



# Louisville Young Professionals Making a Huge Difference

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## COVER STORY

Scott Herrmann, Chona Camomot, Smith Jones, Daniel Mudd, Emma Brown and (not pictured) Lindsey Ransdell make up the give502 Leadership Team, a group of young professional making a big difference in our community. Read about the organization and their latest beneficiary on page 10.

Cover photo by Ali Turner

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## New diner hits Baxter Avenue

Late-night celebration run past normal restaurant hours? Not a problem if your Saturday night has brought you to the 900 block of Baxter Avenue. A new eatery, **America, The Diner**, which opened in August, now boasts a huge, 24/7 menu perfect for breakfast, lunch, dinner and 'after hours.' Located near Irish pubs **O'Shea's** and **Molly Malone's**, you now have a late-night option (other than pizza) to nosh on before the evening ends. Our advice? Try the Egg in a Nest, a sunnyside up egg in sourdough toast with queso, green onions and America. The Diner's. signature Roadside Hash (\$7).

## Bella of Louisville

While she's not exactly "new to Louisville," **Bella Portaro** has made quite the name for herself and her blog **BellaOfLouisville**. Focusing on posts including health and fitness, inspirational quotes and features showcasing the "Humans of Louisville," Bella's blog is a master class in girl power. Our advice? Check out her "Humans" posts. Not only do they capture the essence of our favorite female Louisvillians well, but they are a great spice for your own "Motivation Monday." Check out her blog at [BellaOfLouisville.com](http://BellaOfLouisville.com).



## Planning a wedding?

One of the first major decisions in planning any wedding? Location. And for Louisville brides, the decision may have just become a bit easier. **Noah's Event Venue** (12451 Plantside Drive), which just hosted its grand opening in late August, has quickly become one of the most popular wedding venues in town. With space for up to 250 people, an open vendor policy, and a slew of things included with your rental (chairs, tables, and tablecloths to name a few), this flexible location will accommodate parties of many shapes and sizes. If you're looking at wedding dates into 2016, though, you should hurry. Much of the peak summer wedding season has already been claimed by brides and grooms to be. For more information visit [noah-seventvenue.com](http://noah-seventvenue.com).



## There's a new gin in town

**Copper & Kings**, best known for being one of the coolest brandy distilleries around town, has released its new, small-batch gin. Donning the name **Stray Cat Gin**, this new spirit features an apple-brandy base that is double distilled in C&K's signature Vendom copper stills. After adding in the classic gin ingredients (juniper being the best known), it is then aged in a Serbian juniper barrel for a full year. After its official launch party on Aug. 28, the new, fall-hued gin will be sold at the Butchertown distillery (1121 E. Washington St.). For more information on the new Stray Cat Gin, go to [copperandkings.com](http://copperandkings.com).

## Google Express delivering locally

Google has gotten into the overnight delivery game, and it went live in Louisville on Oct. 20. The service is **Google Express**, which costs participants either a \$95 annual fee for unlimited overnight deliveries, or \$4.99 per order, per store. Google has partnered with 18 retailers that serve the Louisville area, including: **Costco**, **Barnes & Noble**, **Staples**, **Kohl's** and **Toys 'R' Us**. Orders placed either online or via a smart-phone app are delivered by the next day.





## New downtown bridge opens in December

Workers are putting the finishing touches on the new Downtown bridge, the centerpiece of the Downtown Crossing portion of the Ohio River Bridges Project. It's expected to open to two-way I-65 traffic in December. The final steel beam for the deck of the new bridge was set in October, the last precast deck panels were laid into place and cement was poured to fill the holes left behind by removal of the tower crane. It will take crews about two weeks to apply a waterproofing membrane to the entire deck surface. The deck is expected to be paved by late November.



## Mountjoy Chilton Medley moving HQ to Cincy's Hyde Park

Louisville-based **Mountjoy Chilton Medley**, the largest accounting firm in Kentucky, is merging with one of Cincinnati's largest accounting firms and will move its headquarters 83 miles upriver. Cooney Faulkner & Stevens on Jan. 1, 2016 will become part of MCM, which has nearly 300 employees across five offices in Kentucky, Indiana and Ohio. The move will allow both organizations to upgrade services, particularly in the growing niches of succession planning and transaction advisory services. MCM's employees in Cincinnati will move into CFS' Hyde Park office, which will begin to operate as MCM.



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Just in time for the release of the newest “**Star Wars**” chapter, the **Kentucky Center** will host “One-Man Star Wars” on Sunday, Dec. 6 at the **Bomhard Theater** (501 W Main St.). The show, which was created in 2002 by Canadian actor Charlie Ross, has been performed more than 1,200 times in more than 180 cities and four continents. In the show, Ross plays all the characters of the movie franchises, recreates his own special effects and, yes, sings from the original score. But his best impression (according to many fans) is his R2-D2. To master not only the voices, but even the two-man fight scenes, Ross has watched the original trilogy more than 400 times. Tickets for the one-hour show run \$25 and can be purchased at [KentuckyCenter.org](http://KentuckyCenter.org).



## Joella's hot chicken

The latest craze on the Nashville food scene has made its way to Louisville. The Music City's signature Hot Chicken can now be enjoyed at **Joella's Hot Chicken** (3400 Frankfort Ave.). The joint, which opened in September, is the brainchild of Tony **Boombozz** owner **Tony Palombino**, and features signature dishes like Chicken & Waffles, and of course, hot chicken. With sides including collard greens, macaroni and cheese, kale salad and black-eyed peas, diners are sure to find their own favorites. Not a fan of spicy? Not to worry. They have three spice levels for those of you who can't take the heat.

## Relevé Society is on 'Pointe'

Translated as the French term “to rise,” the **Louisville Ballet's Relevé Society** has become one of the coolest YP volunteer scenes in town. For many arts organizations, attracting the next generation of donors is key to future success. The Louisville Ballet's solution? Create a young professionals donor base by giving exclusive ballet experiences, including a ticket to the annual **Raise the Bar** fundraiser, admission to members-only events and rehearsals, and after-show cocktail hours in exchange for a \$250 membership fee (which can be spread out over the year). Interested in joining? Visit [facebook.com/relevésociety](http://facebook.com/relevésociety).



## Louisville ranked nation's second best digital city

The **Louisville Metro Government** has been ranked the second best digital city in the U.S. — for populations 250,000 and up — in the Digital Cities Survey by **e.Republic's Center for Digital Government**. This is the fifth year in a row Louisville has been on the list. Philadelphia was ranked No. 1, with Los Angeles finishing in a tie for second with Louisville.

Louisville's high ranking resulted from work over the past year including, a redesigned city website that is easier to use on desktops, smartphones and tablets; enhanced transparency and additional data sets on the city's Open Data Portal – 156 open data sets are now available; 27 city departments are now participating in the LouieStat performance-tracking initiative, which uses data analytics to improve city performance; and participation in **President Obama's Task Force on 21st Century Policing**.

Louisville's efforts to remain a leading digital city continue, as city officials work with **Google Fiber** to explore building a new superfast broadband network here.

In a press release Louisville Mayor **Greg Fischer** said, “Right now city government is in a period of amazing discovery using technology tools and solutions and data to analyze and solve problems ... This latest award confirms we are moving in the right direction.”



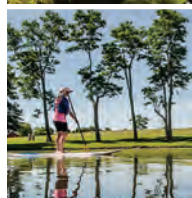
## UPS will triple size of Louisville package sorting hub

**United Parcel Service Inc.** will invest **\$309.7** million to triple the size of its Centennial Hub ground package-sorting facility located on 50 acres off Outer Loop near Interstate 65, where UPS also has its main air cargo sorting hub, **Worldport**. The Atlanta-based package shipper's expansion should be complete by 2018. The project will add more than 300 full- and part-time Louisville jobs with recruiting to begin in 2017.



## La Chasse coming to Bardstown dinner scene

If you're on 'la chasse' (or 'the hunt') for a new dinner spot in the Highlands, you may be in luck come October. **La Chasse**, a French-Spanish restaurant created by Isaac Fox (former bar manager at **Volare**) and **Le Relais** chef Alexander Dulaney, will open in the location of another past Highlands favorite, Palermo Viejo (1359 Bardstown Road). Staying true to its name, menu items will include rustic dishes like boar and venison, and décor will reflect a similar French countryside vibe. The new restaurant is set for a late 2015 opening.



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## A little luxury comes to Jeffersontown

A new luxury apartment and townhome community has just opened in J-Town: **Kendal on Taylorsville**. Located on Taylorsville Road between the Gene Snyder Freeway and Sweeney Lane, this complex has top-line amenities for the busy young professional, including a coffee bar, lounge pool, tennis court and, of course, a gym. For those willing to live OTGS (outside the Gene Snyder), Kendal on Taylorsville offers a location away from the city, but is just a short drive away from Tyler Village. Need a bit more space? The community also has three-bedroom townhomes for rent. For more information about the community, visit [kendallouisville.com](http://kendallouisville.com).



## A Little Greek, a lot fresh, fast casual

Little Greek Fresh Grill, a fast-casual Greek restaurant with an American influence, has opened its first Kentucky location in Louisville in Shelbyville Road Plaza, near the intersection of Shelbyville Road and Bowling Boulevard. The Tampa-based chain has two dozen locations in Florida, Arkansas and Texas. It offers gyros, salads, wraps, souvlakis, dinners and more.

## A second Muscle and Burger Bar makes two

Downtown dwellers, rejoice! A J-Town favorite is headed to Main & 7th streets. **Muscle & Burger Bar**, which has become one of the most loved burger destinations in town



is working on its second location just across from the 21C Hotel. The new lunch and dinner spot, which is planning to open mid-October, will

be the sixth eatery opened by Fernando, Yaniel and Christina Martinez since 2012. The new location, which was formerly occupied by St. Charles Exchange, will feature a revamped menu, adding in new signature appetizers, sauces and burgers. There are also plans for a weekend brunch menu. We're already drooling.

## Accountability? There's an app for that

Known for innovation, **Forest Giant** is at it again with a new app it calls **Quantified**. This app, which is compatible with **iPhones** and **Apple Watches**, helps track the more nuanced behaviors those other activity trackers just can't track. Important things (to you) like: How much did you shop this month? How many glasses of wine did you have this weekend? The app, which is now available at Apple's **App Store**. Don't let those little behaviors slip by you. Now, with this locally made app, you can not only have more visibility into your vices, but perhaps improve them, too.





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2015



1985

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2015



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# 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.*



# YPAL is creating tomorrow's leaders

Louisville is inundated with opportunities. Whether young professionals and creatives are looking to explore the fresh, new restaurant scene, get educated on local political issues or volunteer within the community, there are constantly ways for Louisvillians to get out and become involved. And one organization manages to combine all of these fun, engaging experiences into one.

YPAL, or Young Professionals Association of Louisville, is a local organization for young professionals, ages 22 to 40, who are looking to become connected, engaged and developed while they live, work and play in Kentuckiana. With innovative events, a record number of members and fresh faces on the board of directors, YPAL is set for success during its 16th year in existence.



2015 YPAL awards were presented to recipients at the June YPAL Quarterly Lunch.

More than 800 Kentucky and Indiana residents belong to YPAL, and this year's turnkey events look to educate and entertain Louisville's residents as they learn more about Kentucky for Kentucky, the gubernatorial candidates, and Louisville's very own Forecastle Festival.

"If millennials are engaged in their community, they are more likely to establish permanent roots there," YPAL President David Haney said. "Through our expanded programming, YPAL is doing its part to help retain Louisville's young professionals and develop tomorrow's community leaders."

Also expanding this fall is YPAL's Emerging Leaders Program. This one-of-a-kind, introspective program allows participants to study their personal leadership styles, all while hearing from current and past board members as well as community leaders why quality leadership

is vital to the success of the greater Louisville community. This program gives participants the chance to hear from community leaders such as Leadership Louisville's Cynthia Knapik, the University of Louisville's Vernon Foster, and the man behind the NuLu and Portland revivals, Gill Holland.

Hannah Bruner, of the current Emerging Leader class, says, "As the first generation of the social media age, I think young professionals right now see the inherent value of connection. YPAL gives us the opportunity to step away from our comfort zones of industry, neighborhood, or social circle to build relationships that enrich our careers as well as our social capital."

Through diverse events and committees, YPAL gives members the opportunity to see and hear about local issues and progress for themselves. Currently, YPAL houses 13 committees, providing chances for young professionals to get involved in numerous areas of the organization, including communication planning, professional development implementation, and technological innovation.

With a handful of committees, numerous events each quarter and hundreds of members, there is always something new that's being developed. Because of the sheer size of the organization, YPAL members are encouraged to dive in and get involved, as members only get out of the organization what they're willing to put into it. Through regular attendance and engagement, YPAL members can expect to not only change their way of thinking, but can also expect to effect change throughout the Louisville community.

Tomorrow's leaders are being developed today within YPAL, and it is through connecting, engaging, and developing the current young professionals that we will build a better tomorrow. Find out more at [YPAL.org](http://YPAL.org). ■



Aimee Jewell is  
YPAL's Vice President  
of Development



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Remember the old adage, "It's not about what you know, but who you know"?

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



by Jake Ryan

**Leonard Lucas** doesn't really leave home without Demi.

She's there when he goes for a walk, when he runs his errands and when he heads to the doctor. In fact, he didn't even like going out on his own before Demi came into his life.

Demi is a service dog. A 5-year-old black Labrador Retriever, she's got big brown eyes and a stocky build. When Lucas settles into a chair at a Bardstown Road coffeeshop, Demi lays motionless by his side.

When he heads outside, Lucas motions to Demi and she follows. When he drops his keys as he works his way through the door, Demi gracefully snatches the bundle of keys from the pavement, holds her snout up towards Lucas and he takes them out of her mouth in exchange for a small dog biscuit he carries in a pouch around his waist. The act is finished off with a light pat on Demi's head.

But the way she peers up at his bearded face – it's plain to see Lucas is a big part of her life, too.

Demi's been going through intensive exercises since she was a puppy, preparing to serve, thanks to efforts of the nonprofit group Paws with Purpose.

Founded in 2003, Paws with Purpose's mission is to train assistance dogs for adults and children who live within 35 miles of Louisville. The dogs work to improve the quality of life for the people they're placed

community events and nearly anywhere else they can get the word out about who they are and what they do.

The sole paid employee is a certified dog trainer who oversees a group of inmates at the Kentucky Correctional Institute for Women in Pewee Valley, Ky., who are tasked with training the dogs, starting from when they're just weeks old – mere pups, Weisberg said.

give502 lets YPs magnify the impact of their urge to help others

# Venture Philanthropy

The pair's relationship is full of these moments – love and affection, assistance and appreciation.

They've been side by side since November 2014 when Demi came into Lucas' life to assist with his everyday needs as a trained service dog.

with, said Elaine Weisberg, one of the group's board members.

The group trains service dogs, companion dogs and facility dogs, each having different levels of skills and responsibilities, Weisberg said.

Paws with Purpose consists nearly entirely of volunteers, she said. They frequent

The women at the prison spend countless hours working with each dog, honing their strengths and sharpening their weaknesses.

## Talk about your new tricks!

Eventually, the dogs will progress and find homes with residents like Lucas, resi-







dents with physical disabilities who often struggle to complete everyday tasks. Dogs often find homes with people who have suffered strokes and spinal cord injuries or have been diagnosed with multiple sclerosis, cerebral palsy and Lou Gehrig's disease, among other debilitating conditions.

"They help them become more independent," Weisberg said.

The dogs can assist with putting clothes in a dryer, opening doors or drawers and, as Demi demonstrated, picking up a dropped set of keys.

Lucas is a former Marine. He's suffered a string of back injuries and has had a slew of surgeries. He's plagued by chronic pain and stiffness.

Stooping over for seemingly simple tasks like retrieving items from the refrigerator can be incredibly painful, he said. So, he depends on Demi.

He walks with a cane and when he motions with the cane towards an object, Demi knows he needs it and she'll bring it his way.

Paws with Purpose has placed more than 20 dogs with Louisville Metro area residents. And it does it at no cost to the person who receives the dog, even though turning a puppy into a highly trained, supremely cognizant assistance dog isn't cheap, Weisberg said. Once trained, each dog is valued at nearly \$20,000.

The dogs come from breeders who emphasize skills needed to be a successful assistance dog, Weisberg said. The training is exhaustive and extensive, lasting nearly two years before a dog is eligible to be placed with a resident.

Paws with Purpose foots the bill for food, vaccinations and everything in between.

Because of these steep costs, Weisberg said Paws with Purpose organizers knew that if they wanted to make good on their hopes to expand, they need some serious assistance.

## 'Venture philanthropy' to help the helpers

And that is where give502 comes in.

Founded in 2013 by a handful of ambitious and generous young professionals, give502 has a mission aiming to help nonprofits like Paws with Purpose.

Emma Brown, a founding member of the group, said it's something like a venture philanthropy and it's a unique concept to Louisville, she said.

The idea is simple; each member contributes \$502 throughout the year. At the end of the year the money is pooled together and granted to a nonprofit of the group's choosing.

"It's just a group of young professionals who want to give back to the community," said Daniel Mudd, also a founding member.

Mudd said when he tells people about give502 who've never before heard about the group, "they're mindblown" at its simplicity.

Similar concepts, like Indianapolis' Giving Sum, have awarded up to \$250,000 to nonprofits in less than a decade. One group in Washington, D.C., even boasts a waiting list to become a member, Mudd said.

"It shows that the younger generation wants to contribute, to give back," said Mudd, an attorney with Frost, Brown and Todd.

Emma Brown, who works with the city's 55,000 Degrees program, echoes that. She notes that younger residents may not really know the best way to navigate Louisville's vast nonprofit landscape, and give502 gives them added resources to do just that.



Before he became part of give502, Mudd notes, he'd give but never knew exactly where his money was going and what it was being used for. Now, he knows exactly what he's supporting.

To be eligible for the funding, nonprofits must apply for the grant. Group members will review applications, narrow the pool down and make site visits. It's a very specific process that allows each member to get familiar with potential recipients and have a say in how the funds are allocated.

For most group members, the gift they're a part of bestowing via give502 is bigger than any contribution they could make alone.

Many younger residents just starting out in their careers may have the desire to give back to nonprofits, but they may lack the bolstered salary of a seasoned professional, Mudd said. Giving individually, their donations may not be able to make a lasting impact.

"But when you pull it together," Mudd said. "It's huge."

In fact, in 2013, the group's inaugural year, they awarded \$20,000 to the Cabbage Patch Settlement House, which serves at-risk children. In the past funding year, the group awarded more than \$23,000 to Paws with Purpose.

## Growing a new generation of givers

give502 is affiliated with the The Community Foundation of Louisville, which provided oversight assistance as the group was





first taking off. But Mudd says these days, the group is operating almost entirely on its own.

Earlier this year The Community Foundation of Louisville called the group “everything that’s right about the next generation of philanthropists.”

“We look at give502 as an important effort to cultivate the next generation of philanthropists,” said Cara Baribeau, a spokeswoman for The Community Foundation of Louisville.

The group hosts monthly social events for members and prospective members to help get the word out. They’re beginning to ramp up their burgeoning social media presence as well, Brown said.

“The thing that’s really great about this group is that they do it their way,” Baribeau said. “They are having fun, being social and forming connections and that will pay off for our community 10, 20, 30 years from now.”

Most of the growth, Brown said, is word

and invited give502 members into their training facilities for an on-site visit, they “waited and waited.”

But then the phone rang and the anxiety quickly dissolved into excitement. Nearly 70 nonprofits applied for the latest grant from give502, Mudd said. Once the final votes were tallied, it was Paws with Purpose who got the check. Brown called this a game-changing grant. And Weisberg agreed. She said organizers have long been wanting to expand their services.

“That expansion wouldn’t happen without this grant,” she said.

The aim is to increase the training capacities to produce dogs that can be placed with more Veterans and residents coping with Autism, she said. It will be some time before this hope comes to fruition, she stressed, but this grant is a big step forward.

Lucas, himself a veteran, vouches for the life-changing impact of the Paws with Purpose programming and said the more people the group can serve, the better.

Lucas has been with Demi for about two years. He said the moment he was alone with the dog, working in a trial setting, he knew it was a match.

“It clicked,” he said. And now, countless dropped keys later, he says it’s hard to put into words how much Demi has changed his

life and how big a part of his life she is.

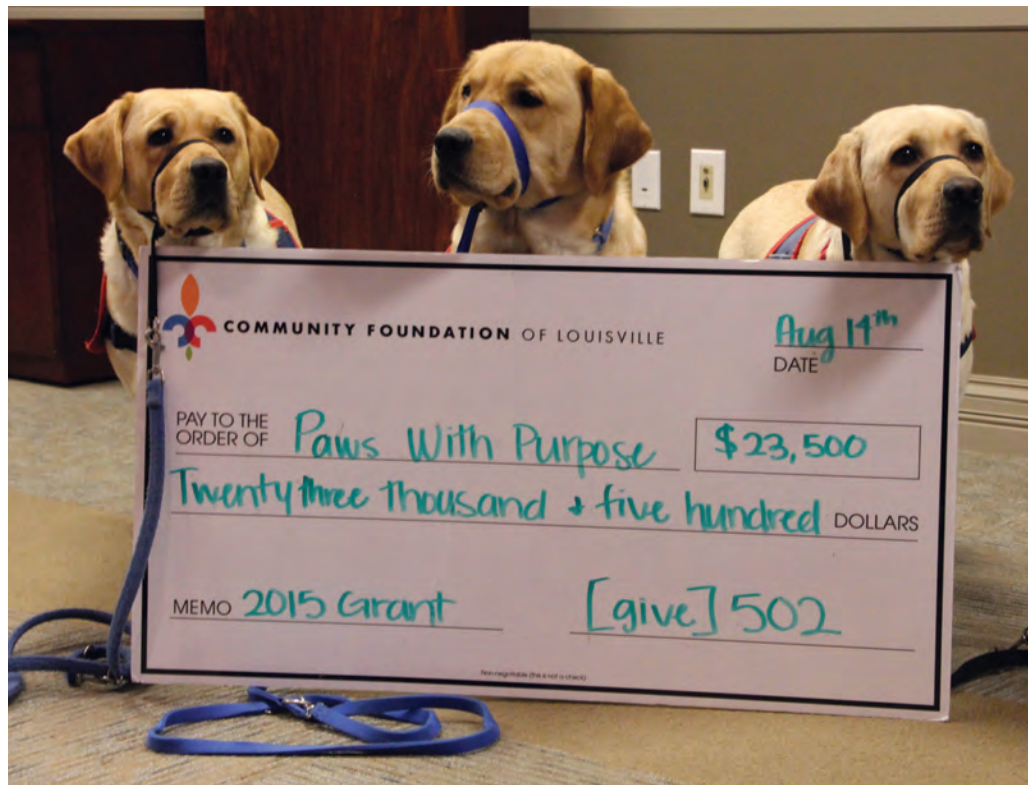
Technically, Demi is a tool for Lucas, meant to help improve his life. But, to him, she’s much more than that, more than a pet, even. It’s a partnership.

“She’s my everything,” he said.

When Demi is set to retire, as many assistance dogs do after nearly a decade of service, he said he’ll be sure to adopt her, keep her in his family, so they can continue walking and living life together.

That’s a good thing, it’s easy to tell.

Because when you look at Lucas and Demi together, you can see, they thrive off each other. ■



“The values, the understanding of how philanthropy works and the needs of the community are all things that members of give502 are learning.” Brown said The Community Foundation of Louisville has been very supportive of the group’s mission. And while it may have been a challenge getting things off the ground initially – the group was founded by just a handful of young professionals in coffee shop and restaurant meetings, hashing out ideas and strategic plans – she’s only looking up from here.

Currently, there are about 40 members ranging in age from early 20s to mid-40s in the group. Brown and Mudd have no doubt that number will keep going up.

The goal is to have 100 members, Mudd said, and he’s confident they’ll get there. To do it, the group’s members are focusing on “getting out of their circles” and meeting new people.

of mouth. And lately, people are seeking the group out wanting to join. She said the monthly social events are often headlined by well-known philanthropic leaders in the community who can provide guidance and insight that younger professionals thrive on.

And Brown hopes many more nonprofits, like Paws with Purpose and Cabbage Patch Settlement House, can thrive off of grants from give502 for years to come.

### Helping fledgling non-profits

The group isn’t looking for the nonprofits that are already soaring, she said, but rather the ones that are just beginning to find their wings.

“It’s ‘that cool thing’ that just needs a little help,” she said.

Weisberg, with Paws with Purpose, said they absolutely needed the help. Once the group went through the application process



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by Kathie Stamps

# Alley Theater:

## On Main, offbeat – and fun

**Theater is about connecting art and community.** Scott Davis has a passion for both. He opened Alley Theater in 1993 when he found a place on Baxter Avenue in disrepair, got a good deal from the landlords, fixed it up and proceeded to bring experimental theater to Louisville.

"At the end of three years, we needed to expand to hold more people or close," Davis said. "We closed and walked away." In 1997, he moved back to Los Angeles, where he had studied theater.

A native of Louisville, Davis was at Walden Theatre when he got a scholarship to Florida State University. "It was supposed to be a really good theater school," he said. After a year at FSU he left for the West Coast and enrolled at the California Institute of the Arts, a private university created by Walt Disney.

"It was a very liberal version of Julliard on the West Coast," Davis said. "It has never been one of the top five schools for theater."

He was in California as an acting student for two years, but was let go.

"I was a terrible student, but they said, 'We like you on stage, and we want to offer you a program of your own,'" Davis said. He took the school up on the offer and spent a crazy-busy couple of years in a production manager program, producing 80 plays in that short period of time.



Scott Davis, producing director of Alley Theater.

"While I screwed up a lot, I got a ton out of it," he said. "I was trained to open theaters. I've opened a bunch."

Fast-forward to the new millennium. Davis hopped a plane across the country again, this time back to Louisville, and found himself teaching film and theater at Jefferson Commu-

nity & Technical College. Then one night he went into a super bar. "I was hitting them up for money for a film festival," he recalled.

Instead, he found a room with 7,000 square feet of space available for Alley Theater – which Davis likes to refer to as "his baby" – for the next six months.

The reopening was with "Evil Dead: the Musical," a production so popular the theater has brought it back a handful of times. Ticket-holders closest to the stage sit in what's known as the splash zone.

"We spray the audience down with blood," Davis said. "They seem to like it. It's watered down with a little bit of dish soap so it doesn't stain too badly."

A building in Butchertown housed Alley Theater for years, until March 2014 when Davis and crew moved into their current 90-seat home at 633 West Main. There's a production of some sort Thursday through Saturday year-round, closing only for Christmas, New Year's Eve and Thunder Over Louisville.

Alley Theater is a 501(c)(3) nonprofit organization. With Davis at the helm as producing director, the Alley's all-volunteer staff includes producer J. Gregory Sanders, production manager Sterling Pratt and board chairman Joseph Arena, who is also the incoming artistic director in January 2016.

Call it experimental, alternative, progressive, original or fringe theater, Davis explains it this way: "The idea being, you can get a guy who doesn't really want to go see theater because it's boring." But thanks to friends dragging them to Alley Theater, a new fan is created – one who can then go off and drag more friends in and keep the cycle of community involvement alive.

Parody is king at Alley Theater, with familiar productions from Shakespeare's "King John" to Neil Simon's "Rumors" and plenty of original

presentations like "The Other Boy Who Lived," a satirical look at the Harry Potter universe.

Kids are a great audience for Alley Theater as well, partaking both as spectators and participants. Alley Theater hosts the Young Actors Summer Institute each year for students to learn about theater and create an original production. Thanks to Transit Authority of River City, Davis can and does also take educational theater directly to schools within Jefferson County.

"Last year they donated three buses they were taking off line," Davis said. One TARC donation is a concept bus with a 15-foot side door from which a stage unfurls, making it easy for Alley Theater to take plays and radio shows on the road. Another bus will have pneumatic upgrades for the crew, while a third is a touring art gallery.



An officially unauthorized parody of "Star Trek."

"Within the next two years we have to have seven vehicles running," Davis said. "A bus screams community. Most community theaters in this area do maybe five a year; we're doing 30 to 40 events in outreach."

Cheaper than putting kids on a school bus and transporting them to the theater downtown, Alley Theater can take entertainment and art to the people. The buses are artistically decorated, of course, with quotes like this one from Thomas Merton: "Art enables us to find ourselves and lose ourselves at the same time."

Learn more about Alley Theater at [thealleytheater.org](http://thealleytheater.org)



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# Your body needs a reset: Try the Whole30 diet

**Life is busy.** Schedules get jam-packed with events and there's never enough time in the day. It's easy to grab something quick to devour on the way home before falling hopelessly into bed. A busy lifestyle can be overwhelming and leave the body and mind desperately wanting structure and good health. It's not easy to find peace in a busy lifestyle, and it's definitely not easy to maintain long-term.

A lot of different diet and exercise programs out there guarantee results and a healthier life in short timeframes. But, like they say, anything good is worth fighting for and worth the wait. To maintain health, it's important to understand the day-to-day impact food has on the body, good or bad, and how food choices impact the mental and physical aspects of life.

When it comes to figuring out what foods the body best functions on – and every body

is different – the easiest way to find out is through elimination over a certain period of time. By eliminating processed foods, the body has a chance to detox from sugar, chemicals, additives, GMOs and actual toxins that are added to “normal foods” that can be seriously hurting the body.

Yeah, chemicals aren't natural, lots of additives are bad ... but what's the solution?

One of many programs to turn to is Whole30, a 30-day program and challenge that insists on eliminating all dairy, grains, sugar, legumes and alcohol from a diet in order to let the body detox and restart.

Whole30 isn't easy, and there's a lot to learn about it before jumping in. It takes a lot of preplanning to go into the next 30 days without pasta, ice cream or that delicious margarita. It's strongly encouraged to do one week

of planning and prep before engaging in an official Whole30. Preparation is key to having a successful 30 days.

Think: hard-boiled eggs, mixed nuts, chopped veggies and a lot of water when on-the-go. There's no limit to how many Whole30 approved snacks to have on hand in case of emergency.

Weekly meal planning and grocery shopping is the framework in order to stay on track. Here are some quick tips to help make the planning process less painful:

- Sit down and plan the week out meal by meal, day by day.
- Include a couple of simple, quick meals in case work runs late or an unexpected event interferes with your plan.
- Make a list of every item needed to make those meals for the week.





# Simple Meal How-Tos

## Breakfast Homemade Frittata

### Ingredients

12 eggs  
Vegetables of choice  
(bell peppers, squash, mushroom, onions, etc.)  
Spices of choice  
(salt, pepper, garlic powder, cayenne pepper)  
Glass baking dish  
Parchment paper

Mix a dozen eggs in a bowl, add veggies like zucchini, squash and bell peppers with some spices. Bake it in dish for 30 minutes at 425 and breakfast is now ready for a week.

## Lunch Chicken salad

### Ingredients

Chicken  
Fruits and vegetables  
Nuts and oils

Precook the chicken at the beginning of the week for easy reheating at lunch. Chop fruits and vegetables like berries, avocado, bell peppers and snap peas. Nuts and seeds are also great to add to salads. Use extra virgin olive oil as a dressing and lunch is ready!

## Dinner Taco Salad

### Ingredients

Ground beef  
Spices to season beef  
Vegetables

Cook ground beef with chili powder, garlic powder, onion powder, red pepper flakes, oregano, paprika, cumin, salt and pepper to make a homemade taco meat. Chop veggies like tomatoes, jalapenos, onions, and avocado. Pile it all on a bed of romaine and spinach for a delicious taco salad.



- Additionally, organize that grocery list by where things are located in the store to make shopping less intimidating.
- Avoid all aisles that are likely filled with processed food (usually interior aisles of the grocery store)

Then take a deep breath – because once the shopping for your Whole30 diet is over, the cooking begins.



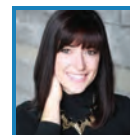
Regardless of skill set, cooking isn't really hard. One key to success is to read recipes fully before starting to cook to understand the steps it takes to create the meal. And don't forget to have a little fun with the food. Throw in extra spices (but avoid salt), try something new, and get adventurous. The whole idea of taking on this challenge is to own what goes in the body and how it reacts to it.

But food on the Whole30 doesn't have to be boring. Some simple but flavorful dinner ideas are taco salad (without cheese or sour cream), faux spaghetti made with homemade sauce and spaghetti squash instead of noodles, soups made in a slow cooker, and much more. Homemade frittatas with veggies are a great way to make a week's worth of breakfast and never feel hungry if the alarm clock doesn't go off as early as it should've. The Whole30 website (whole30.com), Pinterest and Google are all great ways to find simple meals that are Whole30 approved.

The best way to plan for each week is to do most (or all) of the cooking in one day and pack everything up in storage containers. There's nothing better than feeling hungry and knowing that there's a healthy option in the fridge waiting to be warmed up.



Whole30 is a fun and challenging way to detox from a vacation, birthday or just life in general to feel lighter, more clarity and more energized. To learn more about starting, finishing and maintaining a Whole30 lifestyle, go to whole30.com. Buy the book "It Starts With Food," read forums, join support groups and don't give up. There will be stressful days where giving up seems like the best option, but finishing will feel so much better than only making it 10 days. Good luck! ■



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# Relationships by the Bite



**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.

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

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 [terrihompsonpresents.com](http://terrihompsonpresents.com) for more information. ■

## regional travel

by Kevin Gibson

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.

### 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

### 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.



Foraging in Asheville.

### 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-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.

[Discovercockeounty.com](http://Discovercockeounty.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](http://Ohiowines.org)



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# Off-the-beaten-path Winter Getaways



Bring your boots to Tennessee this winter.

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](http://Notastelikehome.com)

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 (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.

[Enjoygraffton.com](http://Enjoygraffton.com), [Cahokiamounds.org](http://Cahokiamounds.org)



**Nothing in this world** compares to a burger. Lucky for us, Louisville is no stranger to great burger joints. With neighborhood favorites such as Mussel Burger Bar and Grind Burger Kitchen, the Derby City is well-equipped to satisfy burger cravings.

This summer Louisville welcomed the newest craft burger joint to one of its most iconic neighborhoods. STOUT Burgers and Beer opened in late June on Bardstown Road, joining next-door neighbor Louvino.

The 60-seat concept is simple. No gimmicks, no extra fluff – just great burgers and a very large and unexpected selection of brews.

STOUT has a modern, rustic atmosphere with hardwood accents, minimalistic décor and an illuminated full bar at the center of the cozy eatery. The bar is stocked with bourbon, scotch, ryes and 20-plus varieties of bottled beers including gluten free and non-alcoholic. The impressive tap features 30 selections from all around the world that are on constant rotation. All drafts are available in 4-ounce pours, so it's a great place for both beer fanatics and newbies to come taste a wide variety of popular and less common brews.



# Burgers and Beer on Bardstown Road

Now, let's talk food. An attention grabber on the menu is not the items but the disclaimer. STOUT Burgers and Beer is so dedicated to its menu and flavors that it insists you don't substitute or change items and even that



you have items cooked the way they suggest. It may sound pushy, but it's for a reason.

Each menu item is carefully planned to build the best burger possible. There is an obvious pride in craft burgers and unique selections of beer.

STOUT's beef patties are a 50/50 blend of chuck and brisket they grind in house every day. Well! I was anxious to taste the difference.

A crowd favorite, according to Yelp posts, is the STOUT Burger, which is topped with blue cheese, Emi Gruyere, rosemary bacon, caramelized onion, horseradish cream and roasted tomatoes. Other notable options are the Six Weeker (brie, fig jam, arugula, and caramelized onion) and the Truffle Shuffle (sautéed mushrooms, brie, truffle aioli). The

menu even features a burger that touts a local legend: the Hot Brown burger (slaw, pepper jack, bacon, Mornay sauce, spicy chipotle sauce).

I went with the staff favorites and tried the Six Weeker and the Truffle.

The Six Weeker had me at fig jam, and it definitely delivered. The sweet touch paired with creamy brie served as a nice complement to the spicy arugula and meaty patty. The patty was prepared as they insisted and it did not disappoint.

The unique meat blend didn't taste different so much as it affects the texture; you will not have a dry burger here.

If you're looking for a burger that can stand up to a good brew, try the Truffle Shuffle. The nose notices the truffle oil as soon as the





plate hits the table, but it's not overpowering on the burger. The mushrooms are perfectly seasoned and not mushy like sautéed toppings sometimes get.

For our friends who prefer their meat non-red or nonexistent, STOUT has burger options for you, too. The menu has two chicken choices made with organic fowl they grind in house and two veggie options created with quinoa and beans.

The food was great, and the service was amazing. But at the end of my visit, however, something that stuck with me more than the food. STOUT Burgers and Beer is known already for its commitment to the community. The Highlands newcomer has shown merit by hosting a fundraiser benefitting the Family Scholar House here in town.

So, if you're looking for a great burger and an opportunity to try new beers, or perhaps find a new favorite, check out STOUT Burgers and Beer on Bardstown Road. And don't forget, everything in moderation ... including moderation. Bon appétit! ■



*Kara DeLost is a correspondent for BG. Reach her at [editorial@lanereport.com](mailto:editorial@lanereport.com).*



# Festival of Trees and Trains

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## TABLES & STABLES DESIGNER LABELS

Home to Kentucky's only outlet mall—The Outlet Shoppes of the Bluegrass—with more than 90 choice retailers, and Design Destination—a two-block collection of fine interior design, antique, home accessory, fabric and furniture shops, local artisans and galleries. From homespun to high end, shopping in Shelbyville/Simpsonville is eclectic, unexpected and wholly exceptional.

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# Eat. Love. Louisville.

**By day, Allison Myers is a senior market product manager at Lantech.** Most of her other waking hours are devoted to @EatLoveLouisville, the online presence she created earlier this year on Instagram.

Myers has been known as the go-to foodie in her social circles for quite a while. “My family and friends have experienced for years my love of taking pictures of meals and sharing them,” she said. “I have all of them conditioned not to touch a bite until I get a picture.”

On a regular basis people have asked her where to eat (she knows all the places), where

to take someone on a date or get cupcakes for a party. After sharing so much food information through social media accounts and private messages, Myers looked for a way to consolidate her photos and info. “I’ve always wanted to share on a larger scale but didn’t want to commit to having my own blog,” she said.

With hobbies and a full-time career, she decided to start small so last year she dipped a toe in the blogosphere with occasional guest posts on some friends’ sites. Still, she wanted to showcase her love of Louisville food in more of a visual way than with a traditional blog.

On March 1, 2015, Myers started an Instagram account for @EatLoveLouisville.

“Louisville is such an Instagram town,” she said. “I learned this from my days helping run the official Instagram account of Louisville, @igerslouisville, as well as my building an audience for my own personal account.”

Instagram is her favorite social media platform because it’s visual, quick and easy. In fact, @EatLoveLouisville is the most popular Instagram food page in Louisville, with 15,000 followers and counting. Myers also profiles Louisville food on Facebook (EatLoveLouisville) and Twitter (@EatLoveLou).

Born in Greensburg, a small town in south central Kentucky, Myers and her family moved to Louisville when she was three years old and then to Charlestown, when she was 10.

“Although I grew up in Southern Indiana, I’ve always felt like Louisville is my home,” she said. “Three years ago, my husband and I moved to Louisville. I feel like the Kentucky girl is finally back home.”

Myers has a bachelor’s degree in marketing from Indiana University Southeast. “I was the



Allison Myers has more than 15,000 followers for her social media accounts @EatLoveLouisville on Instagram, EatLoveLouisville on Facebook, and @EatLoveLou on Twitter.





### Allison Myers' Top Three Tips for Taking Food Pics:

1. Make sure your lens is clean. I carry around a microfiber cloth in my purse to clean the lens of my iPhone before I start taking pictures.
2. Light is your best friend. Natural light is best. I often ask to sit outside or by a window.
3. Take shots from multiple angles. Sometimes I hold my food in the air; I stand up and take a down shot at the table or I get low to capture an interior of the restaurant in the background.

top marketing degree graduate that year," she said. "I can't believe it's been 15 years since I was in college. Things have changed so much in marketing from technology changes to social media platforms. You have to be adaptable and be willing to continue to learn or you're not going to make it in this business."

There are two things above all else Myers wants everyone to know about the food scene in Louisville: culinary events and farmers markets. "There is always a food event or an event with food going on in this city," she said.

Check @EatLoveLouisville for news about festivals, tastings, popup dinners and soft

openings of new restaurants. "I try to make it out to as many events as possible to support the local community and our local food scene," Myers said.

Because her food philosophy is "food that's fresh and local is best," Myers loves going to a farmers market.

"You can pick up fresh produce and meats from local farms like Gary Farms," she said of Douglass Loop Farmers Market. "And local food trucks are there as well to get breakfast, brunch or a snack while you shop." Others in the River City include St. Matthews Farmers Market and the Original Bardstown Road Farmers' Market.

As for any lingering misconceptions about Louisville's food scene, Myers says it "isn't just hot Browns and fried chicken. We have an eclectic group of eateries with chefs from various backgrounds."

Readers of *USA Today* and *10Best* recently voted Louisville No. 2 out of 10 cities on the "Best Local Food Scene" list.

With the success of her Instagram ac-



count, Myers has a goal of using social media for positive change and helping others. "When you bring people together at one table and feed them well, there are always things that they can agree on," she said. "In some small way I want to help others find happiness and harmony in food. As the @EatLoveLouisville audience and family grows, I want us to make sure everyone has enough to eat by supporting charities like @blessingsinabackpack, @foodlitproj\_lou and @daretocarefb." ■





# 5 ways to stay sane until summer

**Summer is long past**, and, for many of us, we're looking for new ways to fill our long, winter nights. If you're looking for fun and affordable ways to stay active this season, you're in luck; Louisville is no two-season town. Here are just a few of our favorite ways to spend November through March.



## Join an LXC bowling league

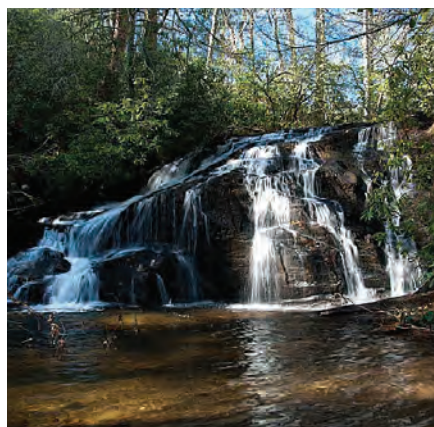
While bowling may not be at the top of your list during the summer, it's the perfect replacement for that flag football or kickball league come fall. With leagues happening most days of the week in various areas of town, you're bound to find a league that fits your schedule. All you need? A team of six (including at least two females), a little skill and, of course, a witty team name. To sign up for a league, visit [lxcsports.com](http://lxcsports.com).



## Replace Waterfront Wednesday with shows at Headliners

Louisville loves its outdoor summer and fall concerts, but when temps drop, you're

better off taking in your tunes indoors. One of our favorite winter retreats? Headliners Music Hall. Not only does Headliners bring in some notable, well, headliners, but with tickets well below downtown shows, you'll be able to foot a bourbon-filled bar tab and Uber. Mark your calendars for December 4 and 5, when local favorite Moon Taxi will play back-to-back shows. Tickets are \$25 in advance, \$30 at the doors. For more information, visit [headlinerslouisville.com](http://headlinerslouisville.com).



## Get out of Dodge

Sometimes, the best way to combat the December blues is to leave home for the weekend. With Cincinnati, Nashville, and Asheville, N.C., less than six hours away, you'll have plenty of time to pack some local fare and flair into a 48-hour road trip. If you manage to visit Asheville on a mild winter weekend, check out Pisgah National Forest, complete with waterfalls, hiking trails, and great biking.

## Visit Louisville's museums

Another way to enjoy the city from fall to spring is to visit one of the city's many museums. From the Kentucky Science Center to the Frazier History Museum, you can fill many weekend days taking in a little history. For transplants, if you haven't visited the Slugger Museum yet, it's time to check it off the list. Tours are just \$12, and

run Monday through Saturday from 9 a.m. – 5 p.m., and Sunday 11 a.m. – 5 p.m. For more information on museum tours and times, visit [sluggermuseum.com](http://sluggermuseum.com).



## Trade bourbon tours for breweries

We all know Louisville loves its bourbon, but we have some top caliber breweries, too. From Against the Grain, where you can enjoy beers on tap and bacon on a stick, to the Goodwood Tap Room, there are a number of taprooms to choose from. Goodwood boasts beer brewed with the often praised Limestone water. And, no surprise, Goodwood has many bourbon-fusion beers to choose from including a Bourbon Barrel Stout, Bourbon Barrel Ale, and a Brandy Barrel Honey Ale. The taproom is open Tuesday through Friday from 4 p.m. – 11 p.m. and Saturday from 2 p.m. to 11 p.m. ■

