a small club in my hometown of Cookeville, Tenn., and I had an excellent mentor who encouraged my potential in the group fitness arena. The group classes were struggling, and they needed someone to step in and try to rehabilitate the schedule and attendance, so I got certified in a muscle class and everything took off from there. The energy was contagious, the room was packed, and lives and bodies were being transformed."

Hare has been in the industry for more than seven years, teaching group fitness classes specializing in Zumba, hip hop dance, boxing, kick-



Hare hopes to create her own programs, DVDs, a DailyBurn app series, design fitness clothing and shoes, and be on the (TV fitness guru) "Jillian Michaels level," changing lives through fitness, inspiring others to live a healthy lifestyle and find their own "spark."

firefighters. Part of the reason he won the November cover and feature in *Men's Health*, as the 2015 Ultimate Men's Health Guy contest winner, is because of the way he helps other firefighters with an issue that most people might not realize.

Cardiac arrest is the number one killer of firefighters on the job; more so than smoke inhalation or burns, so Boniface has made it his mission to spread good health and fitness to his comrades and fellow heroes.

"Firefighting can be the hardest 20 minutes of work in your life," he said. "You go from zero to 100 in a matter of minutes wearing gear that weighs 75 pounds and carrying a charged hose that has gallons of (heavy) water at a supercharged rate. You're going into a superheated environment with your sweat dripping and blood pumping.

"It's not like Hollywood," he emphasizes. "Oftentimes you can't see your hand in front of your face. But you have to find the seat of the fire and extinguish it. So you have to be in top shape."

To get in top shape himself, Boniface said he's a believer in old school bodybuilding to build core strength and burn fat. He also does

high-intensity training almost every day for conditioning. He's a very strict eater and helps his coworkers learn to make better food decisions.

Making his career change was the best decision he ever made, he said, even though it was a major change of lifestyle. He jokes that he learned a few things as a banker.

"The only thing I learned from my old job was, 'Never trust a banker,'" he said, laughing. "Or at least a banker with an Italian last name! It was a total career change and felt like I was starting over again in life. But I am so glad I did. I feel fulfilled. I can lay my head down at night and feel I've made a difference. I'm just working for myself but helping others – being there for someone on the what may be the worst day of their life."

He quips that firefighting is "fun." He likes his coworkers and sometimes laughs very hard: They break things, they swing axes into walls, they rescue animals.

"Sometimes if the fire doesn't break shit, we'll break shit," he laughs. "We'll break down the wall to find a potential fire that might not be there."



Breaking stuff down is not easy. But at 6-foot-3, 250 pounds, he's a force to be reckoned with.

For others?

"Find what you love. Find what motivates you. Find what you enjoy, and then you will stick with it because it becomes a hobby and hopefully a passion," he said. "It doesn't matter what workout program you do. Any of these will yield results, but the key is consistency and a good diet. You can't outwork unhealthy eating patterns."

His motto: "Get it right, Get it tight!!"

Tips for the journey

Boniface's primary gym is Lexington Athletic Club, and he does some of his workouts in Georgetown at Elite Fitness. He said he eats

six meals a day, at least, with a focus on balancing out protein, carbs and good fats (40 to 45 percent of his calories is protein).

Protein also is big on Hare's nutritional agenda. She starts her day with "bulletproof protein coffee" that "makes me feel unstoppable" – two scrambled eggs in a coffee mug in the microwave with salsa and guacamole.

As far as workouts for busy young professionals go, Hare also recommends high-intensity interval training. She suggests mixing weights – dumbbells, medicine balls, barbells – and cardio rounds between rowing, sprinting, boxing and others. Mix it up, plan out rounds and move quickly between exercises to be done in 30 minutes or less.

Hare has a bachelor's degree in business marketing and a master's in exercise science from Tennessee Tech University. She met her now-husband, Dr. Justin Hare, there while he was attending medical school. His residency at the University of Kentucky's Chandler Hospital brought the couple to Lexington in 2012 as newlyweds.

Since then, Hare has been teaching classes and developing her business and brand as the Dumbbell Bombshell.

"I am currently in the early stages of getting my blog, and vlog going strong," she said. "I have Dumbbell Bombshell tank tops for sale on my website, along with links to my YouTube channel, Instagram posts and my journey with Women's Health magazine."

Building her fitness fanatics following is not easy work, and she gives advice for entrepreneurs looking to increase their following.

"Communicate, communicate, communicate," she said. "Take the time to respond to your social media following, and don't be afraid to reach out. Take chances, and always, always be ready to ask a company or business, 'How can I help you? How can I benefit or assist you?' They will appreciate that more than anything, and they will remember you for it."

Being in *Women's Health* will certainly help her be more memorable, too. Hare never guessed she would be on the cover and said she is still "incredibly in awe of it."

"You can ask anyone close to me; I had said one of my life goals was to be on or in a well-respected fitness magazine. And just so happens, I made it to one of the top fitness magazines in the country, and even the world, as my debut," she said. "It has truly impacted my life, kind of overtook my life for the majority of 2015."



The experience for both Hare and Boniface included participating in photo shoots and video shoots all over New York City, appearing live on the "TODAY" show, attending conventions and concerts, being invited onto news channels, being invited regularly onto radio shows, having new doors opened, and meeting countless people in the fitness world.

Unintended outcomes

But for both of them, they said, all of it arose from efforts to help inspire other people. For Hare it could be getting someone to take the step to exercise for the first time. For Boniface it's helping save the lives of the lifesavers.

"It was an honor and a privilege to represent the brotherhood of the fire department," Boniface said. "There are a lot of amazing guys across the country who are awesome firefighters and in amazing shape; even better shape than me. True athletes! I'm proud to represent this group."

He said it was an amazing experience to appear on the cover of and be featured in a magazine that he has read since he was a teenager.

"Everyone at the magazine and the publishers were just beyond friendly and wonderful people," Boniface said. Laughing again, he said he did not even nominate himself for the award and initially thought his firefighter friends were pranking him when he got the call from (and hung up on) the editors that he was in the running to win.

Both Hare and Boniface can often be found at LAC and are happy to help out fellow fitness enthusiasts or newbies. Just don't try to pick up Boniface's 100-pound (each!) dumbbells without warming up first. ■

Follow Hare on Instagram @JanaBHare, Twitter @Bombshell_Jana, Facebook @Jana Hare, YouTube @DumbbellBombshellFitness and online at dumbbellbombshell.com

by Esther Zunker

Boots for (f)all

There aren't many outfits in the fall and winter that don't work well with a good pair of boots! So we compiled a collection of local boots for you.

Calypso

Name: Double Cross Boot, \$48

Where to buy: 513 E. Maxwell St., Lexington or calypsoboutique.com

"In my opinion, every girl needs a pair of tan boots for fall (or two!). Our Double Cross



Boots look great with practically anything, from denim to dresses - which is the reason I get more wear out of them than any other shoe. Plus, there's nothing cozier this time

of year than knee-high leather boots over knit socks." - Natalie Read, store manager

Calypso Boutique is the downtown/campus area in the historic Woodland Triangle Neighborhood. The store, which opened in 2007, receives new, hand-picked merchandise daily. It is owned by Ann-Michael Rawlings, who opened her second boutique, High Street Fly, last year. The store is managed by Natalie Read, who strives to offer personal styling services in addition to its variety of apparel, accessories and shoes.

Monkee's

Name: Splendid Booties, \$158

Where to buy: 116 Clay Ave, Lexington monkeesoflexington.com

"Everyone needs a suede bootie in their wardrobe this fall." - Sarah Woodworth, owner



Monkee's of Lexington was founded by Sarah Woodworth and her mother, Janet Schwartz, in 2011. A Lexington native, Woodworth

had dreamed of owning a boutique since she was in high school, and Monkee's, a well-known and respected national franchise, seemed like the perfect fit. Monkee's of Lexington carries a hand-picked assortment of designer label shoes, clothing and accessories. The store, in a quaint cottage, features a wide variety of styles and price ranges in a fun and intimate atmosphere.

Black Market

Name: Eyelet cut-out boots, \$46

Where to buy: 516 E. High St., Lexington

"These brown vintage styled eyelet cut-out boots have the perfect amount tassel for this fall style. These boots come in size 5½ to 10. They are the perfect booty to go with dresses skirts or jeans." - Melanie Williams, owner



Melanie Williams purchased The Black Market 14 years ago at the age of 26 from original owner Susan Creacy, who opened in 1989 at a small storefront on Church Street with a vision focused on import clothing, sterling silver jewelry and gift items. Creacy relocated several



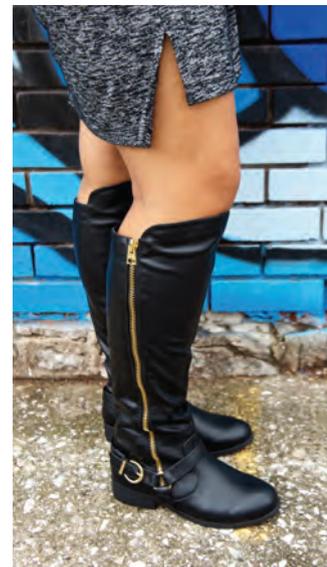
times before landing in the center of Woodland Triangle, which at the time was just becoming a locally owned retail destination. Williams, a native of Paducah, has protected and expanded the trendy boutique. She now owns the century-old building that houses her store. The store, which Williams describes as "a little boutique with a lot of flair," sells dresses, vintage jewelry, shoes and men's T-shirts.

Bluetique

Name: Zip Up Riding Boots, \$54

Where to buy: 235 Woodland Ave., Lexington shopbluetique.com

"These Zip Up Riding Boots come in black or brown with a low stacked heel and will take you from the office to a party with just a quick change to a dress. With skinny jeans, they'll add that something extra for those casual fall weekends. Comfortable and practical, this knee-high boot, paired with thick wool socks, will keep you warm all through winter." - Brittany James, store manager



Bluetique Cheap Chic boutique originated in Lexington in 2011 with a goal of providing fun and affordable clothing options to its customers, many of whom are college students. Located at the corner of Woodland Avenue and East Maxwell Street, the store can be easily recognized by its bright blue awning and blue graffiti. Elizabeth Shipley serves as regional director and is one of four co-owners of Bluetique, which has expanded across the Midwest and South. It offers trending clothing, shoes, seasonal accessories which are described by store officials as "trendy and Southern, but still classic." ■



Esther Zunker is associate editor for BG Magazine. She can be reached at editorial@lanereport.com.

by Esther Zunker

Summer may be the time many people think of to fire up the grill and make some burgers or dogs, but we think the cooler weather is the best time to heat up your plate. We asked some local restaurants for their favorite seasonal dishes off the grill.

something a little heartier than your traditional bowl of chili, then the pork chop is perfect for that.”

– Jordan McArter, kitchen manager

A little history: JDI, nestled on the corner of Broadway and Cedar, is owned by the

“If you wrap the fish and vegetables in the banana leaves, you get a steaming quality. It’s a healthier way to cook on the grill, because you get the smoke, but you don’t get the carbon, which isn’t good for you. Banana leaves are especially good for grilling fish, because

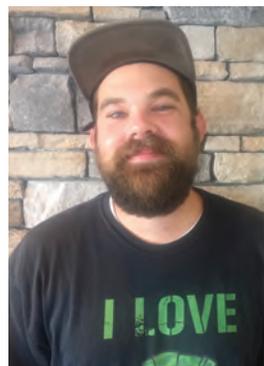
The Best Time to Grill

Look for fall favorites to fire up this season

JDI Grille and Tavern

Where: 319 Cedar St.

The dish: Kentucky Bourbon pork chop with mashed potatoes and roasted vegetables.



“We grill the 10-ounce pork chop to perfection, whatever temperature you’d like, and we finish it off with our house-made bourbon glaze. We use Kentucky bourbon and brown sugar, and then reduce it all down. It’s wonderful, a best-seller. It comes with a side of mashed potatoes, which we make in-house. We call them ‘the perfect mashed potatoes,’ which they are if you’ve never had them. The roasted veggies include squash, zucchini, red, orange and green peppers, red onions and a little olive oil and salt and pepper. It’s a nice, hot meal. When it’s cool outside, if you want

Morgan family, who are alumni from both the University of Kentucky and Transylvania University. Each of the three stories features a different, casually elegant bar with a nod to local Kentucky heritage and the bourbon for which the area is known. JDI offers a wide array of decadent Southern food, including smoked-on-site pulled pork, brisket, chicken and waffles, and its signature JDI burger. The restaurant and bar also features a dozen draft beers and 109 bourbons, whiskies and ryes.

Alfalfas

Where: 141 E. Main St.

The dish: Banana leaf-wrapped grilled Rainbow Trout with seasonal butternut squash, sweet potatoes, apples and walnuts.

“You can make a little banana leaf packet with the butternut squash, sweet potatoes and apples, and make it sweet or savory, depending on the spices, sugars or other elements you add to it. For vegetarians, you could add extra vegetables and serve them over rice with a little chutney or other sauce to make a complete meal.

it stays together and you can flip the packet without having to worry about breaking it. All of these ingredients, including the fish, can be purchased locally.”

– Head chef Paul Nowacki

Where to buy banana leaves: Mexican, Asian and Indian grocery stores.

How to use: Wash, trim, place marinated food inside, wrap the leaf around the food, secure with a toothpick and place on the grill.

A little history: Alfalfa was born in 1973 when a group of young students pooled \$2,000 to start a homey, healthy restaurant in an old South Limestone luncheonette called Pax, across from the University of Kentucky’s central campus. Today, the restaurant is owned by Jim Happ, who bought into Alfalfa in 1987,

then became sole owner in 2004 and moved it to Main Street. Alfalfas’ dishes are known for their fresh, local ingredients. The restaurant purchases local fruits and vegetables, serves only local, free-range eggs and bakes with Weisenberger Mills flour.



Esther Zunker photos



Lexington Diner

Where: 124 N. Upper St. (corner of Upper and Short streets)

The dish: Salted Caramel Apple French Toast

*Use grill pan to cook French toast on the grill.

“It’s a great fall dish, because you’ve got the fall apples and caramel. ... It reminds you of a fall festival. You use bourbon caramel sauce, which is very easy to make, and French toast



just like your mom makes it. You can make it with fresh apples, or apples out of a can, a little cinnamon and nutmeg, brown sugar and vanilla. Put one on

top of the other and drizzle it with a little caramel, top it with some toasted peanuts and a little salt, and it’s kind of like a salted caramel apple right from the fair.”

– Owner Ranada West-Riley

A little history: Lexington Diner, the new kid on the block at the corner of Short Street and North Upper downtown, was launched last February by Ranada West-Riley and her wife and business partner, Karin West-Riley. The restaurant combines local ingredients and comfort-style recipes to provide a gourmet diner experience.

BRU Burger

Where: 3010 Lakecrest (Beaumont) Circle, Lexington

The dish: Stilton Bleu Cheese burger: 7-ounce burger patty and brioche bun;

1.5 tablespoon crumbled Stilton blue cheese;

Truffle aioli (mayo with a dash of lemon juice, mixed with white truffle oil and pepper to taste);

Fresh spinach;

1 tablespoon pear bacon jam (thinly sliced pear, cooked down with butter, chopped bacon and diced onion);

Onion straws (thinly sliced onions dipped in buttermilk and seasoned flour and cooked to crispy in sautee pan).

“Fall time is the perfect time to grill burgers, because with the seasons changing, the temperature outside is just right. Football season always seems to bring the grill out. I’ve always enjoyed the smell of fireplaces running in the evening, mixed with the smoke of a grill coming off burgers. It’s always great to have an easy side, like a homemade coleslaw. Since the grill is already fired up, I like to throw a few sliced planks of zucchini and squash and grill those up as well. All it takes is a little dip in olive oil and seasoning while grilling with salt and



pepper. If you’re a fan of mushrooms, you could always put a few mushroom quarters on a sheet of foil, add a little bit of olive oil with a dash of salt and pepper, close the foil and set it right on the grill. By the time your burgers are ready the mushrooms will be too.”

– Brian Willson, executive chef

A little history: Cunningham Restaurant Group (CRG) opened its second BRU Burger Bar restaurant in the Beaumont neighborhood, next to Liquor Barn in the fall of 2013. The original gourmet burger restaurant opened in Indianapolis in 2011. BRU’s menu features an array of salads, sandwiches, craft beers and signature burgers, including the namesake BRU Burger (taleggio cheese with bacon, tomato jam, and caramelized onions). ■



5 things we love

by Abby Laub

The camaraderie of our town

I'm so proud of Lexington. If you thought we got it together for the FEI World Equestrian Games in 2010, The Breeders' Cup, it seems, is about 100 times that. Not to take away from the incredible, record-setting events that happened here in 2010 with WEG — in fact I could argue that it was WEG that got the ball rolling to bring Breeders' Cup to Lexington — but it seems like our great city reached a whole new level of awesomeness at the end of October and the year leading up to it. Everywhere you look we've got new restaurants, new public art, new signage, spruced up parks, new bike lanes, new development, yet all while maintaining a great respect for the past and our heritage, and how they're shaping our future.



Piece of Her Heart gives back to families.

Giving back from the heart

When Neil and Emily Gregory's toddler daughter was diagnosed with Autism Spectrum Disorder they didn't just wish for a different life or feel sorry for themselves. They saw it as a challenge to help other families overcome the financial and emotional struggles associated with the disorder through their organization,

Piece of Her Heart. Designing super stylish T-shirts for sale, the young Nicholasville couple is giving back to families across the country and right here in Central Kentucky through their clothing profits.

You need more pasta in your life

There are so many great restaurants in Central Kentucky, but the one we've been most excited about for the last few months is Lexington Pasta's Pasta Garage. It's no secret that Lexington Pasta is delicious, and we've probably tasted it at some point, but

the new restaurant at 962 Delaware Ave. in Lexington's ultra hip east end design district just is the icing on the cake of an already amazing foodie business. All you need to know is this: spinach and cheese stuffed gnocchi with Vito's robust Italian sausage finished with pesto. Nom nom.

Stand Up Paddleboarding

SUPing, as the cool kids call it. SUPing is one of the fastest growing sports in the country right now. And

for obvious reasons. It's an incredibly peaceful way to experience water and is a fantastic workout. SUPers can increasingly be found all over Central Kentucky and there are even Kentucky and Bluegrass SUP clubs. If it gets us outside, is healthy, and fun, it's a go. Make plans to try it next spring or on vacation this winter.

Warehouse Block

It's official. One of the hippest districts in Lexington has a name and is somewhat organized now. Warehouse Block is just what it sounds like. Old warehouses ... Converted into incredibly modern and usable spaces. The blocks encompassing North Ashland Ave., Walton Ave. and National Ave. are an ever growing and changing (for the better) district comprised of many fitness studios, office space, great food, goods for the home and much more. According to its website, Warehouse Block is "located in the heart of the Bluegrass, this section of town contains some of the most eclectic and original businesses around. ■"



Standup Paddleboarding on the Kentucky River earlier this fall.

Double your Network



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One Exceptional MBA.