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Spring 2012

Short Street Long on Leisure



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The Lane Report



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Spring 2012
Volume 4, Issue 1



COVER STORY

There's something for everyone when you go downtown – whether you're looking to have a relaxing dinner or a wild night out on the town. **Pictured at Parlay Social,** (from left) Lauren Cummins Grigsby, Michael Burgess and Elizabeth Kreuger. Cover story on page 18.

Cover photo by
Shaun Ring photography



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27 EAT & DRINK

Dudley Square will feature a new fine dining eatery, Sabio, in the location that was home to Dudley's Restaurant for nearly three decades. Executive Chef Javier Lanza plans an international menu with a contemporary flare and an emphasis on hospitality.

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This month, BG features Peyton Fouts and Rebecca Kent. Fouts founded OuiBox, a cache of online products that support charities and education just by its use. Kent takes her life to work as a mom and the owner of Blossom, a new boutique for moms and moms-to-be.

30 ARTS

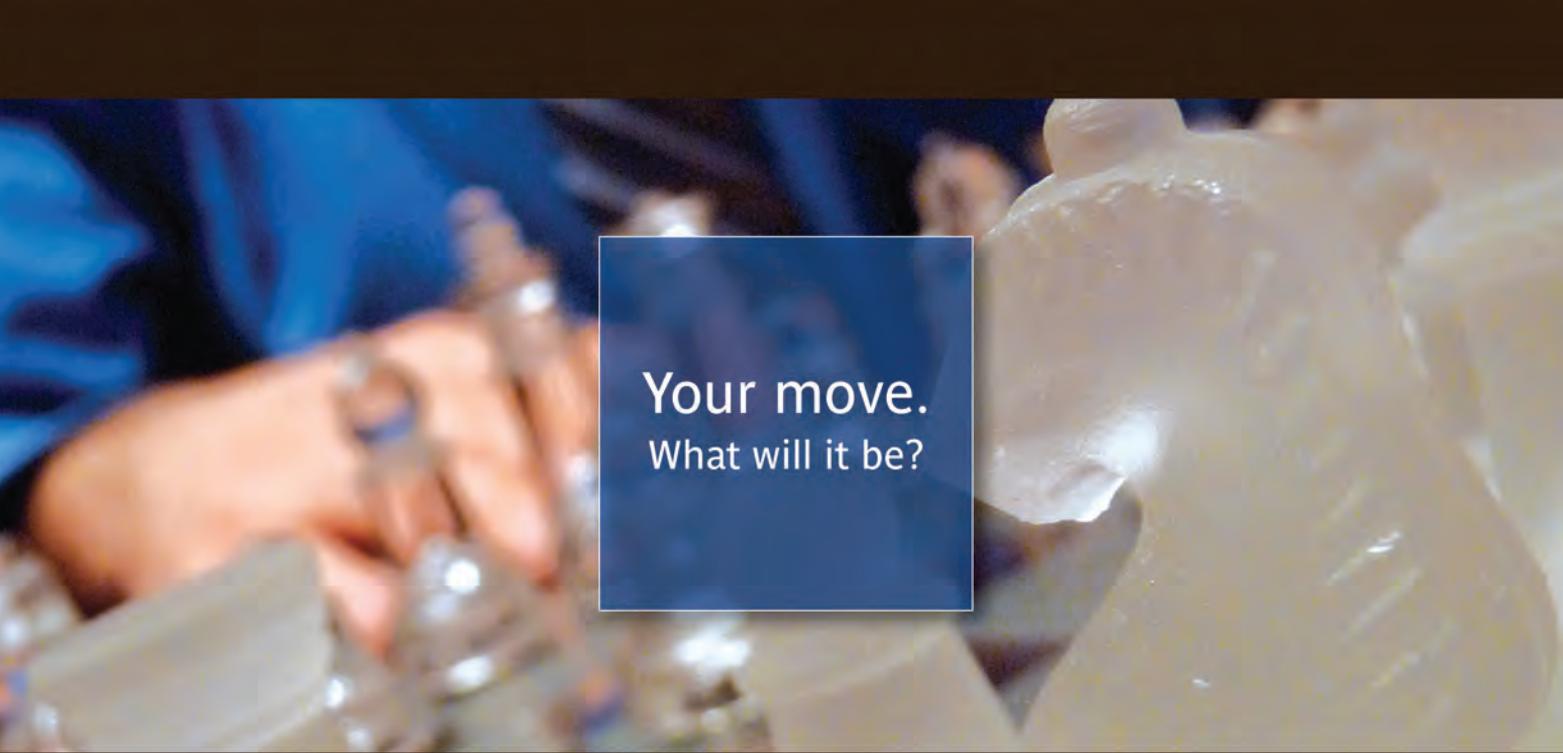
Lexington's art scene is growing, and we're not just talking about wall coverings. Artful opportunities around town are all about the experience and getting involved. What's your part in the arts?

34 FUN WITH FOOD

From fledgling foodie to culinary connoisseur, Lexington's cooking scene has a class to fit.

36 10 THINGS WE LOVE

The Bluegrass is in bloom and one of our favorite crops is the grape. Check out 10 places to hear, see, taste and do at some of Central Kentucky's wineries. Cheers!



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Get Out (side)!

With mild temperatures, lots of rain, sunny days and even tornadoes, it seems the Bluegrass skipped winter this year and headed right into spring. The season is now officially upon us, and there are plenty of Central Kentucky's most celebrated events in the upcoming months to get us outside to enjoy the gorgeous weather.



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

Whether it's festivals in Fayette or outlying counties, downtown events, horse racing or just plain cool places to go, the Bluegrass has it. Some of the most popular include:

- Central Bank Thursday Night Live! begins April 26 and runs through Oct. 11 from 4:30 to 7:30 p.m. weekly at the Fifth Third Pavilion at Cheapside Park. People of all ages (and sometimes their pets too) go downtown to see and be seen while listening to great live music by local bands!

- Mayfest, on May 12-13 this year in historic Gratz Park, is a juried art fair with a focus on a casual, family-friendly atmosphere. In addition to more than 100 artists, enjoy live music, dancers and other performers as well as lots of fun activities for the kiddos.

- Keeneland celebrates Opening Day on April 6, with a handful of special events planned throughout the spring meet. We have a list of them on page 24.

- If running is your thing, there's a 5K, 10K, half marathon or marathon planned every weekend in towns across the commonwealth now through the summer. With more than 3,500 men, women and children hitting the pavement, the annual Bluegrass 10K on July 4 is one of Lexington's largest foot races.

- Red River Gorge and Raven Run Nature Sanctuary are two great places to escape city life and enjoy Kentucky's natural beauty. Raven Run in southern Fayette County is a 734-acre nature sanctuary with more than 10 miles of hiking trails accessing streams,



Central Bank
Thursday Night Live!

meadows and woodland around the Kentucky River Palisades. A short drive away in Powell County is the Gorge with an intricate canyon system featuring an abundance of high sandstone cliffs, rock shelters, waterfalls and natural bridges; it's the dream destination for rock climbers and nature lovers alike!

- Did you know there are more than 60 wineries and vineyards in Kentucky? Check out page 36 for 10 of our favorite ones to enjoy wine tastings, a great meal, live entertainment or a guided tour.

There's so much to do this time of year, so get outside and enjoy our majestic region. For even more to do in the Bluegrass, check our New in the Blue section on page 6. Also be sure to "LIKE" our Facebook page, where we post happenings across the state.

Meredith Lane



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Meter Remakes Aid Charity

Retired parking meters have been turned into brightly decorated works of art by several local artists and placed in business lobbies throughout Lexington. Change collected from the meters will be given to local organizations that address homelessness issues such as the **Salvation Army**. Giving money as a direct hand-to-hand contribution does little to provide food or shelter to those in need. Donating to one of the **Impact Change** meters ensures that your money will be collected and distributed bi-annually to organizations that provide services for those who are experiencing homelessness or are marginally housed. The estimated homeless population in Kentucky is 6,623 people, 1,600 of whom are children. The Impact Change program is sponsored by the **Kentucky Blood Center, Downtown Lexington Corporation Foundation, Lexington-Fayette County Parking Authority** and other donors. impactchangelex.com

New King Cole's

Coles 735 Main is now open in the former Furlong's (and Onizim's) location on the corner of Main Street and Ashland Avenue. The restaurant recently underwent a major makeover, creating a lighter, softer space with a French country vibe. The electric menu, designed by Executive Chef and Owner **Cole Arimes**, features international fare such as Latin, Japanese and French, plus American staples including burgers, steaks and seafood and, of course, Southern fare. Open Monday through Saturday for dinner, the gazebo/bar menu includes small plates ranging from \$4 to \$12 and the dining room menu has more upscale options, with the highest priced item being \$28 for a nice cut of beef. Try one of their craft and seasonal beers, or a glass of Coles' unique wines – it's the first restaurant in the state to offer keg wine. coles735main.com



Local Wine Strikes Gold in California



Jean Farris Winery was the only winery outside of California to win a double gold award in the cabernet sauvignon class at the **2012 San Francisco Chronicle Wine Competition**, the world's largest competition of American-produced wines. More than 5,000 people attended a public wine tasting to sample the winning wines. The Lexington-based winery also won a silver medal for its 2008 cuvee, a combination of the Mourvèdre grape variety and the cabernet franc, which is grown on the O'Daniels' farm.

Disc Jockeys



A new professional sports team in Lexington? Yes, please. The Bluegrass Revolution is Kentucky's team in the inaugural season of **American Ultimate Disc League** (AUDL). The team owner is

David Veech; Raymie Younkin is head coach and general manager. Two seven-player teams play Ultimate with a high-tech plastic disc on a football field. The Bluegrass Revolution will play its 8 home games at Henry Clay High School April 14 to July 15.

Pick Up BG at These Locations

Parlay Social
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Wines on Vine
Corner Wine
Blossom
Pink Spider
Third Street Stuff & Coffee
The 6 Friends Café
the Morris book shop
Adelé
Fitness Plus-Bellerive
Pure Barre
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Commerce Lexington
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Rolex Rides Again

April 26-29 the **Rolex Kentucky Three-Day Event**, presented by Bridgestone, comes to the **Kentucky Horse Park**. There are only six of these events in the world and Lexington's is the only one in the Western Hemisphere. The equestrian athletes and their riders are competing to qualify for the London Olympic Games in August. There's also plenty of eating and shopping in between watching the horses.



The **2012 Ariat Kentucky Reining Cup** is also at the Kentucky Horse Park April 27-28, featuring the only five-star reining competition in the world this year. **The World Freestyle Championship** on Saturday night is pretty popular.





Craft Expertise on Tap



Lexington Beerworks is on North Limestone in the former Limestone Club. Owners Michael Vincent, Greg Leimer and Jason Wolf have 12 rotating taps of craft beers, ranging from beers made here in Lexington to those from other countries. Try a flight of four 4-ounce tasters, starting at \$6. The focus is on American craft beers and there are 100 varieties in bottles. Snack food includes chocolate-covered peanuts and chocolate-covered potato chips from **Old Kentucky Chocolates**

and beer cheese from River Rat in Winchester. Lexington Beerworks is open seven days a week, with seating for 50 inside and 40 on the two-level deck in the back of the building. Monthly classes are available for those do-it-yourself-ers who want advice from an expert home brewer.



Single. Straight. Scientific. Savor.

Through the years, much debate has taken place in the whiskey industry about the barrel aging warehouses and what effect they have on the finished product. Does a concrete warehouse offer a different taste from a metal clad warehouse? What about the upper floors versus the lower floors? In the fourth release of the **Single Oak Project Bourbon Whiskey, Buffalo Trace Distillery** experiments with some of these questions by focusing on warehouse placement, using two particular warehouses, to compare taste profiles. As with the other three releases, Buffalo Trace hopes consumers can continue to rate each whiskey they taste online at singleoakproject.com. This feedback will help Buffalo Trace determine which Bourbon connoisseurs prefer most.

Healthy ATMs

The **University of Kentucky Markey Cancer Center** has a new interactive women's wellness kiosk. The bilingual touch-screen kiosk has a similar design to an ATM. It provides a wide range of information on general women's wellness and breast health, including symptoms and treatment options for diabetes, asthma, cancers, weight management, smoking cessation, STDs, depression, heart health, domestic violence, breast health and HIV-AIDS. The **Kentucky Commission on Women** hopes to place more kiosks across the state.



team members Matt Johnson and Paul Hooper. Louisville's **KFC's Yum! Center** ranked No. 36.



Red Neck Brews

Lexington is seeing brew at **Country Boy Brewing**. Opened in late 2011, the brewery features 12 unique craft beers brewed in house as well as other craft selections. There is no shortage of creativity from a "Cliff Jumper IPA" to "Cougar Bait" (Blonde Ale) and "Red-neck Alt" (Altbier). While there is plenty of beer, they don't serve food, so pick a local spot and order in.

Park It

After a re-dedication, **Triangle Park** is ready to be a go-to spot in downtown Lexington. Bring a blanket or lawn chair to the “**Fountain Films**” on Fridays this summer and “**Sunday Summer Sounds**” concerts. Triangle Park Café will be open to sell food and adult beverages.



Triangle Foundation Rendering

Danville Diversions are Warm Weather Spring Time Ritual

Pioneer Playhouse in Danville celebrates its 63rd season, starting with “**Dracula Bites**” June 8-23 and ending with a stand-up comedy show starring Etta May Aug. 24-25. The dinner menu this summer features locally grown vegetables and meats from **Marksbury Farms**.

Back for a 23rd year, the **Great American Brass Band Festival** in Danville is June 7-10. Subtitled “**Trumpetissimo**,” the festival will celebrate one of America’s most renowned performers, Vincent DiMartino, co-founder of the GABB.

After two wildly successful years, the **Danville Lawn Chair Film Festival** is back for a third round on May 18 at Constitution Square. Filmmakers have the chance to see their movies shown on a huge outdoor movie screen in front of a packed audience.



Do Sweat It



SWEAT owners Amanda Arnold and Edie Green

SWEAT Fitness celebrated its grand opening on March 1. Owned by the owners of **Pure Barre Lexington** on East High Street (and located right upstairs), the boutique fitness studio offers men and women clients low impact cardiovascular workouts designed to strengthen your heart, burn unwanted calories and make you sweat. The group fitness classes include crew (rowing) and barre cardio, and your first class is free. sweatlex.com

Eats On Euclid

McAllister's Deli and **Graeter's Ice Cream** are now both open in **Chevy Chase Plaza**. The popular deli serves gourmet sandwiches, loaded baked potatoes, salads, soups, desserts and the restaurant's “Famous Sweet Tea.” Graeter's reopens with a new franchisee after the company's eight stores in Lexington and Northern Kentucky closed in December 2010. The new store has an updated look and is larger than stores in the past. Both eateries are located at the corner of Euclid Avenue and High Street.



Nonstop Vacation Jet Service

Ready for some golden sand? **Allegiant** has nonstop jet service between Lexington and Fort Lauderdale. The flights operate twice weekly between **Blue Grass Airport** (LEX) and **Fort Lauderdale-Hollywood International Airport** (FLL) with service Thursday and Sunday. Known as the Venice of America, Fort Lauderdale is 25 miles from Miami and

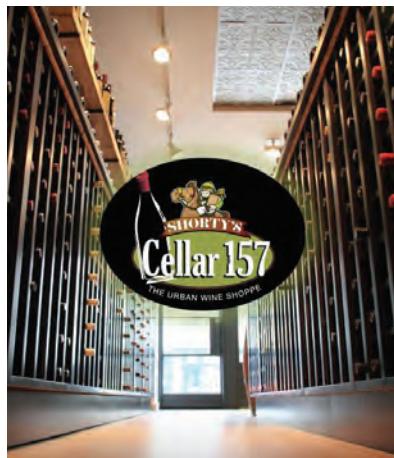
has 300 miles of navigable inland waterways, stretching from Deerfield Beach and Pompano Beach in the north to Hollywood and Hallandale Beach in the south.



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Shorty's + Thursday = Wine Tastings

Shorty's: The Urban Market broke ground in May 2011 and downtown Lexington cheered the pioneering grocery store. Six months later, **Shorty's: Cellar 157** opened right next door with wine and spirits, from



everyday wines at \$10-\$20 to special occasion bottles at \$50 and up. Now Cellar 157 has wine tastings open to the public, Thursday evenings from 5-7. The **"Spring Luxury Wine Tasting"** is April 24 at 7 p.m., \$20 per guest. Ask Cellar 157 about the new wine club starting in May, and stop by during **Lex-Arts Gallery Hop** on April 20 to see the work of local photographer Tim Fielder.

Biking By the Book



Through a \$4,700 state grant from the **Kentucky Bicycle and Bikeway Commission**, the **YMCA of Central Kentucky** is offering a series of bike education classes to help people bike more safely and more often. The instructors for the High Street YMCA's **"Better Biking Program"** are nationally accredited from the League of American Bicyclists. "Traffic Skills 101" runs Monday and Wednesday evenings April 16- 25. The \$20 course fee includes course materials. "Traffic Skills 201" is May 14-23 for \$25. A commuter class for adult cyclists is May 1 and 3 for \$10.



A large, dynamic photograph of a horse race at Keeneland. Several jockeys in colorful silks are riding horses at full speed on a green grass track. In the background, the grandstand and surrounding trees are visible under a bright, cloudy sky. The word "KEENELAND" is printed in large, bold, white letters across the top of the image.

APRIL 6-27





Historic “deTours”

The **Blue Grass Trust for Historic Preservation** is now offering free, behind-the-scenes “deTours” for young professionals (and the young at heart) of historic buildings and places in Lexington. After each monthly BGT deTour, the first Wednesday of each month at 5:30, there’s an after-hour socializing at a neighboring restaurant or bar. Want to become a member of the nonprofit Blue Grass Trust? Instead of annual dues for \$50, come to a deTour and if you’re under 35 you can pay your age.

Have Bourbon, Will Travel

The **Bourbon Women Association** is starting a series of long-distance networking events called “**Bourbon Women Take Flight**.” Designed to promote interest in bourbon and engage members across the country, the Lexington CVB is sponsoring these events in D.C., Dallas, Tucson, Boston, Chicago and Los Angeles.

On June 23 “**Woodford and Women**” is a private, behind-the-scenes tour and tasting of the Woodford Reserve Distillery, along with Bourbon picnic on the porch featuring Chef Ouita Michals.



Berea: Where Art's a Participation Sport

Learning is not a spectator sport, according to **Berea Tourism**. Billed as a “**Festival of Learnshops**,” you can choose to learn about all kinds of things July 14-29, from basic wood turning or broom making to blowing a glass ornament or making a ceramic salt pig. Course descriptions and registration are at Berea.com. On July 21, the **Field to Fork Festival** features 18 different workshops to support local agriculture, including bokashi composting, pizza gardens, rainwater harvesting and vertical gardening.



Back-Road Biking

The **Kentucky Distillers' Association** and the **Bluegrass Cycling Club** have teamed to provide back-road bike routes for the famous Kentucky Bourbon Trail tour through the rolling hills and scenic countryside of Central Kentucky. The various route options provide experienced cyclists with a unique ride opportunity unavailable anywhere else in the world. Created by the KDA in 1999, the **Kentucky Bourbon Trail** tour features six distilleries: Four Roses, Heaven Hill, Jim Beam, Maker's Mark, Wild Turkey and Woodford Reserve. The KDA and the BCC ask all riders to exercise caution and follow all traffic laws.

Maps and cue sheets for bicyclists are at bgcycling.org.



Delivering Good Health

The **Weekly Juicery** offers daily and weekly delivery service to doorsteps and offices of fresh, organic vegetable juice as a healthy choice for busy people. Fruit isn't included in the subscription menu because

owner Kimmye Bohannon encourages subscribers to “eat the apple, juice the raw beet.”

Healthy raw vegetables from the sun and earth are served. The Weekly Juicery's storefront is coming in May to Old Vine Street, offering a la carte fresh-pressed vegetable juice, wheat grass shots, fresh fruits and other interesting healthy choices.



THE WEEKLY
JUICERY

Can You Keep a Secret?

Kim and Jeff Bullock owned **Friends & Company** on Lane Allen 12 years ago. After a 10-year hiatus, they bought the restaurant again. **The Secret Bar & Grill** opened in January, open for lunch and dinner Tuesday through Saturday. There's a lounge area with sofas and chairs on one side, and a bar and dining tables on the other, for a total of 125 seats. Along with sandwiches and salads, the menu specialty is Calabash seafood, based on a North Carolina-style light breading for oysters, shrimp and fish platters.



Professional Tailgaters

The Lexington Young Professionals Association (LYPA) and the Young Professionals of Louisville (YPAL) are hosting a special event during the opening weekend at **Keeneland** to benefit the **American Cancer Society**. Lexington and Louisville young professionals will have the opportunity to mingle and network at the first joint-city YP event. Tailgating will begin at 10:30 a.m., with a keynote presentation from Anna Seitz, marketing assistant/client coordinator for Fasig-Tipton, about the workings on the horse racing industry. Visit lypa.org or find the organization on Facebook for more information and to RSVP.

Climb That Mountain

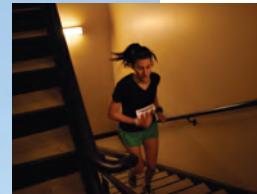
How long does it take to run up 638 stairs? More than 300 people found out, first-hand, when they climbed the 29 floors of the **Lexington Financial Center** during the **Urban Mountain Challenge** on Jan.

28. Runners ranged from 14 to 71 years

old; 44 of them competed in the public safety division for

firefighters, police and members of the military. Proceeds from the event ben-

efited **UK College of Communications** and **Downtown Lexington Corporation Foundation**. The overall male winner was Jonathan Feddock, who clocked in at 2:46. Overall female winner was Vanessa Seitz, with a time of 4:22.



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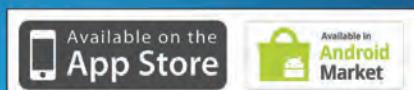
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Lincoln Brown is still occupied when I come to SoJo Studios' downtown Lexington office, so I'm led by an employee through a twisting corridor to a disheveled, open space punctuated with mismatched office furniture, a worn couch, and a coffee station. Posters for charities are tacked to the walls and, from them, children peer down on the chaotic scene. In front of the conference table; which is littered with supplies, tchotchkies, an autographed sculpture and a radio controlled car; is a whiteboard covered in strategic scrawling and graphs. Just a handful of the SoJo Studios staff, who



Sizzling Social Startup

also work in Los Angeles and New York, are in the office while I'm there and, despite an interested quiet that falls when I enter, they carry on without much pause.

When I meet Brown, he seems affable and low-key; characteristics which belie a certain intensity and determination that have taken the free-to-play social game, WeTopia, and SoJo Studios from internet startup with a dream to social sensation with, well, a lot of fans. Fans like Ellen DeGeneres and Justin Bieber, who are both also investors, and about 500,000 players who support the company's - and game's - tagline and mission: play for good.

"My first inspiration came on my visit to Haiti in college and seeing how broken philanthropy was," he said. "I wanted people to be able to help people every day as a part of their daily lives; to crowd-source giving by allowing people to give back doing things they already were doing."

Brown made subsequent trips to Haiti and was impacted by the poverty and, in some cases, the disconnectedness of donors and their partners on the ground. He wanted to find a way to reconnect the donors - even the smaller level ones - to the cause.

"We want to democratize giving so that even the person who gives ten or 20 dollars, they receive the same impact as a bigger donor," he said. "And if you only give that ten or 20 or 50 dollars, you still get the same feedback as the million-dollar donor; to really know who you are helping and how you are helping them. Knowing you are giving to a school, and what school and where."

The solution, it became apparent, was social gaming. Brown wasn't thrilled with the prospect.

"I didn't even like social games to start with. I thought they were kind of annoying," he said. "But social game players

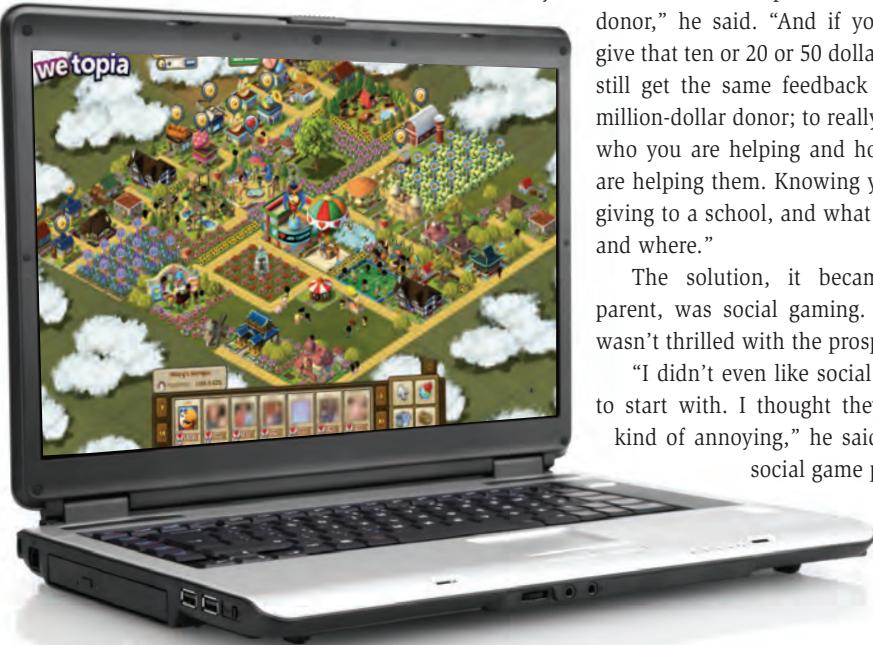
were the best demographic for what we wanted to do," he said. "The core motivations of why people play and the core demographic of a social game player is the most likely to give to and support a cause."

And once that decision was made, the rest seemed to fall into place. Working with an advisory board full of names like Esther Dyson, former journalist and tech analyst as well as Dave Morin, CEO and co-founder of Path and co-inventor of the Facebook platform; and a strong development team, SoJo birthed a new brand of social game.

"What's different about our game is that players see the impact of what they're giving in the real world," said Brown. "In the game, this is everyone's vision of how their world should be. The idea is to come together to make a better world for children."

Inside WeTopia, players build homes and businesses, cultivate gardens, buy and sell goods - pretty standard fare in the economy of social games. The difference? In WeTopia, currency is "Goodwill", and value-added is "Joy". As players build their worlds, it's not only about success - their communities won't grow without collection and redistribution of joy earned - it's about building a thriving and productive community that gives back. Players can also improve by visiting and helping neighbors, another key element to social games.

"Inherently, these games are social and people want to visit friends, and that builds more competition to do more things," said Brown. "Your friends are ordered by who has



given the most joy and you can see them and go to their worlds and help them with things."

Once players accumulate joy, they can send it away to real-life charities - and see the benefits. Videos hosted on the site are available to see exactly how the money is being spent. SoJo has staff that works on coordination with partner groups to produce this content for players.

One of the early videos produced was on a school that was built, step-by-step, literally from the ground up, starting with a piece of land, by WeTopians. There's an undeniably feel-good element to this project, but with the current economy, and with charities already noting drops in donations, it can be a challenge finding ways to encourage giving. But, if it's a free game, how is all this money being raised?

"One of the key attributes to our kind of giving is it has the be able to integrate to what you're already doing today. You should be al-

lowed to give every day as a part of what you're giving," he said. "There's a right demographic and there's a way to integrate cause into the gaming that had a high correlation to the giving itself."

And, says Brown, a small percent of players actually pay to play and actually subsidize the game, in addition to sponsors and advertising in the game.

WeTopia donates 50 percent of profits to partners such as Save the Children, Heifer International, Innovative Water Technologies, Action for Healthy Kids and Development in Gardening (DIG). And Brown isn't stopping

with SoJo's impact, he's hoping for an overhaul of business plans in the future that include built-in community involvement and support.

"Long term, our vision is that you will see that happen amongst companies, that there will be a vision and purpose beyond only



making profit," said Brown. "We think in the future you will see that more and more."

It is undeniable his vision is being shared, but even with this impressive list of press coverage, partners and celebrity investors; the schools built, the children fed and the gardens planted, Brown says SoJo still has a long way to go.

"We're so small and we haven't accomplished anything from a macro view and, yes, it's really exciting to be on Fox Business and ABC, to be covered by a lot of major outlets and print, and to have the people involved that we do, but I feel like we are literally at the tip of the iceberg of what our goals are to accomplish," said Brown.



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

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by Meredith Lane

Students, young professionals and empty-nesters are updating their spaces and Hanover Tower condos' rep as a retirement home



Hanover Tower is located at the corner of South Hanover Avenue and Main Street.

Reputation Renovation



Before and after: Hanover Tower's new lobby features clean neutrals and updated furniture.

Downtown Lexington living

is becoming more popular for all ages, from young professionals to empty nesters. The recent past has seen construction of modern lofts such as Main & Rose, 500s on Main and Centre Court, and while these contemporary units have been popular choices for buyers, some still gravitate to more traditional condos.

A few developers have orchestrated condo-conversions, transforming older apartment complexes into modestly priced condos. The popular Clay Villa community, comprised of

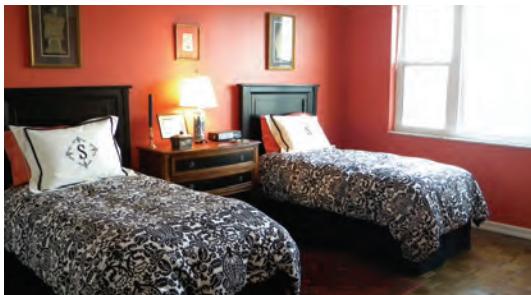
36 units in Bell Court, sold quickly after being converted in 2010.

Meanwhile, homeowners and investors alike are simply updating their units to marry traditional architecture with modern amenities, such as at Wellington Arms. And just down Main Street from Bell Court and Wellington Arms is Hanover Tower, which is often overlooked in the downtown condo house-hunt.

The 97-unit building at Main Street and South Hanover Avenue has long had a reputa-

tion as a structure home for older folks. And elderly tenants do live in the Tower, but so do college students, young professionals and empty nesters.

Hanover Tower was constructed in the mid-1960s and has a New York City vibe, with a formal doorman in the building six days a week, gleaming marble floors and a crystal chandelier in the lobby. A rooftop patio overlooks downtown Lexington, with a front-row seat for the fireworks show on Fourth of July. There's also an on-site fitness room and



Owners, too, have spruced up their spaces and are adapting to urban living stylishly.



Staff photos

laundry facilities.

The main shared living spaces recently underwent a major transformation, designed by Barbara Ricke Interiors. The

lobby and its two sitting rooms now feature neutral gray paint, plush carpet, lavish window treatments, modern furniture and accessories, and detailed trim work to dress it all up.

With affordable pricing ranging from \$105,000

for an 805-s.f. one bedroom/one bathroom condo, to \$265,000 for a 2,165-s.f., three bedroom/three bathroom penthouse unit, the building appeals to young people, downsizers and out-of-towners who want a weekend place in Lexington. Some of the units have been renovated and some are in need to updating, but with prices so affordable, a few small renovations through a new homeowner's unit is easily attainable.

When searching for the perfect downtown living space, make sure to keep Hanover Towers on your list of properties to visit.



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

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Our energies go to serving you.

by Hannah Huggins

Vested Interest

Leadership Lexington classes pay it forward

In 1979 Commerce Lexington created the Leadership Lexington program in order to educate and to cultivate the next generation of leaders. More than 1,200 diverse individuals have graduated from the program with a better understanding of the community's history, and the challenges it faces by learning from current leaders and experts.



Leadership Lexington class of 2011-2012 at their orientation retreat.

Leadership Lexington is an eleven-month leadership development program, which is facilitated by Amy Carrington, the Director of Leadership Development at Commerce Lexington. The program entails a two-day orientation retreat in August and a full-day meeting once a month from September to June featuring a different topic at each gathering.

These meetings cover a variety of topics pertinent to Central Kentucky, including the equine industry, education, economic development, government, growth and preservation and the arts.

Participants also take tours of various locations, such as the Hagyard Equine Medical Institute, the University of Kentucky's Joe Craft Center, the Distillery District and the Fayette County Adult Detention Center.

Another key component to the program is the group project.

"The class projects are incorporated into the program so that participants are able to practice and apply leadership skills," said Carrington. "[They work] in small-groups with community leaders, gaining an understanding

of community needs and making a positive impact in the lives of others."

The current class of 44 participants has broken up into four group projects.

Once upon a Story is a children's book fair and reading celebration, which will be held on Saturday, April 28 at the Courthouse

Plaza in downtown Lexington. This public event will promote childhood literacy with storybook performances, celebrity readers and live music.

The group created an online Amazon Wish List, which allows individuals from the community to buy and donate books to the event. Because of these donations, every child under the age of 12 who attends the event will receive a personalized book. Beyond individuals contributing to the event, corporate sponsors have stepped up, including Alltech and Joseph-Beth Booksellers.

LeXConnect is focused on developing and retaining young professionals and college seniors in the Central Kentucky region. This Leadership Lexington group will host a conference on September 13 at a hotel in downtown Lexington, which will give young professionals and college seniors the opportunity to focus on leadership development, entrepreneurialism, career development networking and community involvement.

Plant to Plate is a nutrition education program developed for the Family Care Center (FCC) in Lexington. The program is tailored to educate their high school students who are mothers. Plant to Plate entails an educational speaker series for the students, including speakers such as local chef Jeremy Ashby of Azur, a nutritionist and a farmer.

The group also created a cookbook for the students covering information on growing vegetables to cooking healthy meals. The FCC students will take a field trip to the One Parent Scholar House, which is a home for single parents attending college, who grow their own food in an on-site garden. Through this project, the students will learn to plant, grow and harvest vegetables onsite in 10 donated gardening barrels.

This project received honor and recognition at the 2012 Bluegrass Local Food Summit for their efforts in nutrition education.

LexGive is a group project whose goal is to raise community awareness of local non-profits and to increase volunteerism. Lexington-based organizations, which meet a certain criteria, will be featured on the Website LexGive.com and will be incorporated into a one-day service event, which will take place on August 25 at the Courthouse Plaza. LexGive's event will feature the non-profits and connect participants to these organizations as volunteers for a day of service.

Leadership Lexington provides an excellent opportunity for individuals to develop into stronger leaders and to improve their community through their knowledge and projects. It is an application-based program. Applications for the 2012-2013 class will be available April 16 with a deadline of May 16. More information can be found at leadershiplexington.com.



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

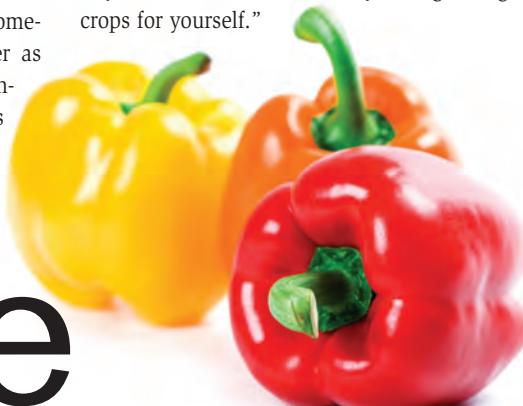
urban gardening

by Abby Laub

Oftentimes it takes no more than a taste of homemade pesto for people to get into growing their own food, said Jennifer McClanahan. The manager of the color department at King's Gardens in Lexington said the home-grown trend is growing faster than ever as people discover the health and taste benefits of eating fresh food, especially if it's straight out their own backyard.

"I think people are becoming more aware of what they're eating and where

big thing is container vegetable gardening and raised beds," she said. "You see it a lot now; people will invest in good ceramic pottery, so it's a decoration and you're growing crops for yourself."



Raise the Roots

it comes from," McClanahan said. "People are more aware of what's going into their bodies now and people like to do the backyard gardening because it's good for the soul."

McClanahan said the surge in home gardening is especially for items like herbs, tomatoes and basic vegetables. She said it also is possible to easily grow berries and grapes.

"Those are quick to return. If you plant them this year it's going to give you something, and next year it will give you more."

When all you need is full sun and a water source, backyard gardens can range from raised beds, in-ground gardens, containers and even hanging gardens. "We have a lot of people who do in-ground gardening — they have small plots of their own — but the

She added that container gardens do require more watering than raised beds or in-ground gardens, but they are easier to reach and can be moved. For people with limited space McClanahan suggested vertical gardening. Woolly Pockets are made from wool and can hang on just about anything, allowing food, herbs or flowers to be on display vertically. McClanahan called them "decorative and functional" and said the pockets work nicely on a small patio if space is an issue.

"If they don't have a wall they can put these on, they can get something like an old door," she said. "Go to Habitat for Humanity and pay five bucks for an old door and lean it up against your patio, and it gives you some

ambience, some vegetables and something to talk about." The only other requirements? Sunlight and well-drained soil, and an urban garden is well underway.

"Especially for people who live in the city,



The Steps to a Successful Garden

With Jennifer McClanahan

1. Herb, vegetable and fruit gardens should have full sunlight, or at the very least six hours of full sun every day.
2. The area should be well-drained.
3. Provide some protection from heavy winds.
4. Avoid top soil. Opt for a mixture of potting soil with some vermiculite or peat — a good general potting mix. Avoid pre-fertilized soil.
5. For pest control, research home remedies. Some options include pepper sprays, soap shavings, moth balls, human hair and fencing.
6. Stay on top of weeds.
7. Avoid overwatering. McClanahan says, "The biggest mistake people make is too much water. That's true for gardening and house plants." Remember, she said, roots take up the water, so the surface of the garden does not need to feel moist. "For container gardens, check every couple of days by sticking your finger down past your second knuckle. If it feels damp, don't water."
8. Wondering how to plant? Consider companion plants. Native Americans planted the "three sisters" together — corn, squash and beans. McClanahan also said that tomatoes like basil. Marigolds surrounding a garden can deter pests.

Before starting any garden, talk with a garden professional to get great advice for your first attempt at gardening.

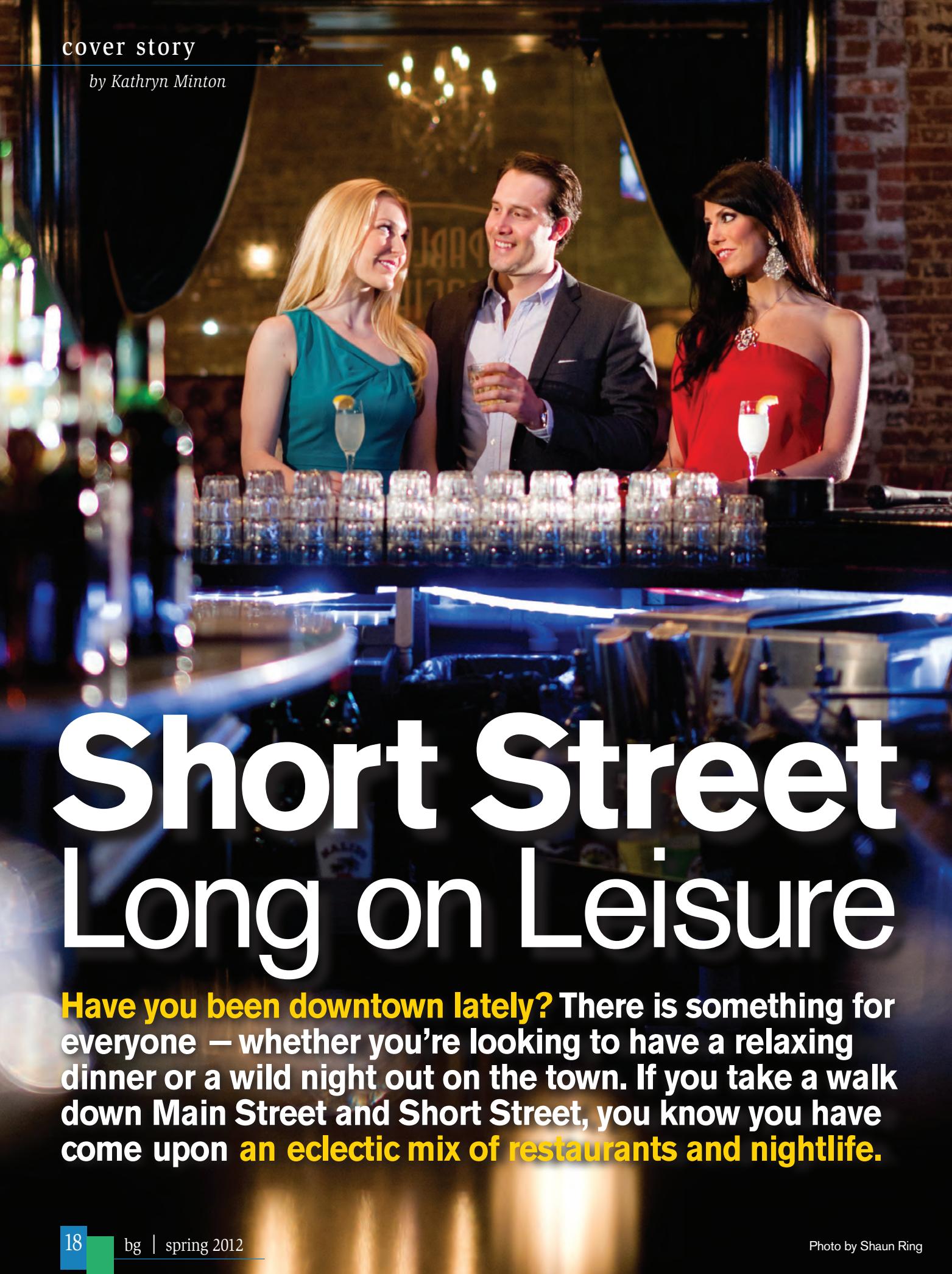
it's just good to shake off work and piddle a little bit in your raised bed or in your containers," McClanahan added. "It just de-stresses."

For any sized garden, pest prevention also needs to be considered. Pesticides and any other chemical, however, should be avoided. "Farmers would encourage people to go organic, and if they have a certain pest to research what the best organic solution is," McClanahan said. "You are growing for yourself and eating something that's good, but what's the point if you are growing it but pouring pesticides on it? You might as well just go to the store for your food."

Planting can be simple — with options to either raise plants from a seed or from a pre-planted product that simply needs to be transplanted into a home garden.



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



Short Street Long on Leisure

Have you been downtown lately? There is something for everyone – whether you're looking to have a relaxing dinner or a wild night out on the town. If you take a walk down Main Street and Short Street, you know you have come upon an eclectic mix of restaurants and nightlife.

It seems that almost overnight,

Short Street has become a destination for dining and nightlife. Many would attribute this to the **Fifth Third Bank Pavilion** at Cheapside Park, which was built in 2010. The pavilion offers a covered gathering space that provides a permanent home for the Lexington Farmers Market and many downtown events including Central Bank Thursday Night Live, Vintage Kentucky Wine Festival and Fest of Ales, just to name a few. The pavilion is bound by Main, Mill, Short and Upper streets. Whether the pavilion is responsible or not, this area of town mixes the old with the new and truly offers a unique downtown experience.

Newly opened in 2010, **Table 310**, located



Above Top: Formerly Metropol, this location at Mill and Short will soon feature The Village Idiot.

Above Middle: Silks Lounge, which is adorned with jockey silks and paintings, ties together the theme of The Rosebud Bar next door, which is named for 1914 Derby winner Old Rosebud.

Above Bottom: Skybar Lexington is located at the top of the Court Square building and provides nightlife lovers an upscale lounge for cocktails, snacks, dancing and private party rooms.

at 310 West Short St., has become a trendy spot that offers a contemporary and stylish atmosphere. On the menu, in addition to the entrees, you will find small meat and cheese plates, plus a wide-ranging wine list and unique beers. Directly across the street, **The Village Idiot** will open soon in Metropol's former location at 307 West Short Street. Described as a gastro-pub, The Village Idiot will offer hundreds of beers from around the world that will compliment small plate meals, bar snacks and authentic pub food like braised beef and lamb shanks.

spheres and it is fun to walk back and forth between them, which connect inside.

On the corner of Mill and Short is another Lexington staple, **Cheapside Bar & Grill**. Cheapside is great for brunch, lunch, happy hour, dinner and of course, drinks. Almost every weekend you can find a band playing there and the patio is always lively in the warmer months. Right across the street from Cheapside is **Dudley's on Short** located at 259 Short St. Dudley's has been located in downtown Lexington for 28 years



On an interesting note, the building was built in the mid 1800's and is Lexington's oldest surviving post office.

Also opening soon on the same block is **Shakespeare and Co.**, which will provide a cozy, chic ambiance where clients can enjoy an assorted menu, featuring all-day breakfast, lunch and dinner. Launched in 2001 in Dubai, there are more than 10 Shakespeare and Co. locations in the UAE and the company is now expanding internationally to include its new location in Lexington.

Just around the corner are two night spots located at 121 North Mill St. **The Rosebud Bar**, with its diverse music and décor, has been in downtown Lexington for more than 20 years. You will find college students along with the young professional crowd there on any given weekend. Be sure to check out the mural on the ceiling! **Silks Lounge**, located next door to The Rosebud, has a more upscale feel with an equestrian theme and delicious drinks. Both bars offer different atmos-

and in 2010, it moved from historic Dudley Square to Short Street. Dudley's on Short offers contemporary American cuisine in a sophisticated and classy environment. The walls are covered with elegant art work and equine photography. Dining on the roof top is a must!

Next door to Dudley's on Short is **Parlay Social**, located at 257 West Short St. Parlay Social, a Prohibition performance lounge, is handsomely decorated with a relaxed atmosphere.

The bar offers handcrafted drinks, a tasty menu for lunch and dinner and live music for dancing the night away. The venue has become a hot spot for young professionals and the business crowd.

Just down the street, you will find **Della's Diner** and **Shorty's Urban Market**. Della's is located at the corner of Short and Upper Street and serves southern comfort food. The casual restaurant is open for breakfast, lunch and dinner and serves the late night crowd on weekends.

You must try the chicken and dumplings and the biscuits and gravy!

Shorty's Urban Market is located across the street

from Della's at 163 West Short Street. The downtown New York style grocery sells fresh meat, seafood, vegetables, breads, salads and a wide array of everyday items as well. The grocery is located in an old bank building and the freezer section is the old vault of



Table 310, a casual bar and eatery, features small plates, dinner, selected wines and beer and dessert by the celebrated Stella Parks.

the bank. Very cool. Shorty's recently opened a wine market connected to the grocery, Cellar 157 the Urban Wine Shoppe. The shop offers an extensive wine selection and regular wine tastings.

The next two stops on your tour of this corridor's restaurants and nightlife is Harvey's and Hugo's, located at 200 W. Main Street. **Harvey's** warm inviting ambience and relaxing atmosphere provides an intimate environment ideal for getting together for drinks with family and friends. In addition to comfort and sophistication, Harvey's offers a deli-

cious martini list that promises to stimulate your taste buds. Escape next door to **Hugo's Ultralounge** if you desire a higher energy at-

mosphere, where you can cut loose on Friday and Saturday evenings and dance all night. Hugo's offers VIP booths and outdoor cabanas, bottle service, live entertainment and entertaining DJs.

Down the street from Harvey's and Hugo's you will find **Redmond's** at 259 W. Main Street. Redmond's is open Thursday through Saturday and the perfect place to listen to live music. The dark underground bar is popular with the college crowd, so be sure to get their early to get a spot close to the stage!

Just outside of Redmond's, on what used to be Cheapside Street (it's now a paved walkway), you will find even more bars and restaurants. **SkyBar Lexington** is located on the penthouse level of the Court Square Building. The bar boasts spectacular views of downtown Lexington, amazing drink selections, tapas and private rooms. In addition to serving lunch and dinner, SkyBar is a great place to dance!

Located next to Skybar is **Bluegrass Tavern**. Bluegrass Tavern is a Bourbon bar offering a wide range of Kentucky's most famous

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liquor. If Bourbon is not your drink of choice, try the blueberry margarita which is a great treat in the summer! Bluegrass Tavern attracts the after-work crowd and is packed with college students and young professionals on the weekend.

Next door is the **Wildcat Saloon**. Their slogan is "come sing-along, drink-along and rock-along". You can't help but smile when you walk into their Colorado Mountain

themed den. The staff is extremely friendly and is always happy to make you feel right at home. Yes it's true, the bar staff dances on the bar and on good nights, the customers do too.



Kathryn Minton is the vice president, Business Development for Downtown Lexington Corporation. She can be reached at editorial@lanereport.com.

The spacious, two-level patio at Cheapside is a Short Street summer time favorite.

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by Rena Baer

Stand Up To Sitting

The Bluegrass battle of the bulge

Could being labeled the most sedentary city in the United States have been any worse news for Lexington's health-and-fitness advocates? Surprisingly, yes. The residents most passionate about good health say taking any other spot in the top 10 would have been like receiving an honorable mention - no one would have paid attention.

The designation as the nation's No. 1 couch potatoes, given by Men's Health magazine last June, got plenty of press and lots of people talking, said Lexington-Fayette County Urban Government council member Jay McChord, a marathon runner who is a strong proponent of creating an active culture.

"It made people take notice," he said. "And, they did not take it lying down. They approached it with a sense of humor and took advantage of what they saw as an opportunity."

As barbs from all across the nation flew in the direction of the Bluegrass, residents got busy organizing a Sedentary Parade, where all were invited downtown to wallow in the designation. But as soon as the go nowhere, do nothing parade (featuring Mayor Jim Gray reclined on a mobile couch) finished up, everyone got down to the business of health. More than 70 organizations sponsored healthy activities such as a 5-K fun run and a bike ride. Thousands of participants turned out for the event, which was held as part of Second Sunday - a

Kentucky initiative to get residents out and moving.

An outdoor event, Second Sunday is held in the more temperate months and has been wildly successful since its inception in 2009. It showcases all the healthful organizations and activities available in Lexington while providing a day of exercise, fun and fellowship. The venues have included the open field at CentrePointe and a runway, temporarily closed down, at Bluegrass Airport.

No one who lives here, of course, actu-

The Men's Health article that appeared last year naming Lexington the nation's most sedentary city based its rating on how often people exercise (Experian Marketing Services); the percentage of households that watch more than 15 hours of cable a week and buy more than 11 video games a year (Mediamark Research); and the rate of deaths from deep-vein thrombosis, a condition linked to a lot of sitting (CDC).

ally believes Lexington is the most sedentary city in the country (try finding an empty tennis court, basketball court or soccer field on a summer evening), but nor do they argue that there isn't room for improvement, especially when looking at Kentucky as a whole.

"This gave us the chance to highlight the things we are doing right and the areas that we need to work on," said Kathleen Martin, vice president of development at Get Healthy Kentucky, the organization that oversaw the Sedentary Parade.

Changing a Culture

McChord is the first one to point out that we've become a very sedentary culture and that if there's a way to cut out exertion in any activity, job or endeavor, we capitalize on it. What McChord, Martin and other health proponents advocate is providing easily accessible opportunities to get moving - not just through organized fitness programs (though, they are an important component) but through legislative policy, education and more sidewalks, bike lanes and trails throughout Lexington.

In the past few years, this has become





more of a reality with the addition of Legacy Trail, Wellington Park and a bike/walking path that traverses Shillito Park. "Shillito Park has 100 beautiful acres," he said. "But only 40 of them were in use. It was a one-destination park, where you went for a particular activity. Now there's a trail that runs through it and has opened up the whole park."

A big part of improving the area's physical fitness has been opening up opportunities to all residents of all ages and fitness levels, said Jeannie Thé, associate executive director of the Beaumont Centre Family YMCA.

Thé said the YMCA is focused on getting and keeping the community moving with a large range of programming that appeals to the community's wide demographic. "Our lifestyle has many of us sitting for prolonged

periods, which is almost as unhealthy as smoking," she said. "We encourage people to look at their daily lifestyle and start by

adding 2,000 more steps to their daily routine and then look for more opportunities to add movement to their day."

Exercise physiologist and Lexington resident Heather Adams-Blair, who is a professor at Eastern Kentucky University, said a big part of the answer to a healthier community lies in creating policy and guidelines focused on getting kids moving in school. Right now, Kentucky is third in the nation for childhood obesity.

"I know it sounds cliché," she said, "but the children really are our future."

In 2004 Kentucky's General Assembly passed Kentucky Nutrition and Physical Activity Legislation directed at providing more exercise and more nutritious meals for the state's elementary school students, said Ad-

ams-Blair, but the legislation lacked any teeth.

"Even though research shows that kids perform better on exams if they have at least 30 minutes of exercise a day, physical education is always the first thing to go when finances get tight. I don't know how we can expect kids to sit still and learn for seven hours a day. It defies common sense."

McChord said that people are starting to realize the seriousness of the situation and the myriad problems inactivity is causing us, and like Adams-Blair, he strongly believes that government policy must change and address these issues.

Adams-Blair said she is encouraged, though, by what Lexington is doing as a community with plenty of free activities sponsored by the city, the addition of trails and walking paths and a drive to be proactive. "We are way ahead of where we were 10 years ago," she said.



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



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by Esther Marr



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As the breeze turns warm, the blossoms appear on the trees and winter melts into spring, it signals the return of racing at Keeneland. This year, there are more reasons than ever to take part in the Lexington racetrack's exciting 14-day spring meeting, which will be held April 6-27.

The calendar features events for all ages, such as College Scholarship Day, Breakfast with the Works, Maker's 46 Mile and Bottle Signing, Toyota Blue Grass Stakes Day, Horses and Hope Pink Day, Military Day and the Markey Cancer Concert.

On College Scholarship Day on April 5, full-time college students will receive free general admission and the chance to win one of ten \$1,000 scholarships after each race. Registration will begin at 11 a.m. in the College Zone, an

Keeneland's spring meet is loaded with special events

area that offers live music, free snacks, photos and various prize drawings.

The first 1,000 students to register for a scholarship will receive a student-designed Keeneland College Scholarship Day t-shirt courtesy of Kennedy's Book Store.

Keeneland's **Breakfast With the Works** program, which takes place every Saturday morning during the race meeting, gives patrons the opportunity to experience the sunrise, sights and sounds of a busy morning at the racetrack.

Attendees are invited to watch the horses during their morning workouts while enjoying a southern-style breakfast buffet in the Equestrian Dining Room. Free children's activities will also be provided.

Breakfast is held from 7:00-8:30 a.m. followed by a paddock demonstration related to the equine industry. Breakfast is \$7; kids age three and under are free.

The **Maker's Mark 46 Bottle Signing** is held track-side at 6:30 a.m. Friday, April 13 in conjunction with the Makers Mark Mile, an important race for older horses. Patrons may purchase the 2012 commemorative bottles at stores across the state and

have them signed by Keeneland and Makers Mark officials. Each year, sales from the specialty bottles support people and entities that have a positive impact on Kentucky.

Also that day, the Keeneland Gift Shop will have a **Maker's Mark Dipping Station**, where guests can dip special Keeneland and Maker's Mark merchandise.

Toyota Blue Grass Stakes Day always provides plenty excitement during the final weeks leading up to the Kentucky Derby.



Taking place on April 14, the day features four major graded stakes races, highlighted by the Blue Grass, an important stepping stone for horses working toward a start in the Derby.

Patrons are encouraged to wear pink on **Keeneland's Pink Day** April 15, which is being held in conjunction with First Lady Jane Beshear's breast cancer awareness program **Horses and Hope**.

Survivors and supporters may purchase event packages for \$20, which includes a

luncheon and message from Beshear, prize drawings and a fashion show in Keeneland's sale pavilion. Guests will then have reserved seats to watch the races, one of which will be named in honor of Horses and Hope.

On Military Appreciation Day April 22, all active and inactive members of the military and their families will receive free general admission with a military ID at any pass gate.

The closing day of the spring meet, April 27, will feature the **Markey Cancer Concert**. Patrons are invited to stay after the races to enjoy a benefit concert on the clubhouse lawn with headliners Off The Hook at 7:30 p.m. For more information, visit keeneland.com and find them on Facebook and Twitter.



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

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featured couple

by Anne Sabatino Hardy

Lester Miller & Aumaine Mott

Hometowns

Les came to Lexington from Paducah, while Aumaine is from the Cleveland, Ohio area. Both went to University of Kentucky, which is the decision that brought them to the Bluegrass - and to one another.



Les Miller and Aumaine Mott behind the bar at Stella's, with Victor.

How They Met

One night, Aumaine returned home only to realize she'd left a textbook at a la lucie, where she worked as a server. She headed back to retrieve it and when she got there, she noticed her brother at the bar with a friend.

"I wanted to spend time with my brother [that night] and he told me he had to study," said Aumaine. "So I walk in and I see my brother, sitting at the bar, drinking with Les and I was like, this is not studying and now you have to spend time with me all night. I'm going to follow you wherever you go. I attached myself to their little group, and that was the first night."

Nine years, two children (Luther, two and a half and Victor, six months), several properties, one restaurant and one bar later they're still going strong.

Careers That Work

Their professional relationships are particularly intertwined with their personal relationships. Friends and family populate their partnerships in **Stella's Kentucky Deli** (Paul Holbrook and Griffin VanMeter), **Al's Bar** (Holbrook and Les' brother Josh), and in several rental properties (VanMeter and Holbrook). And the two work side by side every day.

Their experience in restaurant work – and those relationships have made it possible for them to take advantage of opportunities such as Stella's.

"Our friend Griffin was looking to buy a house and he knew there was a great apartment above Stella's, so he said, 'Hey, I think I might get this place, would you want to run an ice cream parlor out of it?'" said Aumaine. They didn't see ice cream, but they did see possibility. And from there, Stella's entered a time of rebirth. Purchased on April 24, 2006, they took a month to clean the 25-year-old restaurant and refine the menu before re-opening May 22 to enthusiastic crowds.

Loyalty was an important factor, but the quality of the food didn't hurt, either, and marked a major growth indicator for the budding restaurateurs. Instead of maintaining the status quo for restaurants at the time, they invested heavily in local foods for their menu.

"That was before most of the places where you get good local food were around," said Aumaine. "A lot of it was only at fine dining restaurants. There weren't a lot of places at that time that did local food."

In addition to the restaurant, Les and Aumaine purchased a house on North Limestone.

"A lot of our endeavors post-Stella's have come from being there. We had this house in a little rougher part of town and there was this



bar on the corner that was just a nightmare," said Les. "We'd walk the dog past Al's every day and people would come stumbling out drunk at eight in the morning, bleeding...we felt that we wouldn't be able to really live there if that continued to be the problem that it was."

The bar was Al's Bar, and not long after, it went up for sale. They, along with their partners, bought Al's on May 1, 2007, and reopened the next day under the new ownership. Their first customer wandered in at 7:30 a.m. and ordered a tequila shot. That's when they knew they were out of their league. And that there had to be some rules.

"It was a rough place then. It took a long time to slowly identify the elements that we simply couldn't have there," said Les. "We gave everyone a chance, we made the rules clear and it was basically 'no drugs, no prostitution, no fighting'."

But for those who bucked the rules, there were others who sat for hours on end, drinking coffee and chatting. Though the bar has also gained popularity with another crowd in recent years, Les and Aumaine have always been dedicated to preserving the relationships with their neighbors.

"We wanted to really try to welcome everybody and be good stewards of the neighborhood," said Aumaine. "There's a huge community there."

Words of Advice to Young Professionals

"Have the courage to do something and put everything you've got into it and take that risk. I'm glad we did," said Les. "You can work 40 hours a week and be paid, and you're miserable. Or you can work 100 hours a week and you're passionate about it and it doesn't feel bad. You'll feel fulfilled and at the end of your life you'll be proud of it."

eat & drink

by Anne Sabatino Hardy

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

Join LYPA Today

www.lypa.org

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

Follow us!



 **LYPA**
LEXINGTON YOUNG PROFESSIONALS ASSOCIATION

Dudley Square, once home to the much-loved Lexington landmark Dudley's Restaurant, has undergone a major transformation and will feature a new restaurant Sabio, inside the historic school-house building.

When the doors open, diners may be surprised by the dramatic decorative changes, but if they've sampled food from Executive Chef Javier Lanza, they probably won't be disappointed by the dishes. The chef behind Migdalia's in Paris, Ky. and, for a time, Jean Farris Winery, Lanza's enthusiasm

local vegetables and herbs.

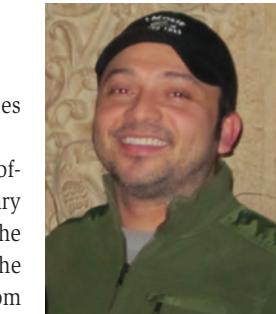
The menu offerings will vary in areas of the restaurant. The smaller room across the hall is now a bar area and will feature a lighter menu at dinner time than the main dining room. Both dining rooms will offer the same menu at lunch. The spaces will also be available for events from breakfast on, and Lanza plans to offer catering services. For those looking for a fun night out, Lanza and General Manager Tim Zombeck have plenty in store: happy hour, wine tastings, and cook's tasting sessions, in which a complementary wine flight is paired with selections from the menu and a Q and A session with the chef.

"We are going to work really hard. We want to have the best food in town," said Lanza. "And our wine list is going to be more affordable than anything else out there downtown. We will have good wines starting at six dollars a glass."

If all this isn't tempting enough, come to Sabio to see the redesign, which is eclectic in the manner of its cousin, upstairs gallery

Balatro. From chandeliers and recycled-Coke-bottle chairs, to contemporary art and a giant red-lacquered statue behind the bar, the modern interior has a bright, fun vibe that is the signature of building owner Bobby Freisberg, who also owns Balatro.

Sabio opens April 12.



Sabio Executive Chef
Javier Lanza



The renovated interior of Dudley Square, and the building, at Mill St. and Maxwell St.

by Abby Laub

When Peyton Fouts, 26, was seven years old, he saw a documentary about orphans his age suffering from hunger and disease. Little did the University of Kentucky graduate know was that as an adult he would have the same heart for suffering people and develop a business model that could help save them.

"The very last day of school I got the idea for OuiBox, on the way back to my car," Fouts remembered. "I was kind of praying and saying, 'God give me an idea of what I need to do with my life,' and it's just what happened. It just felt like it was a gift. It hit me all at once and then I had to unpack it."

Oui Leave a Mark

Peyton Fouts and OuiBox aim to change the world

For the last six years, Fouts has developed OuiBox online as a means to solve issues in education, poverty, starvation and disease. At OuiBox, Fouts holds a myriad

purchases to a selected charity. When the average American spends nearly \$2,200 online per year, Fouts sees some major potential.

If one in 10 people worldwide used OuiSearch, \$3 billion per year would be raised for charity. With thousands of nonprofit partners, Fouts is also working to roll out partnerships with recording artists and celebrities to put star power behind the movement.

"It's giving without giving. And it's not tracking you," Fouts said. "My goal is to get



system and when you start them in kindergarten you have them in your ecosystem of products — it's going to be so amazing that you won't want to leave," Fouts continued. "And we're privatizing these things, so the government at a point doesn't have to pay for all of this, which I think will help with the huge deficit we've got."

And most important, he said, education is what ultimately will lift nations out of poverty. Already in place since 2010 with more than 300,000 school users is OuiWrite, a tool that makes research paper writing more efficient and interactive. OuiWrite allows students to automatically format papers, cite sources with one click, easily pull in quotes and share papers with teachers. Fouts said the quick, convenient features "make kids excited about learning and not dread writing a paper because they don't know MLA style."

"The more convenient things are what people are attracted to. That's why the iPhone is used a lot. I'm not trying to dumb people down, but give them a new way of learning."

OuiBox, which has about 12 employees locally but even more worldwide, also will launch Kaleidoscope, a program that will organize photos according to date and geolocation, stitch them together and create virtual environments. It's also another way to shop and give back to charity.

The company's nonprofit arm, OuiLove, is where Fouts kicks back his profits to assist in curing hunger, disease and homelessness around the world. "Long term, you have to have education to stop disease and help people grow and change out their position in life," he said. "But short term, they need stuff now. What keeps me driven is that every day that goes by, 100,000 kids are dying from hunger."

Fouts said he wants to leave a mark on the world and feels called to not lead a typical life. "If that means I'm not going to get married, that's fine. If I'm not going to have kids, that's fine," he said.

With startup help from the Bluegrass Angels and many other generous supporters from Lexington and beyond, his world-changing work is well under way.



Abby Laub photo

of products — his biggest project at the moment is OuiSearch which is a way for people to raise money for charities, school projects, churches or orphanages.

OuiSearch so far is partnered with more than 4,000 major companies, including Macy's, Walmart and Best Buy. The web browser kicks back one percent of all online

school environment.

"I want it to be curriculum that kids actually want to learn about," he said. "I want it to be something where creative, interesting and curious kids are excited to whip out the iPad and learn every day." He hopes to have the first graduating class of OuiLearn by 2030.

"My goal here is to have the education

Blossom in the Bluegrass

Rebecca Kent's new store caters to the expecting type

Pregnancy makes fashion difficult — pants suddenly don't zip, shirt placement become much more strategic and panicked women shop online or flock to Lexington's few maternity stores to find something that fits.

Rebecca Kent, 33, owner of the newly-opened Blossom boutique on Euclid Avenue hopes to help women overcome that panic and find something hand-picked to wear on a daily basis or for a special occasion. "I would love to have every mother in Central Kentucky have this be their go-to place to get their outfit that's been hand-selected for them," Kent said. "I carry premium brands at affordable prices that women can love and feel good about going out and wearing. And no matter what stage they are in pregnancy, they can be proud to be pregnant."

At Blossom, Kent not only caters to expectant women, but also carries infant and children's clothing and accessories. Blossom's whimsical decorations are reminiscent of the store she bought out in the same location, Cradle Will Rock.

"I had thought for a really long time that I wanted to open a retail store," Kent said. "I came in Cradle Will Rock in November 2011 after having lunch a Josie's. I was just coming over here to hang out and see what kind of merchandise they had." A spontaneous conversation with the previous owner revealed that she was possibly looking to get out of the business and focus on her clothing line.

"I just stopped and said 'Really?' and said, 'Well how much do you want for it?' Those

were the key words that got the ball rolling," Kent said. Initially the two formed a partnership with Kent focusing on Blossom and its maternity apparel, but soon after Kent bought the entire operation.

Kent — a wife and mother of three (Taylor, 5, Madison, 3, Hunter, 1) — laughed and said at first her husband thought she was crazy. "But I did a lot of praying and thinking about it, and it all fell into place," Kent said. "I just kept saying if this is not meant to be, make it stop, or put a barrier up so that it just won't work out. It has not been easy. It has been a lot of hard work. But for the most part, it is awesome."

Kent has added new merchandise and clearing out some of the old items to make way for pieces that are uniquely Blossom. She described Blossom's baby and children's apparel as traditional but with a funky twist, whether it be a different pattern or fabric. Many of the pieces also are handmade. "It's not too California," she added. "But we are just spicing up some traditional pieces."

And for the maternity line, quality and stylish maternity jeans are a big focus. "I always wanted to own a jeans store since everyone looks good in a cool pair of jeans," she said. "So I just happened to go the maternity jeans route."

And having been pregnant three times, Kent appreciates maternity clothing that is unique and well-fitting. "I did have a little bit of experience in being pregnant

and also shopping for baby clothes, so it was a unique opportunity to have this store," she said. "And it is such a huge opportunity in Lexington because there is nothing like it."

Her designer brands include Citizens of Humanity, Paige Denim, Tea Collection, Stuart Weitzman and more, including official



Kent and her son at Blossom.



Abby Laub photos

University of Kentucky apparel. Kent said she sought advice from other women entrepreneurs in town, and that her own network, work background and degree in marketing from UK, made the launch fairly seamless. But it did not come without hard work and overwhelming hours.

"I laugh now when people say small business — there is nothing small about a small business, at all," she said. "The weight is all on your shoulders. It's your baby and it's your opportunity."

She joked that the hair on her arms still stands up when it comes to accounting. But her biggest fear has nothing to do with spreadsheets or inventory, it's the fear of losing balance in her personal life. "I'm a mom of three and that is my priority along with being a good wife," she said. "I love the store, but it's important to find the balance between being a good mom and a good business woman."

Kent said she would love for Blossom to grow, but for now her cozy Chevy Chase location is ideal and she is getting new customers from all over the state. And for her personally, she is excited to see how the store is affecting her whole life. "I feel like the busier I am, the more organized, more structured and better functioning I am," she said. "And it's nice to have somebody find that cute dress and walk out and say, 'Thanks so much! I can't wait to go to Keeneland and wear it!'" she added. "It just makes you feel good about yourself."

by Abby Laub

Art That No Longer Sits Still

Wednesday nights at Trust Lounge on East Main Street are overflowing with giant wigs, bright make-up, over-the-top outfits, fake eyelashes, LED hoop performers, flashing cameras, wearable art-work and an enthusiastic following as Maui Crane Design hosts a weekly night of art and fashion at the Lexington hot spot.

"I want it to be a place where you know you can come every Wednesday and see a great photographer, great art, cool fashion — something different that you would never expect in Lexington," said Crane, the artist, designer and stylist about the spring series that he hopes will continue to grow and eventually be able to give charitable donations.

Part of the Colombia native's objective also is to give more budding local artists of all kinds — models, photographers, singers, painters, bakers, make up artists — a chance to show off their work in a chic downtown setting.

"To me it's very important to give people an opportunity to meet other creative people," he said. Meeting a

network of new people "connectors" is what got him involved in Lexington's fashion and art scene when he moved here three years ago to help care for his cancer-stricken mother.

"You never know who you might meet who might take your career in a new direction."

Some of his friends from Miami and art school, and colleagues in the art and fashion world think Crane should take his new career direction to a place like New York

or Los Angeles.

"To me Lexington is just a big little city. It's just perfect," he said, adding that the people in Lexington and partnerships with Lex Arts and Lexington Fashion Collaborative are invaluable. "It would be so impossible to do some of these shows in New York

or L.A. It's amazing here, I love it."

He is excited to see how Lexington's art and fashion scene is exploding. Robbie Morgan, the campaign manager and volunteer director for LexArts, agrees that Lexington's art scene is growing wings and needs to keep the momentum. Earlier this spring Morgan put together the 21 Nights Happy Hour events on Monday night at Parlay Social to give people another avenue for art appreciation.

The evening opens with a video presentation from Art21, a New York City-produced video exploring the work of new artists, followed by an in-house presentation from a local artist and a casual interview with the crowd. The event is a win-win for Parlay Social and LexArts, as it gets



Abby Laub photo

people involved downtown on a week night.

"We sit in bars all the time and sports are on, so why not try it with Art21?" said Morgan, who hopes to expose more people to art by 'osmosis'. "It's not about standing quietly in a gallery with your arms tucked behind your back."

She hopes to show Lexington that its artists are just as skilled as the people featured on Art21 and are relatable to their lives. A recent 21 Nights event featured Ruth Adams and her photography work titled "unremarkable" that documented her journey through cancer and chemotherapy using a large-format Polaroid camera.

Additional-
ally ,

Morgan hopes to expose Lexington's artists to the producers of Art21 through the event.

"You could argue that we have a huge thriving scene based on the number of artists — compared to the people who are exploring it," she said. "We have the talent but need more exposure."

Lexington needs to "brag about who we are outside of the area," adding that the World Equestrian Games did a lot to spur the movement.

"WEG games exposed the city we wanted to be. Now we are at the point where we can carry it forward or it can evaporate, and I think so far we are carrying it forward," Morgan said. "I previously lived in Chicago and Toronto and I would not have been able to stay here in Lexington if there wasn't an art scene."

Morgan and LexArts are now working to get more structure behind the movement and create new opportunities for the public to see what is going on. She said in the last year or two alone,



Left: A piece by featured artist Steve Armstrong displayed at the 21 Nights event.

Below: Artful revelers interpret Marie Antoinette for one of Maui Crane's nights of art and fashion. Second from right, Maui Crane himself.

Lexington saw On the Verge Theatre, Lexington Fashion Collaborative, Institute 193, For-Word Theater, Project SEE, Contemporary Dance Collective, Movement Continuum and Actors Guild all either launch or revamp themselves.



"Everyone here is trying to do something," she said, and while Gallery Hop is a fantastic way to experience some new art, they hope to do even more.

Crane cited the painted horses, bus stop project and painted sidewalks as more new evidence that Lexington is beginning to care more about art and that is no longer is only "based around money."

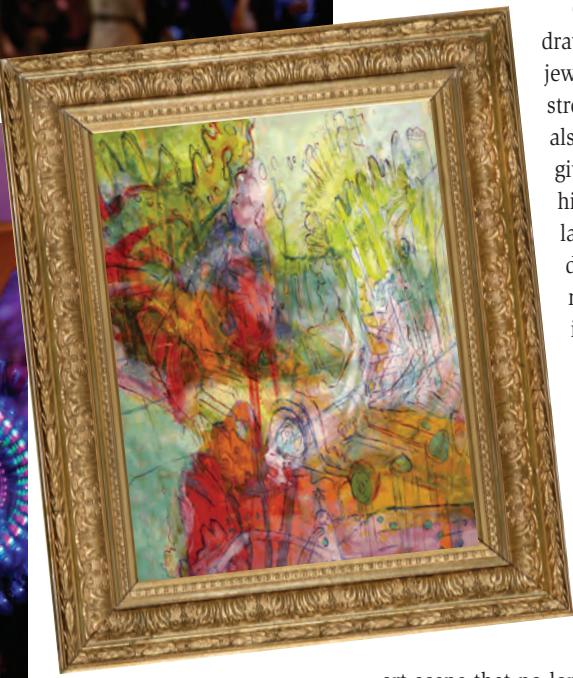
"Art is supposed to just be there," he said. "You should walk down a street and see a beautiful sculpture. Art is everywhere, it could be anything. Art here has become more approachable."

Downtown Lexington's renaissance has helped this, with the streets no longer just being a "pass through" anymore. "I'm really happy that things are taking off and





Artistic demonstrations at Trust.



A piece by local artist Lennon Michalski, displayed at the 21 Nights event.

people are approaching it from a different aspect," he said. "I think they want to be more a part of it and see more of it. It's such a big part of culture and development and growth and economics in every single time frame of the world. It's just beauty and people love that."

Getting more people involved in the beauty of art — whether they are new artists who simply need to be given a chance or they are new art consumers — is priority number one for Crane and the reason he is hosting events like those at Trust.

Crane, who said he draws inspiration for his jewelry designs from the strong women in his life, also hopes to find ways to give back to charities with his work in honor of his late mother. "One of my dreams has been to start my jewelry line where it would be a donation jewelry idea — we can repurpose broken and old jewelry and make it new," he said. "We can make a new collection under the person's name and half of it would go to their charity of choice."

And having an art scene that no longer is "just sitting still" will help ideas like these and others come to life. Crane's events can be found on his Facebook page, Maui Crane Design Presents.

LexArts launches Young Friends of LexArts

Gallery Hop is one way to experience art around Lexington, but LexArts is taking it a step further and catering to young professionals with its new Young Friends of LexArts program as a part of its \$1.1 million Fund for the Arts Campaign that aims to help artists focus on programs and not funds.

In a tough economy, Campaign Manager and Volunteer Director Robbie Morgan said Louisville, for example, lost several major art entities but Lexington "not only didn't lose any groups, we have gained new ones."

The desire in the community is there, and now young professionals have a chance to become a part of the process without becoming major benefactors.

For only \$20 per ticket, Trust Lounge will open up on March 30 for an evening of food, drinks and art. Morgan said Shorty's Urban Market is donating food and it is just night one of a year-long membership with Young Friends of LexArts. She said every monthly event will cost nothing to members, unless an event ticket is involved, and YPs will have a chance to eat, drink and socialize while enjoying theater, music, paintings, dance and many other art forms.

"This gives young professionals more chances in art besides the quarterly Gallery Hop event," Morgan said. "And it's always going to be something social."

Members also will be entitled to a LexArts card, which allows for discounts and deals around Lexington all year round. lexarts.org

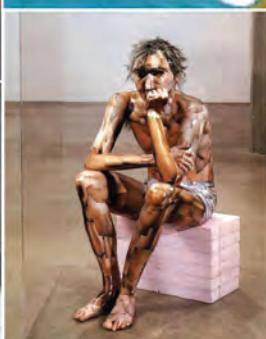
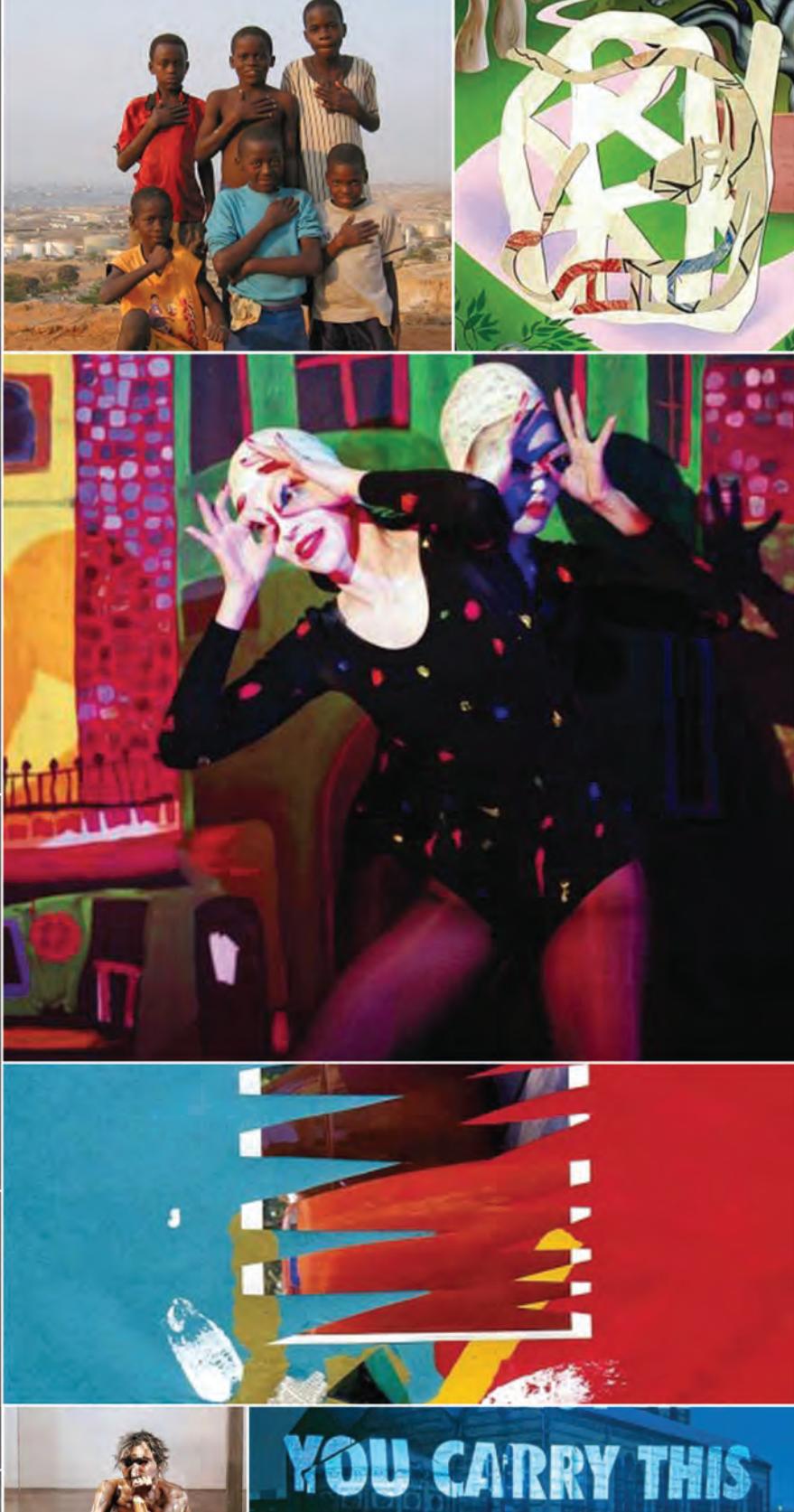
art meets happy hour

LexArts, KET, and Institute 193 invite you to be a part of "21Nights," every Monday in March and April (except April 2).

Watch episodes of the award-winning documentary series Art21, enjoy drink specials, and hang out with Lexington artists and art lovers.

5 pm
Parlay Social
257 W. Short St., Lexington, KY

Check out 21 Nights on Facebook!



by Abby Laub

Gourmet Guidance

Sharpen your knife skills, learn a new recipe to show off at your next dinner party or become a grill master in a slew of new cooking classes this spring and summer across the Bluegrass.

"I think we're coming off a generation of microwave cooking, and we're getting clients of all ages who have never learned how to cook," said Carolyn Gilles, owner of Wholesome Chef on East High Street in Lexington. "Thirty years ago you had home ec classes and it was sort of a rite of passage, and we don't have that anymore. Adults and baby boomers got into the packaged food revolution and cooking really got moved to the back burner. And I think people are realizing that it has made them sick, and they're wanting to learn how to make fresh food."

Thanks to countless food-related television shows, a boom in new Lexington restaurants and an increasing push to eat fresh; hands-on cooking classes are a new form of entertainment and education for all skill levels and interests.

Get healthy at Wholesome Chef

Wholesome Chef is focusing on health and wellness as Lexington heats up for the season.

"All of our classes are focused on healthy, nutritious cooking, so we're offering more classes such as cooking for diabetes, cooking

for allergies — we're really doing more classes focused on specific ailments," Gilles said. "And we also have a good line up on the weekends."

Weekend classes at Wholesome Chef are more for entertainment-date and social outing based—but the common thread still is health and nutrition.

During the week, Gilles offers lunch break classes where "any professional could come and do a lunch class and get back to the office."

A lot of her classes come from special requests and classes are available off-site. Gilles also offers practical kitchen skills classes like preparing red sauces, pasta from scratch and knife skills.

thewholesomechef.com

Pairings at Phil Dunn's

Phil Dunn, who teaches classes at Architectural Kitchens and Baths on Euclid Avenue, said he doesn't think meals are complete without a glass of wine and has plenty to offer on the house to his cooking class guests.

Dunn is not surprised by the steady flow of people flocking to his classes.

"All of the sudden people are realizing that there's more to Lexington than fast food and expensive restaurants," he said, adding that people are going out to eat at cool new places and it's inspiring them to learn how to be better chefs. "People are finding culinary items they can't even pronounce because they don't know what they are or what it is. They've heard about it, or people have Face-booked a picture of it. Social media is also pushing this."

Dunn offers themed cuisine classes like Moroccan or Greek, but also teaches basic kitchen skills and how to cook complete lunches and dinners. In every class he teaches offers practical tips along the way, like how to properly zest a lemon or what pan works best to cook risotto.

"Every class I do is different, it's not like a series," he said. "One thing I'm really pushing right now is cooking for one, because so many people don't know how to prepare a single meal for themselves — they may end up making enough for two weeks."

He often hosts couples night out, birthdays, bridal showers or others by special request.

Dunn said he appreciates that people want to wow their friends with a new recipe.

"A lot of people belong to a small group of maybe a dozen people who get together periodically and shift from home to home and get recipes together. Everyone participates and they have a fabulous meal and drink really good wine with it," he said. "It can taste



good or it can look good, and when you can put both together you have a winner."

phildunn@insightbb.com

A Wild side to spring

At Wild Thyme Cooking School on Chinoe Road, owner Allison Davis has a menu fit for seasoned foodies and beginners alike.

"One of the new things that we're offering is a Wellness Wednesday," Davis said. "We partnered with a health and wellness coach, Megan Roop, who trained at Duke Integrative Medicine and works with people to reach health and wellness goals."

Roop recently opened Zalance Health & Wellness Coaching in Lexington and will be partnering with Wild Thyme for Wellness Wednesdays.

"The sugar detox is one I'm very excited about," Davis said. "That's a spring clean; how to recharge and detoxify and break away from sugar."

Participants will sample food while learning in a very educational setting packed full of practical health and food tips. Other health themes include Juicing and Smoothies, and Recipe Renovations, which takes trans fat – but not taste – out of recipes.

And Wild Thyme is partnering with Whole Foods to offer food tours and introductions to store products for the healthy-minded chef. Throughout the week Wild Thyme classes focus on basic kitchen competencies.

The large culinary studio at Wild Thyme also leaves room for tasty, hands-on fun and a patio opens up for grilling classes and luncheons. As the spring progresses, Davis will offer kids' culinary camps, themed classes like Baja Beach Party and Greek Fest, how to prepare fresh baby food, and of course, classes based on Keeneland tradition.

"For those foodies it's a perfect option versus going to dinner," Davis said. "You know your meal is going to be fresh and enjoyable and you can say 'I made this'."

On April 6, Wild Thyme will host guest chefs Jeremy Ashby and Sylvia Lovely from Sunny Side Up Radio and Azur Restaurant for the launch of a chef table dinner series, Kick off Keeneland.



A hands-on cooking lesson with Phil Dunn, who teaches classes at Architectural Kitchens and Baths.

"It's a great option after the races. You can come in and we have guest chefs that will do cooking classes, but they're more of a demonstration style setting," Davis explained. "Sit back, bring wine and enjoy a meal. Usually they're themed and prepared by a chef at your table."

wildthymecooking.com.

Become a pro at Apropos

Ashley Minton, owner of Apropos Culinary Arts Center on Mall Road, is rolling out a brand new pro series in 2012 to give budding chefs a chance to learn the skills taught in culinary school in a condensed version.

"I went to culinary school and if something like that had been available I probably would have just done that," Minton said.

The nine-week series is an intensive, technique-filled class in a small group setting with one-on-one attention and hands-on experience. Offered in levels 1 and 2, Minton said the series will be offered quarterly, with a new level 2 series beginning on Wednesday nights in May.

"Each week is a different theme, like what you would take at a place like Sullivan," she said.

The best way for any cook, regardless of skill level to start, according to Minton is with a good, sharp knife.

"A sharp knife is the best tool that you can have in the kitchen," she said. "If it's not sharp it can be your biggest enemy."

For people wanting weekend food entertainment, Apropos offers a range of classes from grilling quick and easy meals, to date nights. They also offer a cooking light series that substitutes fat and sodium without sacrificing flavor.

Minton said she is excited to see so many new "foodies" in Lexington.

"In Lexington in particular, the food scene is kind of changing, so when I first moved here about 14 years ago, it was very much a fast food and chain place, but now you're seeing smaller, home grown restaurants popping up and I think it's changing the way people look at the way they eat," she said. "We have had people come from across the board. Some people have never picked up a knife, and some are proficient and want to learn more techniques."

Minton called cooking an art form that offers people a fun chance to "show off to their friends."

aproposculinaryarts.com

Central Kentucky Wineries

When it comes to libations, Kentucky is best known for its bourbon, but there's a thriving wine industry across the Bluegrass state that's just as rich in tradition and history as its better known counterpart on the West Coast.

There are more than 60 small farm wineries in the commonwealth, and many of them are right here in Central Kentucky. These vineyards produce delicious, award-winning wines and many have onsite tasting rooms, restaurants, retail shops and tours. In addition, check out some of the special year-round events and summer concert series happening at these gorgeous locales. Here are 10 of our favorite places to see, hear and taste all the sweetness Bluegrass wineries have to offer.



1. Lover's Leap Vineyards & Winery

1180 Lanes Mill Road | Lawrenceburg
loversleapwine.com



Jean Farris Winery, Bistro and Vineyards

2. Talon Winery and Vineyards

7086 Tates Creek Road | Lexington
talonwine.com

3. Jean Farris Winery & Bistro

6825 Old Richmond Road | Lexington
jeanfarris.com

4. Chrisman Mill

385 Chrisman Mill Road | Nicholasville
chrismanmill.com

5. Elk Creek Vineyards

150 KY 300 | Owenton
elkcreekvineyards.com

6. Acres of Land

2285 Barnes Mill Road | Richmond
acresoflandwinery.com

7. Black Barn Winery

4200 Newtown Pike | Lexington
blackbarnwinery.com

8. Chateau Du Vieux Corbeau Winery

471 Stanford Road | Danville
oldcrowinn.com

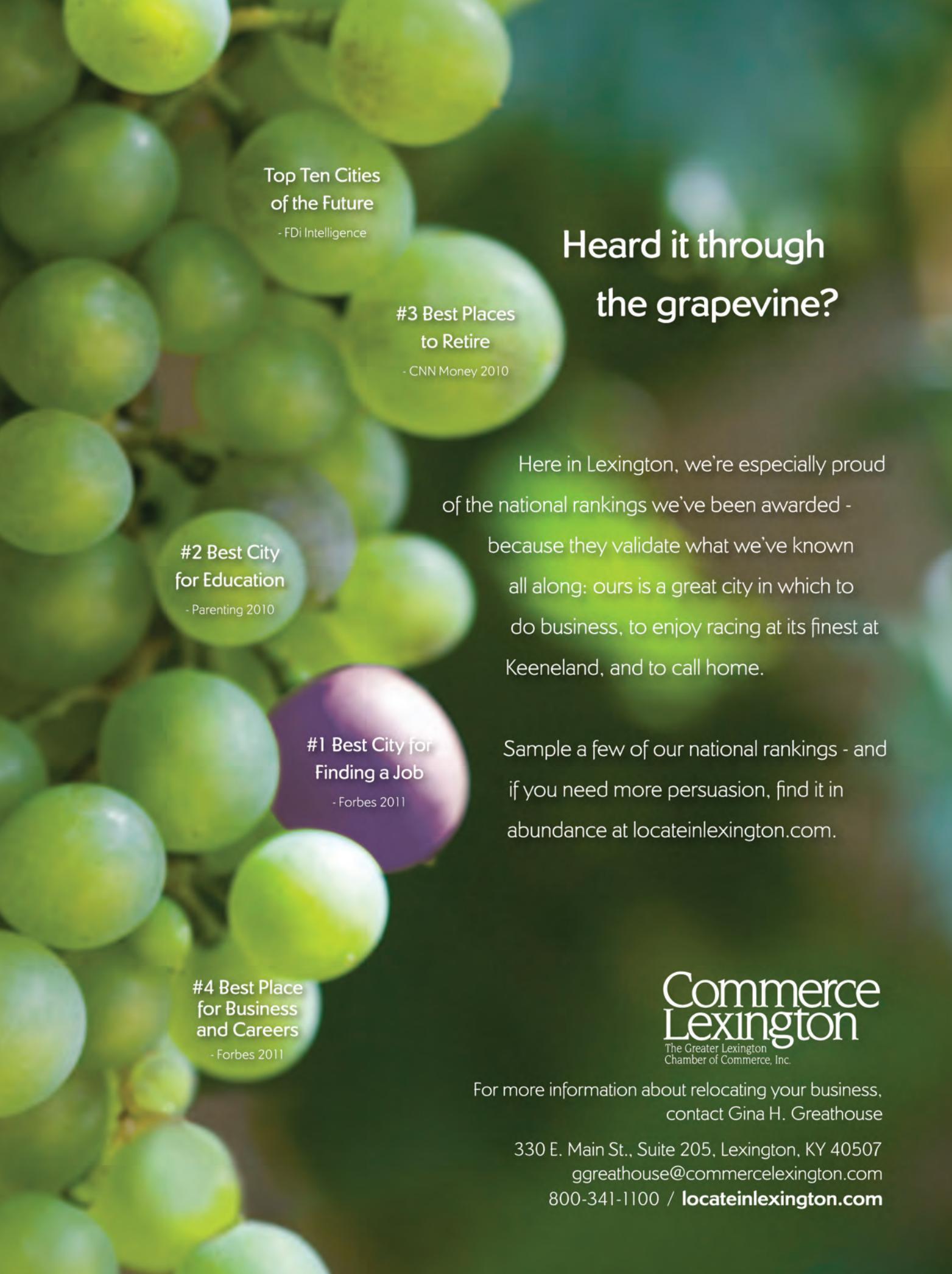
9. Equus Run Vineyards and Winery

1280 Moores Mill Road | Midway
equusrunvineyards.com

10. Wildside Winery

5500 Troy Pike | Versailles
wildsidewinery.com





Top Ten Cities
of the Future

- FDI Intelligence

#3 Best Places
to Retire

- CNN Money 2010

#2 Best City
for Education

- Parenting 2010

#1 Best City for
Finding a Job

- Forbes 2011

#4 Best Place
for Business
and Careers

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