

b**g**

A way of life.


From the Air Force to the Alpaca Farm

Military investigator trades
exciting international career
for simpler life on the farm

Page 18

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Spring 2013
Volume 5, Issue 1



COVER STORY

Alvina Maynard traded an exciting international career as an Air Force investigator for the simpler life in Richmond, Ky., where she raises alpacas and hopes to carve out a career in textiles and fashion.

Cover photo by J.A. Laub Photography

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Random acts of kindness change lives, especially your own

There's a guy I'm friends with on Twitter who participates in Random Act of Kindness Wednesdays #RAOK. He lives in Lexington, and while I've never met him in person, I am inspired each week by his passion for giving back to strangers in our community.



Meredith Lane is the editor of BG Magazine and is a full-service Realtor with Keller Williams Bluegrass Realty in Lexington.

"Take time today to do something kind for someone," one of his Wednesday tweets read.

This could include something easy, such as buying coffee for the car behind you in line at Starbucks or donating used books to the library, to something more involved, such as helping an elderly neighbor with yard work or volunteering your time with a local non-profit organization. Writing a letter to someone who made a difference in your life is also easy, yet thoughtful.

A friend of mine recently invited me help pack backpacks for elementary students in need of food on the weekends. Many times, the food provided in the backpacks is the only option for hundreds of local kids on the weekends, when they don't get breakfast and lunch at school. Those little snack-filled backpacks make a huge difference in not only a child's physical well-being, but also his or her emotional health ... and being the person who puts the food in the backpack certainly gives you perspective and gratitude.

Author Swami Kriyananda said: "There are realities we all share, regardless of our nationality, language or individual tastes. As we need food, so do we need emotional nourishment: love, kindness, appreciation and support from others. We need to understand our environment and our relationship to it. We need to fulfill certain inner hungers: the need for happiness, for peace of mind — for wisdom."

In our busy everyday lives filled with work,



spouses, kids, pets and all our other commitments, it's easy to zone in on the stresses of our own circumstances. But whether it's a small, random act of kindness for a stranger or volunteering our time to help a less fortunate child, I am challenging myself to give more back to our awesome community and the people in it, and I encourage you to do the same. I've found that the more I give, the more I actually get back in return. I expect you'll discover the same thing.

If you'd like to volunteer, but aren't sure where or how to get started, check out volunteermatch.org and lexingtonvolunteer.com/opportunities.

How do you like to give back? Tweet me @MeredithLaneLEX.

Meredith Lane



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Marco's popping up all over the place

With one location already open and operating in Lexington, **Marco's Pizza** also has a spot in Nicholasville in **Bellerive Plaza**. Marco's plans to grow to 15 locations throughout Central Kentucky in the next five to six years, creating nearly 500 jobs. Another Marco's is opening this spring at the old **Papa Murphy's** site next to **Trader Joe's** on Nicholasville Road. In addition to the fresh dough made daily on site, Marco's Pizza has a proprietary cheese and a secret pizza sauce recipe created by **Pasquale Giammarco**, the Italian-born founder. Based in Toledo, Ohio, there are 340 locations in the U.S. and the Bahamas and Panama.

Heavenly Ham moves to new sweet spot

The spiral-sliced hams and smoked turkeys of **Heavenly Ham** are available at a new address.

For 22 years, the locally owned company was located in **Lexington Green**. As of March,



owner **Louis Hager's**

offerings are a mile away in **Regency Centre**. The recipes and products remain the same for the glazed hams and turkeys, along with side dishes and desserts. Heavenly Ham delivers sandwiches and boxed lunches to businesses that order 10 or more.



A sweetheart of a deal

Half Price Books opened at **Fayette Place** on Valentine's Day in the former **Casual Living & Patio Center**. Half

Price Books is the nation's largest new and used book-

store chain, and is based in Dallas. The store on West Tiverton Way is the bookseller's second location in Lexington, the fifth in Kentucky and 116th store in the United States. Half Price buys and sells new and used books, magazines, comics, records, CDs, DVDs and collectible items. The company is also dedicated to environmental and literacy effort, donating books to hospitals and clinics.



The new Tempur-Pedic headquarters at Coldstream Research Campus is an energy-saving facility with natural light, open spaces, tons of local art and a large showroom (above).

Tempur-Pedic settles in to comfy new headquarters

Happy 20th anniversary to **Tempur-Pedic**, the worldwide manufacturer of sleep products. The company recently celebrated the opening of its new global headquarters in Lexington, a 128,000-s.f. facility at **Coldstream Research Campus**. The \$17 million project is

creating 65 new jobs and retaining more than 230 jobs. Tempur-Pedic has 1,950 employees worldwide, selling products in more than 80 countries with more than \$1 billion in sales. In March, the company completed acquisition of Sealy Corp. and announced its intention to change its name to Tempur Sealy International, Inc. The company's new building is a green facility with water-saving and energy-conserving features.

Covering both sides of town

Founded in 1978, **John's Run/Walk Shop** is still going strong in its original location in **Chevy Chase**, but it now has the south side covered with its new store in **Palomar Centre** on Harrodsburg Road. The Palomar location is open daily for technical shoe specialists to

watch you stand and walk,

then have you try on several pairs of running or walking shoes. John's

carries all major

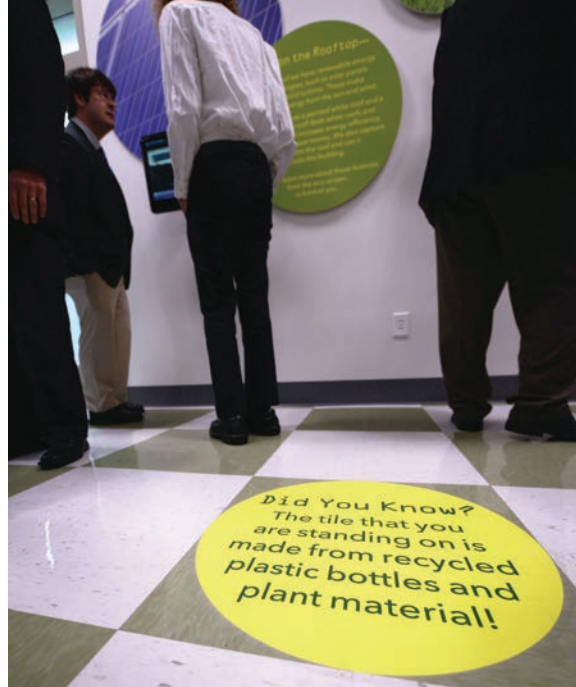
brands, including **Brooks, New Balance, Nike, Saucony** and **Ultra**. Join other runners every Tuesday at 5:30 p.m. for the Palomar store's group run.



Capitol Education Center in Frankfort practices what it preaches: efficiency

Students and visitors of all ages to learn about energy efficiency and sustainability at the **Capitol Education Center**, which opened in February, adjacent to the state capitol in Frankfort. The building itself is an example of green design; the old, unused heating and cooling facility was renovated into a modern visitors' destination, the first educational center of its kind in the United States. The building is insulated with recycled denim and features a viewing platform on the roof, where solar panels, a wind turbine and a rooftop garden are located. Eco-screens inside the center show visitors how much energy the facility is using in real time, as well as the amount of energy the building's solar panels are creating. There's also a kitchen outfitted with appliances donated by **General Electric**.

Inside the Capitol Education Center, visitors learn about energy efficiency and sustainability. They can also monitor the amount of energy being used by the building in real time.



Don your jeans and jewels to support the Makenna Foundation

The 10th annual **Jeans, Jewels and Juleps** event is April 27 at the **Grand Reserve** in the **Distillery District**. Tickets are \$100, with proceeds benefiting the **Kentucky Children's Hospital** in partnership with the **Makenna Foundation**. Attendees are encouraged to wear jeans with a glittery or jeweled top. This fundraiser started in 2004 as the **Evening of Champions Derby Eve Gala** and switched to the casual JJJ in 2011.



With sore feet, worn-out bodies and emotions running high, committee members revealed a grand fundraising total of \$1,113,189.42 at the eighth annual DanceBlue dance marathon.

DanceBlue came through

The eighth annual **DanceBlue** dance marathon at **Memorial Coliseum** raised more than \$1.1 million for the **Golden Matrix Fund**, the first time the student-run philanthropy has topped \$1 million in a single event. More than 800 student dancers participated in the 24-hour no-sitting, no-sleeping marathon. So far, DanceBlue has raised more than \$5.1 million for the fund, which benefits pediatric cancer research at the recently renamed **DanceBlue Kentucky Children's Hospital Pediatric Oncology Clinic**.

University of Kentucky Public Relations and Marketing

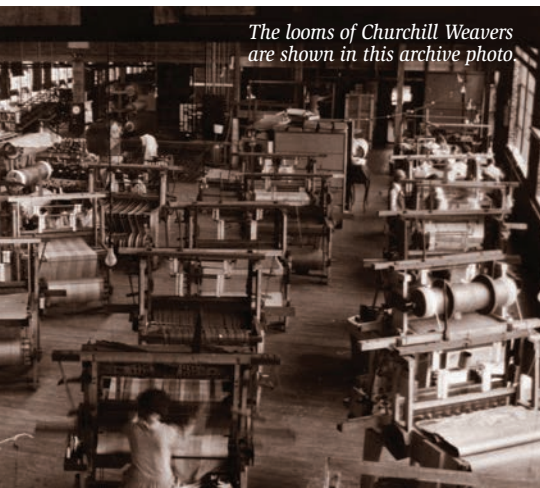
That's a lot of peanuts on the floor



Logan's Roadhouse in March opened its fourth location in central Kentucky. The new Logan's in Frankfort is on Biz-zack Boulevard, off Versailles Road in Franklin

County. There's seating for 196 guests in the 5,600-s.f. restaurant, which employs approximately 130 area residents. Open seven days a week, Logan's is known as "the Real American Roadhouse," where buckets of peanut shells wind up on the floor. The menu features more than 30 entrées, including grilled steaks and chicken, baby back ribs and seafood, and ice-cold longnecks. Based in Nashville, Logan's Roadhouse, Inc. runs more than 231 company-operated and 26 franchised restaurants in 23 states.





The looms of Churchill Weavers are shown in this archive photo.

Weaving in a bit of history

The **Kentucky Historical Society** in Frankfort has received a \$142,700 grant to catalog approximately 40,000 textiles from the **Churchill Weavers Collection**. For 85 years, Churchill Weavers produced distinctive hand-woven clothing and home textiles in Berea, until the business was auctioned in 2007. Soon after, the **KHS Foundation** purchased the collection, which includes thousands of fabric samples, tools, looms, photographs and business records. This is one of the most important American textile archives to date.

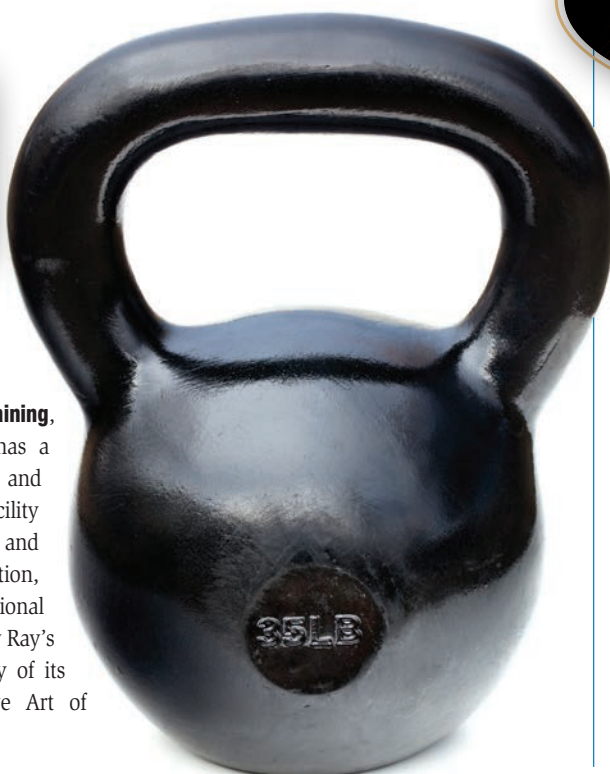
Makeover madness

Packing everything into two hippo crates and moving inventory off-site, **Calypso Boutique** owner Ann-Michael McCali-ster and her staff recently repainted every square inch of the clothing store on Maxwell Street in the **Woodland Triangle**. They added new lighting, installed an antique crystal chandelier, put in new dressing rooms, wood floors and a new hand-built cash counter, all to add a fresh look to complement the hands-on service for customers who want a new outfit for a cocktail party or other outing. Dresses range from \$25 to \$75.



Perfecting The Art of Strength

No Limits Innovative Strength Training, also known as **Art of Strength**, has a new location in Lexington. Owner and fitness professional Willie Ray's facility is in the **Eastland Shopping Center** and is open daily. Post-injury rehabilitation, strength training, flexibility, functional movement and weight loss are a few Ray's specialties. This is the only facility of its kind in Kentucky using exclusive Art of Strength equipment.



Pick Up BG at These Locations

Parlay Social house by jsd
Wines on Vine
Corner Wine Blossom
Pink Spider
Third Street Stuff & Coffee
the Morris book shop
Adelé
Fitness Plus-Bellerive
Pure Barre
Stella's Kentucky Deli
Euro Wine Bar
UK Bookstore
LexArts
Kennedy Book Store
Joseph-Beth Booksellers
EKU Bookstore
Commerce Lexington
Barnes & Noble
Calypso Boutique
Lexington Convention and Visitors Bureau



Fresh new restaurant moves into old Regatta location

In April, a new "casually sophisticated" restaurant will open in the former **Regatta** location at **Lexington Green**. **Palmer's**, owned by Darrell and Lori Lewis, will feature a seasonably inspired menu, lakeside outdoor seating and an award-winning wine list with more than 35 wines offered by the glass. Chef Andrew Suthers will serve fresh ingredients at the peak of ripeness and prepare dishes through natural cooking techniques, such as wood-fire grilling and slow-roasting. The restaurant will be open Sunday through Thursday from 4 to 10:30 p.m., and Friday and Saturday evenings from 4 to 11:30.



Holly Hill Inn program all about bourbon

In addition to its **Wine Guild**, the **Holly Hill Inn** in Midway has started the **1785 Bourbon Society**, a new program to educate bourbon drinkers – from novice to aficionado – about topics such as palate training, mixology, food pairings and cooking with bourbon, as well as the spirit’s history. The 1785 Bourbon Society is led by professional bourbon educator Tim Knittel, former general manager of Holly Hill Inn chef/owner Ouita Michel’s culinary program at **Woodford Reserve Distillery**. Although Holly Hill Inn is in Woodford County, the name of the society pays homage to Bourbon County, which was established in 1785. Membership is free at hollyhillinn.com.



*The DeWeese Street Community Room
at Lyric Theatre & Cultural Arts Center*

Lyric Theatre branches out

In late January, the **Lyric Theatre & Cultural Arts Center** on East Third Street dedicated the **DeWeese Street Community Room**. The open floor plan of the space accommodates seating for up to 325 people and is available for rental starting at \$25 per hour for events open to the community and \$75 per hour for private events.

2013 also brought a new home to **WoodSongs Old-Time Radio Hour**, which will celebrate its 700th broadcast this year. Formerly taping weekly performances of Americana music out of the **Kentucky Theatre**, the weekly show is now at the Lyric Theatre every Monday night from 6:45 to 8:50. Tickets are \$10.



‘Slides Rule’ at Danville festival

The **Great American Brass Band Festival** will host its annual Brass Symposium on Friday, June 7. This year’s event is celebrating the trombone, with the theme “Slides Rule.” The all-day festival takes place in **Weisiger Theatre** on at **Centre College** in Danville. Experts in brass band performance, literature and history will present a wide range of short concerts laced with informative discussion and reflection. The registration fee is \$75 at gabbf.org, covering all concerts, conference materials, lunch and coffee breaks.

Beaumont Inn official Bourbon Trail sponsor



Harrodsburg’s historic **Beaumont Inn**, the state’s oldest family-owned country bed and breakfast, is the newest **Kentucky Bourbon Trail** official sponsor. Listed on the **National Register of Historic Places**, the inn is owned and operated by the fourth and fifth generations of the Dedman family. The inn’s **Old Owl Tavern** has become a favorite hangout for bourbon connoisseurs on their quest to learn the art and science of America’s only native spirit.

Bringing back legendary name



The **Jefferson Davis Inn**, a popular spot for food, spirits and music that closed in 1996, has reopened in new downtown Lexington location, at the corner of Cedar and Broadway. The new JDI features southern pub fare, large-screen TVs to watch the game, a bar with nearly 70 bourbon selections, and a special events room. It's open daily from 11 a.m. to 2 a.m.



Rise and shine at second First Watch

Simpson Center on South Broadway welcomes a new tenant this summer. **First Watch**, the breakfast, brunch and lunch restaurant, is opening its second location in Lexington. The first First Watch is on Richmond Road. The second café will be located in the former **Atlanta Bread Co.** building.

25 years of making dreams come true

Lexington Dream Factory is celebrating its 25th anniversary this year. The nonprofit has helped nearly 700 local children see their dreams come true. Wishes are granted to children in central and eastern Kentucky who have been diagnosed with a critical or chronic illness. Founded in 1980 in Hopkinsville, Ky., Dream Factory has 38 chapters nationwide and is headquartered in Louisville. The 25th Anniversary Gala is April 13 at RJ Corman Hangar.



Fitness center, pool, hot tub ... this is student housing?

Collegiate on Angliana, a new urban fill redevelopment that features townhouse-style apartments, a 6,500-s.f. clubhouse, fitness center, pool, hot tub, sundeck, sand volleyball court, and basketball and bocce courts, is set to open in August on the **University of Kentucky** campus.

Trinitas Ventures LLC, headquartered in Lafayette, Ind., is constructing the 278-unit, 699-bed student housing property. It is located one mile northwest of UK's main campus, and is a short walk to downtown Lexington and **Rupp Arena**.



Trinitas and Harrison Street Break Ground Near University of Kentucky

young professionals

Opportunities to serve, network and have fun

Ranked as one of the America's Best Cities for finding a job, starting a business and developing your career, and one of the 100 Best Communities for Young People, it is no surprise that Lexington is considered one of America's hot spots.

If you have a strong entrepreneurial drive, and a desire to be successful and help others, the Lexington Young Professionals Association (LYPA) is the place for you. LYPA membership is one of the best ways to build networks, establish friendships and make an impact. We connect professionals between the ages of 21 and 40 with the community by providing social, professional development and community service opportunities.

This year, LYPA is planning community service events with organizations such as Rotaract, the Urban League Young Professionals and the Lexington Charity Club, among others. Whether it's networking at a new restaurant, serving

meals at a community center or learning about how to be a better manager, LYPA members take a hands-on approach to getting involved.

In March during the Kentucky General Assembly, for example, LYPA members participated in Young Professionals Day at the Capitol (see photo). We're also looking forward to monthly service opportunities with local nonprofits and our Happy Hour for a Cause events that benefit a different charity each month.

Along with other YP organizations in the area, we're hosting our annual Keeneland Tailgate on April 13, and we invite you to place your bets with us. Show off your winnings in the lavish style of a 1960s advertising executive at our April 20 Mad Men Party/Fundraiser to benefit the Lexington Nursing Home Ombudsman Agency. We will have giveaways and prizes for the best costume, so come have a drink with us!



Young Professionals Day at the Capitol, March 5 in Frankfort, brought together members of the Lexington Young Professionals Association and the Young Professionals Association of Louisville to learn how the state legislature operates. Rep. Ryan Quarles, R-Georgetown, and Rep. Jonathan Shell, R-Lancaster, met with the group and posed for a photo with the young professionals before heading to committee meetings.



To check out our events calendar, sign up as a member and learn more about us, visit lypa.org or scan our QR code with your smart phone.

(insert code; needs to be 1-inch square but can be a bit smaller) Keep an eye out for our newly redesigned website! You can also connect with us at [Facebook.com/LexYPA](https://www.facebook.com/LexYPA).

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POOL

STAINLESS STEEL

by Esther Marr

Sundy Best, an Americana-style band, is a local success story that keeps on growing, thanks in part to the World Wide Web.

Talented as they are, lead vocalist, guitarist Nick Jamerson and cajon drummer Kris Bentley are quick to admit their progress in the music scene hasn't come without a lot of hard work, as well as considerable luck.

The band was founded on the reconnection of two longtime friends and is influenced by their Eastern Kentucky roots. Natives of Prestonsburg and residents of Lexington, Sundy Best played its first shows before modest audiences at local "dive" bars. In less than two years, however, the band began performing regularly across multiple states, produced a professional music video and surpassed 8,000 fans on Facebook. (Recently, they added a new band member, bassist Coleman Saunders.)

It is difficult for small-time bands to gain recognition on a larger stage. So, in December of 2011, the members of Sundy Best used the crowd-sourcing website kickstarter.com to raise enough funds to record a second album.

Nearly 250 fans showed their support via the site, and the band met its month's-end goal of \$6,000 during the first 18 hours of the campaign. In the end, they raised nearly \$15,000.

"It gave us confidence and let us know that people do care and approve of the music we're writing and singing about," Bentley said. "It was great to have them be a part of it and make them feel connected and involved. (Kickstarter) definitely helped get us to where we are today."

The band also credits the media platforms Facebook, Twitter and YouTube as key components to getting the band's name out and drawing in new support.

"You used to have to play at places six or seven times a week (to gain new fans), but

songs and photos, and interact with fans. In addition to its thousands of Facebook and Twitter followers, Sundy Best also has more than 161,000 views in its YouTube channel.

"It's important to connect with people on a personal level (via social media)," Bentley said. "The more we've done that, the more successful we've become."

Jamerson and Bentley first became friends during their middle school days in Prestonsburg. During their senior year in high school, they began playing music together at church on Sundays – hence the name of the band.

The two friends drifted apart during college. Bentley played basketball at Centre College and Jamerson was on the Pikeville College football team and also performed some solo acts at local bars.

Then, about two years ago, Jamerson called Bentley to see if he had any drums for sale.

"He messaged me back and said, 'No, but I want to play,'" Jamerson remembered. "He came to Prestonsburg that Friday, practiced at my dad's and we played a gig the next night."

Sundy Best's debut album, "Tales, Lies and Exaggerations," came out within the first year. While it was only a self-recorded demo, it provided the band with more opportunities to play shows around the Midwest. The first studio-recorded album, "Door Without a Screen," was released this summer

(thanks to support from kickstarter.com).

It features the band's most popular ballad, "Home," and several songs about life in eastern Kentucky, such as "Mountain Parkway" and "Prestonsburg."

Putting their 'best' foot forward

Musical chemistry helps Sundy Best become one of the most popular acts in central Kentucky



now people just have to log on to the Internet (to find you)," Jamerson said.

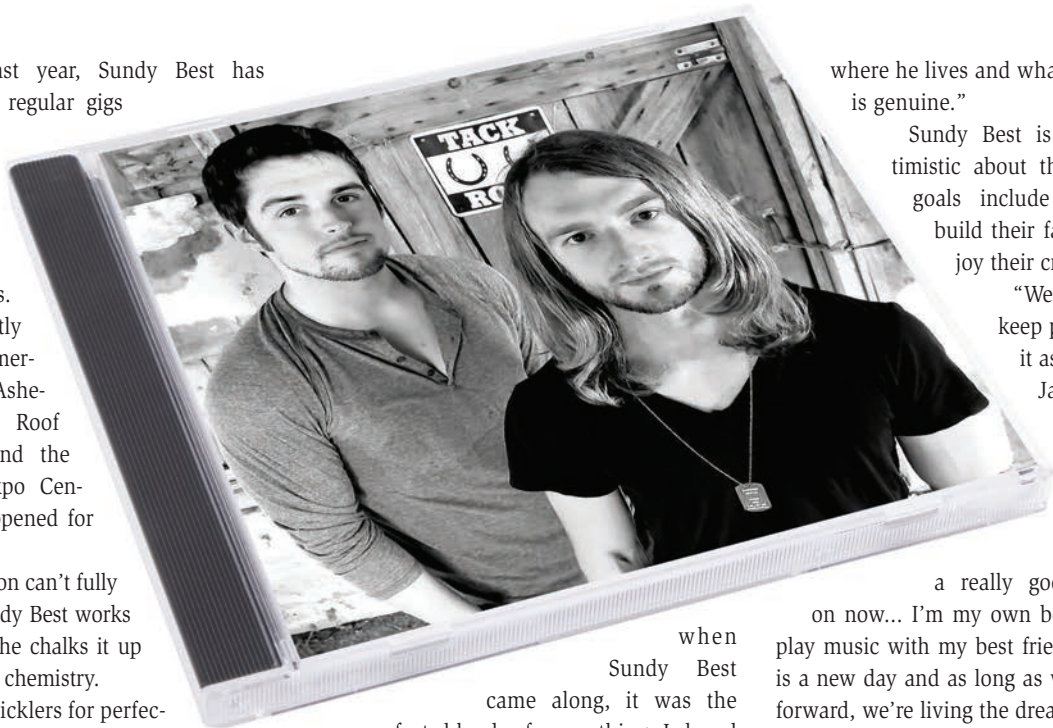
Bentley is the social media guru of the band and logs on to various platforms multiple times a day to write updates, add new

Over the past year, Sundy Best has been performing regular gigs at the prominent downtown Lexington bar Redmond's on Thursdays and Saturdays. They also recently played at the Emerald Lounge in Asheville, N.C., Tin Roof in Cincinnati, and the Pikeville, Ky. Expo Center, where they opened for Lynyrd Skynyrd.

While Jamerson can't fully describe why Sundy Best works so well together, he chalks it up mostly to musical chemistry.

"Nobody is sticklers for perfection," he said. "We're in sync with each other; you just learn how to read each other. We all play with a lot of emotion, so I never feel like our shows are the same."

"I've been in some rock bands and I've recorded all kinds of music, but



when Sundy Best came along, it was the perfect blend of everything I loved about country music as a kid," added Saunders, who compared the band to old country artists such as Waylon Jennings. "Nick is one of the most honest singers I've heard in my life. (His lyrics) are straight from

where he lives and what he talks about is genuine."

Sundy Best is cautiously optimistic about the future. Their goals include continuing to build their fan base and enjoy their craft.

"We want to just keep playing and take it as far as we can," Jamerson said.

"We'd like to get more of a regional following, but we've got

a really good thing going on now... I'm my own boss and I get to play music with my best friends. "Every day is a new day and as long as we keep moving forward, we're living the dream." ■



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



14th Annual

Women's
Business & Leadership
Conference

Wednesday
May 2, 2013
8:30 a.m. - 2:30 p.m.

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Lexington, Kentucky



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Julie Anixter • Co-Founder, Innovation Excellence

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Registration: \$175 per person (after April 2)

Group Rate: (4 or more from same organization) \$145 per person

Lunch Only: \$55 per person Table of 10 With Signage At Awards Luncheon: \$500

Register at womenleadingky.com

featured couple

by Meredith Lane

Photo by Shaun Ring Photography



Jamie and Cheslee are transplants to Lexington, but like any good ol' fashioned Kentucky love story, the pair grew up living just 10 miles away from each other – she in Campbellsville, and he in Greensburg. Old family friends (her mother and his father graduated from high school together), the pair started dating in 1999 and they married in Charleston, S.C., in 2006; they moved to Lexington the same year.

Careers that work

After earning her undergraduate degree at the University of Kentucky, Jamie received a master's degree in public administration from Eastern Kentucky University. In addition, she studied public relations at King's College in London, England.

Last year, she started a government affairs and public relations consulting company, Jamie Ennis Bloyd Consulting, LLC. Working

“Growing up in the most rural part of Kentucky, service went hand-in-hand with family and faith. Now that public service on key issues and decision management is my life's work, I love every minute of it,” she said.

“Each issue I am involved in I've had deep personal experience with,” Jamie added. “Working 50 or 60 hours a week doesn't feel like work. It feels like something I would be doing any way. I think that's the key to being successful.”

In addition, Jamie is an advocate for the Kentucky Academy of Physician Assistants, an organization that hits close to home – Cheslee is a physician assistant.

“His profession is highly regarded, and with the sweeping changes in health, physician assistants are at the center of patient care, health advancement and individual improvement,” Jamie said.

A graduate of Western Kentucky University and Marietta College Graduate School for his Physicians Assistant training, Cheslee is a PA at Bluegrass Orthopaedics and Hand Care, where his clinic focuses on sports medicine, hand surgery and general orthopaedics. He is also a clinical orthopaedic instructor at UK, Marietta College and the University of the Cumberland's PA programs.

“We provide sports medicine coverage for Lindsey Wilson College, attend football

Jamie and Cheslee Bloyd: A good, ol' fashioned Kentucky love story

Now invested in Central Kentucky, the couple is passionate about making a difference not only in the region, but overseas as well, through their careers and community advocacy initiatives.

How they met

“Our first date was at the fair in the Campbellsville Wal-Mart parking lot. It was very, very swanky,” Jamie joked. “He is my first cousin's best friend though, so he grew up coming to some of our family functions and I saw him at friend's houses.” Fourteen years later, the Bloyds have two children – their son Paxton is 4 and Ansley is 2.

for her own company allows her to focus on political work and community service organizations she is passionate about.

“It has been a dream come true,” Jamie said.

“I read a quote recently that I immediately fell in love with: ‘Don't go in business to make money, go in business to make a difference.’ This is exactly how I feel. I started my company as a formal means to advocate for issues I feel passionately about,” she added.

Jamie works as the grassroots coordinator for the Smoke-Free Kentucky campaign, a movement to make Kentucky smoke-free in all public places and workplaces. She also devotes time to the National Alliance on Mental Illness.

games and perform physicals on all athletes,” he said.

Cheslee also works a couple weekend shifts every month in Emergency Medicine for Marshall Medical Group at Clark County Regional hospital. Outside of the office, Cheslee has gained notoriety for providing healthcare to a stranger in her time of need; he was awarded the Citizen Service Award from the Lexington Division of Police for saving the life of a woman who had fallen outside and gone into cardiac arrest.

Cheslee said it's important to do his part to help those who cannot afford healthcare by seeing patients in his clinic free of charge for Surgery on Sunday.

He also started a scholarship program at work last year called the Bluegrass Orthopaedic Scholarship Athlete of the Year, which raises money through their office to give two student athletes at Lindsey Wilson \$1000 scholarships each year.

In the community

In their free time, the Bloyds thrive on giving back to their church, Centenary United Methodist, and recently helped relocate a family from Bhutan to Lexington through Kentucky Refugees Ministry.

"This family barely spoke English, yet in less than six months, both became gainfully employed, learned the language and the little girl knows her spelling and reading just as well or better than her peers," Jamie said.

The Bloyds also give back to Room In the Inn, a ministry for the homeless in Lexington and the Lil' Lambs Closet, a semi-annual consignment sale with proceeds going towards special missions projects benefitting women and children around the world.

"I am very excited, too, about working with Centenary to begin a new foundation in Gulu, Uganda, to provide basic medical care

and education for 50 orphans," Jamie said. "Uganda has the highest rate of death from HIV/AIDS and many children were displaced as a result of the war with the Lord's Resistance Army. Since going there in 2007, I've felt it was my responsibility to help."

As part of the United Methodist Conference, the church is in the beginning stages of planning a trip to Uganda.

"It's very exciting," Jamie said.

Favorite things about the Bluegrass

"I love that this region is the perfect mix of down home Southern charm and upscale metropolitan living," Jamie said.

Cheslee added: "There's a great balance between the scenic rural landscape and the urban amenities young professionals want in their community."

Words of advice for young professionals

"Don't be afraid to take some risks. Fear of failure will stop before you get started. Work hard to maximize your talents and improve your weaknesses," Cheslee said.

Be sure not to compromise your beliefs or ideals to fit in, Jamie suggested.

Check out some of the Bloyd's favorite causes:

Smoke Free Kentucky

www.tobaccofreekids.org/microsites/smokefreekentucky/

National Association for the Mentally Ill

www.nami.org/

Kentucky Academy of Physician Assistants

www.kentuckypa.org/

Room in the Inn

www.maxpres.org/room-in-the-inn/

Lil' Lambs Closet

www.lillambscloset.com/

United Methodist Conference Global Health Initiative

<http://bit.ly/14xXNv2>

Some sage advice Jamie said she recently received: "Someone recently told me I should sample each Kentucky Bourbon so when I am at a party or outside of Kentucky, I could speak confidently about each one. I thought that was funny but also probably true!" ■



Meredith Lane is the editor of BG Magazine and is a full-service Realtor with Keller Williams Bluegrass Realty in Lexington.

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Sights and sounds of spring

Season offers many opportunities for Central Kentucky sports lovers



Matt Reida

Junior IF | Russiaville, IN



A.J. Reed

Sophomore LHP/1B | Terre Haute, IN



Trevor Gott

Junior RHP | Lexington, KY

Photos by UK Athletics

While that is perhaps the highlight of the spring meet, there are several other must-see races. There are three other Grade 1 stakes races on the schedule, the Maker's 46 Mile, followed by the Madison Stakes and the Jenny Wiley. The latter two are the same day as the Toyota Blue Grass Stakes.

The horses will run at Keeneland until April 26, with no racing on Mondays or Tuesdays. There is nowhere prettier in America to enjoy the sights and sounds in the sport of kings.

If University of Kentucky sports are in your blood, Cliff Hagan Stadium may be the place to be this spring. The UK baseball team is coming off its best season in school history and the team is looking to build on that. As a preseason Top 10 team, this group of Bat Cats has their sights set on Omaha and the College World Series. They came up just short of that goal last season, and return with plenty of top talent to get the job done this year. There are several homestands for the Bat Cats that last well into April and May.

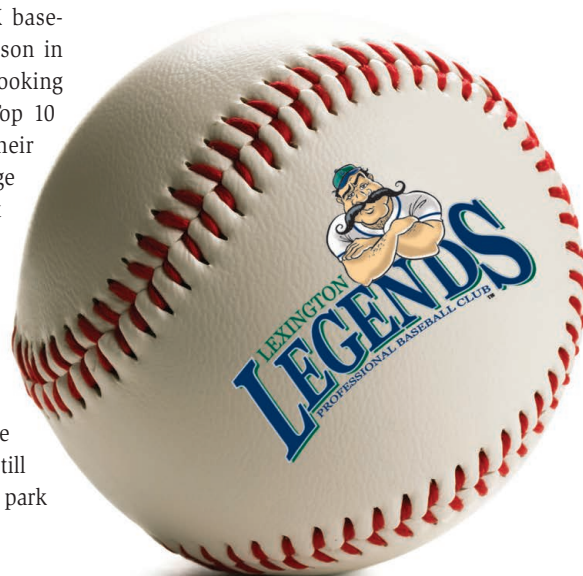
The SEC tournament begins the end of May in Hoover, Ala., but that still leaves you plenty of time to get to the park to cheer on Kentucky.

You can also take the whole family to Whitaker Bank Ballpark and watch a new era of the Lexington Legends. This offseason, the Legends switched affiliates, and are now the single-A team for the Kansas City Royals organization. The team will continue to play in the South Atlantic League. This is a change the Legends organization is thrilled about.



Photo by Jonathan Palmer

They believe the Royals will provide them with more support and a better product on the field. You will notice a change in the uniforms, but the fun, friendly atmosphere of the park remains the same. Bring your kids and take in a game from the stands, or bring your friends to the Makers Mark Club for a night out.



If you think there's a lull in the sports season just because spring is here, think again!

While much of the Big Blue Nation may be on hiatus until the start of a much-anticipated football season, there is still much to take in.

It all starts April 5 when Keeneland begins its spring meet. More than \$3.6 million is up for grabs in the stakes races alone, headlined by the Toyota Blue Grass Stakes, one of the major Derby prep races of the spring.

If baseball of the professional sort is up your alley, it's only an hour up the road to watch a much-improved Cincinnati Reds team. The Reds have been to the playoffs in two of the last three years, and made some offseason acquisitions to try and take that next step out of the divisional series. But you might want to get your tickets early – with the team winning more, those tickets are a little harder to come by, which is a good thing for Reds fans.

Are you a fan of just about any sport? Do you enjoy watching future local stars? Don't forget about the Blue Grass State Games, which are conducted all across the commonwealth. The Games begin in mid-July and run through the beginning of August. They include everything from baseball and softball to chess and table tennis. It's a unique



Photo provided by Blue Grass State Games



why not? Big Blue Nation prides itself on being one of the best fan bases in America. You can still root for the Cats during the spring and summer, but if you look around a little bit, you'll find there's a whole lot more to offer for sports fans in the commonwealth during the warm summer months.

But of course, we can still look forward to football season, right? ■



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

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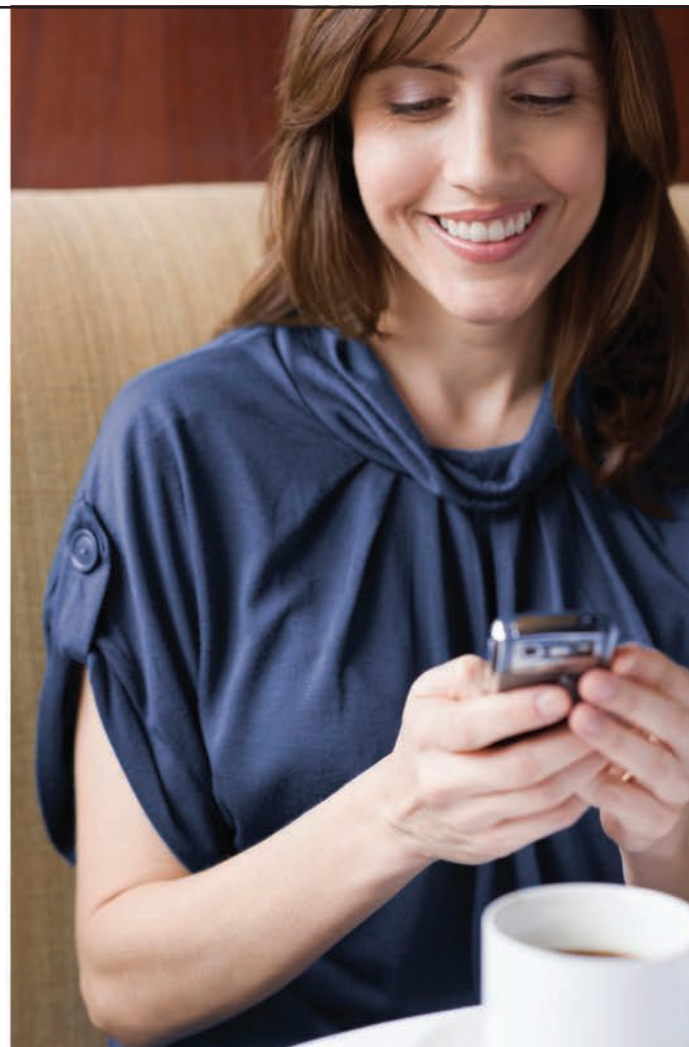
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Two business owners dish on healthy eating this spring and summer



Spring is here, which means fresh is in. To help get you started, two Lexington business owners share their healthy eating secrets.

At The Weekly Juicery on Old Vine Street, owner Kimmy Bohannon emphasizes the importance of all things green — foods in that shade top her list. And at her shop, “the green juice” is jam-packed with countless servings

of kale, lettuce, ginger, lemon and other naturally energizing ingredients.

“In general, we always tell people to learn to love the green juices,” she said. “This is the game changer, so to speak. While I wouldn’t call out one magic ingredient for people, I would call out drinking green juice as a huge elevation for everyone.”

“In this world, there are lots of unhealthy conveniences, so that’s why we deliver,” she said of The Weekly Juicery’s products. “If it comes to your doorstep before 7 a.m., it’s pretty convenient.”

At The Weekly Juicery, a hydraulic cold press is used and is a lengthy process. An easier at-home solution is to use an everyday blender. Add in handfuls of ingredients such as spinach, kale, cucumber and other green vegetables, and maybe throw in some fruit, for a quick smoothie — a great way to drink your nutrition.

The Weekly Juicery makes 2,000 juices a week and has multiple flavors. One drink contains juice from 12 to 15 stalks of kale, a whole beet, a whole lemon and an inch of ginger. The green lemonade has an entire head of romaine lettuce in it, and the carrot drinks have juice from three pounds of carrots.

“It’s a lot of produce,” Bohannon chuckled. “You could not eat that many carrots.”

And the secret ingredients to tone down the grassy, medicinal taste of many vegetable drinks? Bohannon said usually it is lemon and ginger. And beets are a great natural sweetener.

At Well Fed Meals on Winchester Road, owner Rachel Crabtree specializes in healthy foods for people on the go. Serving up fresh, organic and locally sourced foods that can be delivered to clients, Crabtree has plenty of tips for healthy eating.

With spring and summer around the corner, Crabtree’s go-to place for fresh, healthy food is always the downtown Lexington Farmers Market.

“Although my family also plants a huge garden, so that’s my default,” she said.

It is her mission to get people eating healthier, fresher food.

“I strongly believe that what you eat today affects your energy and ability tomorrow,” Crabtree said. “Eating enough and the right things will make all the difference!”

Fresher feasting



Rachel Crabtree, owner of Well Fed Meals in Lexington, says her go-to source for fresh foods is the Lexington Farmers Market.

There are no secrets to eating, or drinking, healthy, Bohannon said. It’s just a matter of becoming accustomed to consuming healthy ingredients.

“The green juice has chlorophyll — pure energy from the sun, it is plant based, and it is what everybody needs to be eating,” she said. “It really gives an overall sense of well being and energy. It’s not like the energy spike that you get from a cup of coffee. It doesn’t feel like that, it feels just more of an overall, even, longer lasting energy.”

In the summer, juicing and smoothies are easy ways to get in large amounts of fruit and vegetable servings, but planning ahead is key.

Bohannon said that juicing requires an “incredible amount” of produce and plenty of planning, sourcing and preparation.



BG Magazine's favorite warm weather healthy eating tips:

1. Fresh herbs are a simple way to make any meal better, and they could not be easier to grow at home. Basil, thyme, oregano, rosemary and many others can be found pre-planted at the farmers market and are easy to transplant at home. All you need is a pot and plenty of sunshine. Ask your farmer for more information.
2. Check to see if your neighborhood has a community garden.
3. Consider assembling a raised bed or hanging garden in your own yard (see our Spring 2012 issue online at www.lanereport.com).
4. Freeze, freeze, freeze. When produce is fresh and in season locally, freeze it for later. Think: Mouth-watering berries or peaches topping your pancakes in the dead of winter.
5. Get to know the farmers at your local market and let them tell you the best time to buy specific produce.

Eating healthy could be as simple as passing on unhealthy seasoning in food. Crabtree said she puts cilantro and lime on just about anything she eats for a virtually zero calorie flavor boost.

"Also, and I'm not a big spicy food person, but cayenne pepper is so, so good for you," she said.

Crabtree also specializes in quick and easy solutions. She is big on preparation and said she almost always has some cooked pasta and diced and sautéed chicken ready in her refrigerator for busy days.

Her favorite busy-day breakfast items are egg white pancakes. Mix 1/4 cup of oats, 4 to 5 egg whites, some honey and vanilla together, cook in a skillet and top with some fruit. Breakfast in minutes.

For a quick lunch, Crabtree said she normally has a wrap of some kind — usually hummus and veggies — and dinner on a busy night is typically some pasta with olive oil, herbs, chicken and a little parmesan on top.

If grocery shopping for fresh, healthy ingredients becomes time consuming, consider

joining a Community Supported Agriculture (CSA) and have food delivered straight to your door once a week directly from the farm. Crabtree said Well Fed also delivers fresh produce with their weekly meals.

Visit The Weekly Juicery on Facebook at <http://on.fb.me/T2iNH2>. Check out Well Fed Meals at www.wellfedmeals.com. ■



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

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Air force investigator turned alpaca farmer

Alvina Maynard
opens River
Hill Ranch
in Richmond



Alvina Maynard shrugged her shoulders at the freezing temperatures earlier this year, as she walked up the hill from her house to the field where her Suri alpacas graze.

“Alpaca (fur) is extremely warm,” she pointed out, feeling the soft fur of the alpaca shawl she was wearing.

The married 30-year-old owner of River Hill Ranch in Richmond is working hard to establish her picturesque new farm, nestled on a hillside above a creek. Situated less than 10 minutes from I-75, the farm still feels like it is far out in the country.

A former Air Force (now a reserve) officer, Maynard enjoys the switch to farm life. She grew up in the country and appreciates that her daughter will have the same experience. And despite what may seem like an interesting career change, the California native sees many parallels between her international career — in criminal/counterintelligence investigations and special investigations — and managing a farm.

“The longer I’ve been in the alpaca world, the more I realize my skillsets translate,” she reflected. “As a federal investigator, your biggest strength needs to be talking to people, building relationships, building rapport, logical and creative thinking, time management and project management. All aspects of running a case involve money, coordination, staying organized and paying attention to small details. All of those things translate directly into running a business.”

She cited Air Force lingo, “Flexibility is the key to air power,” just as flexibility is the key to running a business.

When it comes to alpaca farming, Maynard said, it is imperative that she understand and read the 28 animals (29 if you count the guardian dog, Ruth) she shepherds on the farm that opened in December.

“They have different personalities just like people do,” she said, pointing out a young brown alpaca named Mocha who is especially friendly.

Every day is filled with unique decision-making. Finely tuned intuition she gained from years as an investigator pays off, she said.

While normal daily tasks, such as excessive poop shoveling, might not be as glamorous as one of her Air Force assignments — one took her on an airplane that did “doughnuts around

The Suri Network is a non-profit organization that provides education and training support for Suri alpaca farmers. The Maynards are filming a training/documentary DVD at their farm in April. Visit the project online at <http://kck.st/W5waJu>.

Denali” while visiting missile posts with United States Northern Command Gen. Gene Renuart — Maynard said it was time to be free of all of the traveling and time away from her husband (a fellow federal investigator and Kentucky native). It was time to embrace simple, purposeful living, she said.

Steering the course of River Hill Ranch

Rather than farm alpacas for breeding and livestock purposes, River Hill Ranch is focused on the textile and fashion side of the business — a relatively new endeavor in the United States. Maynard first bought alpacas in 2009 while living in Tucson, Ariz. She had been to Peru twice and knew what they were, but after extensive training and education, she realized raising alpacas could become a viable career.

Maynard has a master’s degree in organizational leadership from Gonzaga University and received a bachelor’s degree in political science from the Air Force Academy.

She jokes that she never believed she would be “investigating” the fashion and textile industry as part of her career.

Most of the American market typically is dominated by breeding, but, “In order for the industry to survive, we have to complete the livestock model, so we got into it for their fiber and other products of the animal,” Maynard said.



Suri alpacas make up only 30 percent of the alpacas in the U.S. The animals produce a thinner, silkier fiber that translates beautifully into high-quality products such as sweaters, scarves, hats, blankets and socks that will last a lifetime.

Maynard still is in the early stages of developing her business plan. Right now, she’s wading

through research and investing in the farm, she said.

One adult alpaca can typically produce three sweaters a year. A high-quality alpaca sweater, which is hypoallergenic and has no lanolin, sells for several hundred dollars. Sweaters are made from the prime fleece of the animal, the top layer, but more fiber can be harvested for other products, Maynard said.

The market value — if you add everything up — for one adult alpaca is \$1,000 a year “after all of the processing has been worked out,” Maynard said. She estimates that it will take about 10 years (and 200 alpacas) to get to her long-term goal, which is getting \$200,000 per year out of their wool and making the farm a sustainable, profitable business.

But she won’t get to the \$200,000 mark on her own. Maynard’s husband works full-time and “can only do so much” on the farm, she said.

On her own, Maynard estimates that she can care for up to 50 alpacas. To reach her long-term goal, she will eventually have to hire help.

Her short-term goals are to get involved



She also is looking for markets for other alpaca byproducts, such as the carcass, meat and fertilizer from the manure.

Alpaca meat is extremely lean, Maynard said, high in protein and iron, but Americans are unfamiliar with it.

Getting it right

It is important to Maynard that she be “purpose driven” and “help the industry grow.”

She’s excited to be a student again and give her daughter unique educational opportunities. Her daughter will learn about the science of raising and caring for alpacas and the business of marketing alpaca products, Maynard said.

With alpacas, the stakes are high to get it right, so Maynard makes certain her animals are given the best care and live in a low-stress environment. Ruth, the Italian Maremma sheepdog, helps with that. A highly trained, intelligent guardian dog, she blends in with the pack and alerts Maynard through specific barks if anything is awry. She already has saved the farm’s barn by alerting Maynard of a water main break that was flooding the brand new structure late one night, just two weeks after they moved in to the home the family built there.

Now that her family is getting settled in at the new farm and homestead, Maynard said her biggest challenge now is getting focused.

“There’s so much that can be done, but it’s about giving a lot of thought to prioritizing and figuring out what’s the best next step,” she said.

To find out more about River Hill Ranch, email RiverHillRanch@rocketmail.com, or call (859) 408-5132. Follow the farm on Facebook. ■

by Anne Sabatino Hardy

When the guys who work at The Livery say they offer a unique stable of creative services, they mean it literally. That's because the historic building where A.J. Hochhalter, Bo Harris, Bradley Nolan, Corey Maple and Grant Ostrander do business every day is actually a refurbished, historic stable called the old Lexington Livery.

Located on Water Street next to Gray Construction, the entrance of The Livery is nondescript in the most fascinating ways — aged brick with worn trim and detailed ironwork on large wooden double doors — and it conjures a speakeasy more than an office. The fact that there isn't much in the way of signage adds to the intrigue. Inside it gets even better. Implements of work mingle

with elements of play: a pimped-out vintage fridge, Ping Pong, corn hole and long boards take up the space not occupied by a small recording studio, musical instruments, a few desks, a reception and meeting area, computers, and sound and camera equipment. There's no doubt about the stylish and

Undefined collaboration in shared workspace proving a success for five Lexington young professionals

Creative



A group of young professionals are sharing workspace at the former Lexington Livery, a historic building they refurbished and renamed The Livery.

Photo by J.A. Laub Photography

AJ Hochhalter of Listen Design Studio works scoring and mixing original compositions for clients ranging from documentaries to professional marketing videos.

envy-inducing cool factor of The Livery outside and in – and that’s intentional. The space has been cultivated to complement the free-spirited but driven young entrepreneurs who work there every day.

In fact, the decor and verve of the place are more easily described than the relation-

people who are here aren’t owned by The Livery,” said Hochhalter, “We’re tying in and sharing space and we go on and grow from there.”

The space originally was secured by Harris and Ostrander when they started their business, Harris & Ward, together. They were



Photo by Anne Sabatino Hardy

Stabling

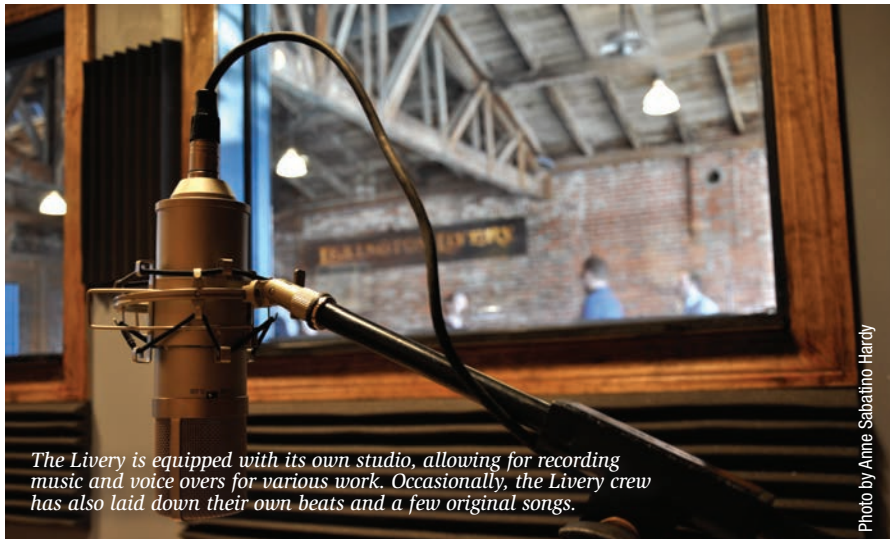


Photo by Anne Sabatino Hardy

The Livery is equipped with its own studio, allowing for recording music and voice overs for various work. Occasionally, the Livery crew has also laid down their own beats and a few original songs.

ships inside. The Livery is a shared workspace that is home to several different companies, but it’s not an incubator. It’s not a single entity either, and, unfortunately for those on the outside, it’s not office space for rent. It’s more of a cooperative or creative collaborative. Each business occasionally partners with the others for a shared project or the mutual benefit of the group. They have discussions about best business practices and frequently take time to brainstorm together on one or another individual’s new concepts, but they each maintain their own businesses. It’s intentionally undefined, for now at least, and they take a note from their historical surroundings on how they regard one another.

“Just like those horses that tied in and stayed here weren’t owned by the livery, the

looking for a place that would allow them to grow and be inspired.

“We were working together at a law firm and we developed a side project that does online marketing for physicians nationwide,” Harris said. “We help physicians in different regions grown their web presence and help people who need a certain kind of doctor to be matched up with them.”

The business includes clients across the United States, and, seeing the potential for even more growth, Harris and Ostrander recently convinced Corey Maple, their long-time friend and Hochhalter’s brother-in-law, to return home from Southern Carolina to work in new business development. As they grew Harris & Ward, they realized it was a niche service that was becoming more and more important to their clients’ success.

“What we found was a lot of doctors are excellent physicians but need help with online marketing and online presence,” said Ostrander. “You are 53 times more likely to make the first page of organic Google search results with video. And the problem with video work before was it was kind of an ego thing, but now it can create an entire atmosphere and culture for a potential client while serving an important role for your marketing presence. So we began working with AJ on video production of mini documentaries for our doctors.”

From there, Promeo was born Hochhalter was brought in. Promeo is a joint venture that specializes in short documentary-style promotional videos with custom scores.

Who Are They?

Harris & Ward Physician Marketing Services

Bo Harris
Corey Maple
Grant Ward Ostrander

Listen Design Studio Custom Musical Compositions/Scores

AJ Hochhalter

Bradley Quinn Photography Photography Services

Bradley Nolan

Promeo Video Production Services

Bo Harris
AJ Hochhalter
Corey Maple
Grant Ostrander



The original sign for the Lexington Livery still figures prominently in the new decor. From left are Grant Ostrander, Bo Harris, AJ Hochhalter and Bradley Nolan.

Photo by Bradley Nolan of Bradley Quinn Photography

They now produce videos for various professional fields.

When he's not collaborating on Promeo shoots and production, Hochhalter also does a brisk business scoring award-winning documentaries, other films and commercial projects through his company, Listen Design Studio. He recently traveled with the crew

creative entrepreneurs who work there. His documentary style fits in perfectly with the other businesses and is popular with the many portrait and event clients he works with. Also civic-minded, Nolan works on traveling projects to orphanages to document ongoing mission work as well as his day to day work.

Though they have different specialties and work on a variety of projects with a diverse group of clients, they all share a similar ethic and attitude about their cooperative – one of support, encouragement, openness, hard work and hard play. And, it's working for them for now. So The Livery will change if or when it is ready.

"We've all been approached by several people who say, 'What is this?' and it's been fun to say we're not sure yet, we don't know," Harris said. "We wanted a place like this. We found the right place and the right people."

"It's working for what we're doing now and it's growing our businesses and we're going to continue to keep it that way," Hochhalter added. "We're well-placed with a strategically located, fun building. We're going

to keep putting our heads together and maximizing our work."

"If it never went anywhere else, it's a giant success," Ostrander said. ■

A Little Help From Their Friends

When The Livery was being transformed from an antiques warehouse to the workspace it is now, friends were brought in to do the heavy lifting.

Nate Walls, Cockerell's Collision Repair
(refrigerator customization)

Chad Davis, The New America Design
(interior design)

Lee Tatum, Ridge Construction
(refitting interior/renovation)

Ryan Camenisch
(The Livery logo)

of "Blood Brother," a film he scored, to the Sundance Film Festival, where it received the Grand Jury Prize, Documentary and Audience Award: U.S. Documentary.

Bradley Quinn Photography is the latest addition to The Livery and principle Bradley Nolan's photographic documentation has been integral in the promotion of The Livery as a location, a collaborative, and a home to the



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

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How to choose your **spring** and **summer** wines

When at long last the cold weather and short days of winter are finally slipping away,

our schedules and tastes go through their seasonal shifts. The malbecs and syrahs that gave us warmth now seem a bit heavy. Lighter fare and outdoor entertaining suggest lighter reds and more white wines.

In recent years, **Pinot Noir** has become the red that works in all seasons. Not too heavy for warm weather, versatile enough to work with a wide array of main courses.

Don't forget that pinots generally appreciate a light chill, making them a great choice for picnics or tailgating at Keeneland. Prices for pinot reflect the supply and demand in balance. Consider yourself lucky if you find one you like for less than \$12. **Angeline** from California is my favorite of the economy labels. For \$17 to \$20, you can treat yourself to **Carmel Road** or **Meomei**, also both California wines.

Pinot's geographic and stylistic cousin, **Beaujolais**, produced in eastern France, is another good choice. Soft, slightly fruity without being sweet, Beaujolais is a crowd pleaser that novice red drinkers can enjoy for its smooth, light character. Light chilling again is a must. **Jadot** and **Duboeuf** are also names to look for. Expect to pay \$12 to 15 per bottle.

Though not as well known, **Dolcetto** from Italy would appeal to anyone who likes Pinot Noir. Very flavorful with a lush texture.

Tempranillo from Spain also merits consideration. Styles can range from old school aged in oak to more contemporary aged in stainless steel for a fresher style. **Protocolo** is a good example of the new style.

Which brings up a good question: As a consumer, how do you know one style from another? Just follow the experts. In addition to the bigger stores, Lexington has a good selection of independent wine shops, offering different wines in a range of prices. So whether you're talking to CJ at Wines on Vine, Renee at the dramatically improved Wine + Market or me (Gary) at Corner Wine, you can ask a specific question about each bottle and get a straight answer, something you may not find at bigger stores.

Warm weather whites would include **Sauvignon Blanc**, **Pinot Grigio** and un-oaked **Chardonnays** on the dry side. Lots of good choices from \$8 to 15.

Slightly less dry whites can include **Vouvray** from France, **Torrontes** from



Argentina, or French choices such as **Viognier**, or a domestic **Gewürztraminer**. There are plenty of good choices ranging from \$10 to 12. These wines are often aromatic, suggesting spring itself. They also are great for picnics and paired with Asian fare or dishes with heat.

Come visit Lexington's local wine shops and learn more about the bottles you're buying – not only will your meal pairings be better, but you'll look like an expert at your next social gathering. ■

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by Abigail Laub

Surf in Lexington and throw a knockout punch

J.A. Laub Photography



Lexington welcomes TITLE Boxing Club and Surfset Fitness

before, Lauren said. It is the world's first total body surfing workout that doesn't require an ocean. The boards are designed to mimic the movement of a surfboard on the water.

"It's something very different for the southeast, we are the first one here," Wall said. "It's the atmosphere that's going to make us stand out — the beach atmosphere, the lighting that we have. It makes working out fun. Once you're done with the 45 minutes, you had more fun than a typical workout."

A Surfset workout burns an average of 600 to 850 calories per 45-minute class in a killer core workout, while also hitting cardio, upper and lower body.

"It works pretty much every muscle in your body, but mainly your stabilizing muscles, your core and legs," Wall said. "You're doing pushups on it, everything. While you do squats, you're also working your core because you're balancing."

At first, balance will be the tricky part. The surfboard is constantly moving throughout the 10-part workout, which includes "surf sessions" that include jumping on and off the board.

The gym also sells coconut water. It goes with the beach-themed atmosphere, and it is highly nutritious.

"It hydrates you so well, and it gives you more potassium than a banana," Wall said.

Surfset offers package rates and discounts for students and military.

To find out more information and to sign up for a class, visit www.surfsetlexington.com.

Punch it out at TITLE

Kim and Chris Campbell met while both were living in Kuwait; she was working with

TOP: Surfset Lexington owner and trainer Lauren Wall demonstrates some surf moves at her new studio on Main Street.

ABOVE: TITLE Boxing Club owners Chris and Kim Campbell display their boxing prowess and sense of humor at their new facility on West Lowry Lane in Lexington.

saw Surfset on the [television show] 'Shark Tank,'" Wall said. "I've always been interested in surfing. I surfed in Maui about 10 years ago, and both of us have always been really into health and fitness. We were like, 'Oh, that would be awesome' and then talked about it more before we moved up here. We thought what a better way to meet people and get in a community than to open up a business? It snowballed from there."

Surfset, which opened in March, offers the Bluegrass a workout that it has never seen

Lexington recently welcomed two new fitness clubs that don't fit the mold of a traditional workout.

Didn't think you could surf in Central Kentucky? Think again, thanks to Surfset Fitness. Or, do you associate boxing with Rocky Balboa? TITLE Boxing Club is not the dingy gym you've seen in the movies.

Lauren Wall recently moved to Lexington with her husband, Brian Wall, for his job in pharmaceutical sales. Prior to their move, they wondered what kind of work she could find in the Bluegrass State. The Middle Tennessee State University graduate has a degree in criminal justice, but has always had a passion for surfing.

"Brian and I were in Chicago for a baseball game and were going to dinner and

the American Business Council of Kuwait and he was with the Air Force flying jets and fighters. Since then, they married and turned their extensive international work experience into opening a gym they truly believe will transform lives.

The Campbells are not your average couple. And when it came time to settle back down in the U.S., they faced decisions about what to do for a living.

"We needed something bigger than ourselves," Chris explained.

They consulted a business coach and were introduced to TITLE Boxing Club.

Initially they discarded the idea immediately. Kim said they associated boxing with the stereotypical "dark, dirty, dingy" gyms. Chris said his only experience with boxing was as a cadet at the Air Force Academy.

After taking a closer look at TITLE and meeting its founder, former professional boxer Danny Campbell, the couple realized the opportunity fit them like a glove. Pun intended.

TITLE Boxing Club in Lexington is No. 63 of more than 85 clubs nationwide and is the first in Kentucky.

Surfset offers a total body surfing workout with boards designed to mimic the movement of a surfboard on the water.



"It is really sweeping the nation," Kim said. "People are looking for a workout that has a purpose and is not boring."

Boxing engages the mind, Chris said. It is empowering and also allows for families to ex-

ercise literally side by side. The club's youngest member is 8 years old, and the oldest is 84.

The couple asked TITLE's founder what it is about his company that he loves.

"He said, 'I expected to hear people say things about being really happy that they've lost weight, they're starting to eat right, getting in shape ... I did not expect to hear that this has changed their life,'" the couple recalled.

The Campbells already have seen lives transformed — beyond just the physical — since they opened in December.

"If I can attack that bag, I can attack that problem," Chris said. "If you stick with us for 90 days, three times per week, your life will change for the better. There will be a positive change in your life."

Visit titleboxingclub.com/lexington-ky for more information. ■



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by Esther Marr Zunker

One of the most highly anticipated events of the season in Lexington — the Keeneland spring meet — returns April 5-26 with plenty of exciting, new features to attract racing enthusiasts and socialites alike to the historical Thoroughbred racetrack on Versailles Road.

Whether you're entertaining out-of-town guests, planning a group outing with friends or family, or wanting a special day with your significant other, Keeneland offers something for everyone.

The 16-day spring meet features racing Wednesdays through Sundays, with post time for the first race each day at 1:05 p.m. Fifteen of the spring's 16 stakes are graded, highlighted by five Grade I events.

Anchoring the spring's opening week are the \$500,000 Central Bank Ashland on April 6, for 3-year-old fillies, and the \$750,000 Toyota Blue Grass on April 13, for 3-year-olds at 1 1/8 miles, both signature preparation races on the Road to the Kentucky Oaks and Road to the Kentucky Derby, respectively.

Traditionally one of North America's richest and most diverse racing programs, the Keeneland spring meet attracts the country's top horses, trainers and jockeys.

"Keeneland is so special because the 'best of the best' from across the country converge here to compete against each other, and that makes for some very memorable racing moments," said W.B. Rogers Beasley, Keeneland's vice president of racing.

One of Keeneland's most enticing new offerings in conjunction with the races this spring is its improved tailgating opportunities. Each Saturday during the meet, Keeneland fans will get the chance to take their tailgating experience to a whole new level.

Keeneland's official tailgate lot, located adjacent to the Keene Barn and Entertainment Center, is being enhanced to include a variety of amenities to make one's tailgating experience the perfect and easy way to spend a day at the races.

Off to the Races



Keeneland meet marks official arrival of spring

Photo by David Coyle

Some of the enhancements for the tailgate lot include:

— The addition of food trucks, which are relocating from their usual downtown Lexington locations for tailgate days. These popular, traveling food venues offer high-quality food choices.

— A jumbo television screen will be located in the tailgate lot so fans can watch all the live racing action.

— Wireless wagering and wagering terminals will be available for fans who wish to bet on live racing.

— Race day programs and general admission tickets will be available for purchase.

Exciting events planned

For those who want to take their racing experience inside the track, plenty of events are taking place this season that are sure to excite patrons of all ages. The fun-filled calendar features College Scholarship Day, Breakfast with the Works, Maker's 46 Mile and Bottle Signing, Horses and Hope Pink Day, Military Appreciation Day, the Markey Cancer Concert and other events.

On College Scholarship Day, April 5, full-time college students will receive free general admission and the chance to win one of 10 \$1,000 scholarships after each race. Registration will begin at 11 a.m. in the College Zone, an 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 and enjoy a southern-style breakfast buffet in the Equestrian Dining Room. Breakfast is from 7 to 8:30 a.m., followed by an 8:45 a.m. paddock demonstration related to the equine industry. Breakfast is \$7; kids three and under are free.

During breakfast, there will also be a Kid's Club from 7 to 9 a.m. with age appropriate activities and crafts. Tours of the track will be from 9:30 to 10:30 a.m., followed by photo opportunities with Keeneland's iconic bugler Bucky Sallee 11:30 a.m. to 12:30 p.m. For those that want to improve their betting



which will benefit First Lady Jane Beshear's breast cancer awareness program Horses and Hope. Beshear formed Horses and Hope to educate, improve awareness and offer screenings

knowledge, a handicapping seminar will take place every Saturday at 11:30 a.m.

The Maker's Mark Bottle Signing will be conducted trackside at 6:30 a.m. Friday, April 12, in conjunction with the Makers Mark Mile, an important race for older horses. Patrons may purchase the 2013 commemorative bottles at stores across the state and have them signed by Keeneland and Makers Mark officials. Each year, sales from the specialty bottle 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.

Patrons are encouraged to wear pink April 14, Keeneland's Horses and Hope Pink Day,

for the "often overlooked" members of Kentucky's horse industry.

On April 21, Military Appreciation Day, all active and inactive members of the military, including family members, will receive free general admission with a military ID at any pass gate. The North Terrace will be transformed into Military Family Zone with free food and activities.

The closing day of the spring meet,

April 26, will feature the Concert on the Lawn. Patrons are invited to stay after the races to enjoy live music benefiting the Markey Cancer

Foundation on the clubhouse lawn with a special, to-be-announced headliner at 7:30 p.m.

Other events taking place during the



Photo by David Coyle

2013 Keeneland spring meet include: a visit from the Budweiser Clydesdales on April 17; the Christine A. Moore Millinery Trunk Show at the Keeneland Gift Shop, April 12-15 (the perfect opportunity to find a hat for the Kentucky Derby); Peter Williams book signing April 12-13 (author of "Peter Williams' Retrospective: Paintings and People Dear to Me"); and handicapping contests April 10 and 17.

You can find more information at Keeneland.com or find the track on Facebook and Twitter. ■



Photo by John Sneliff

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10 things we love...

by Meredith Lane

After being cooped up in the house all winter, your pet is likely ready to run free in the gorgeous warm weather. Check out our list of fun places to take your furry friend for playtime with other pups, a spa day to pamper its paws, or a few fun, competitive canine events.



Located at 500 Alumni Drive, general admission is free to the public.

2 The Jacobson Park Dog Park is approximately four acres of space for Fido to run and play with his friends, and it includes a doggie water fountain and benches. Free to the public.

3 The Wellington Dog Park offers two paddocks and is approximately three-and-a-half acres with shaded areas. A doggie water fountain also is available. Free to the public.

4 The Dog Paddle, held each year at the Woodland Aquatic Center, allows your pup to take a dip in the pool before it is closed for the season. This year, it will be Sept. 7, and the cost is \$10 per dog. Proceeds benefit the creation and maintenance of dog parks in Fayette County. Don't forget to bring a 2011 or 2012 rabies tag or proof of vaccination. (All dogs who reside in Fayette County also must have a Fayette City License.)

5 Bluegrass Barkery, a store for dog-lovers, is located in Brighton Place and on Tiverton Way by Fayette Mall. Not only do they have gourmet treats for your pup, animal-friendly birthday cakes, dog collars and unique toys, but they have several different lines of specialty dog food no matter what diet your canine is on.

6 The Masterson Station Dog Park has two paddocks that total 16 acres. One paddock has tree cover and a doggie water fountain with benches, while the second paddock is open. Free to the public.

7 If you want to pamper your pup, **Uptown Hounds** is a perfect spot to take him or her for doggy daycare, boarding, grooming,



training or veterinary services. With upscale, private rooms, a plethora of services and treats (did someone say doggy ice cream and Animal Planet on your pet's TV?), there's even a swimming pool exclusively for dogs.

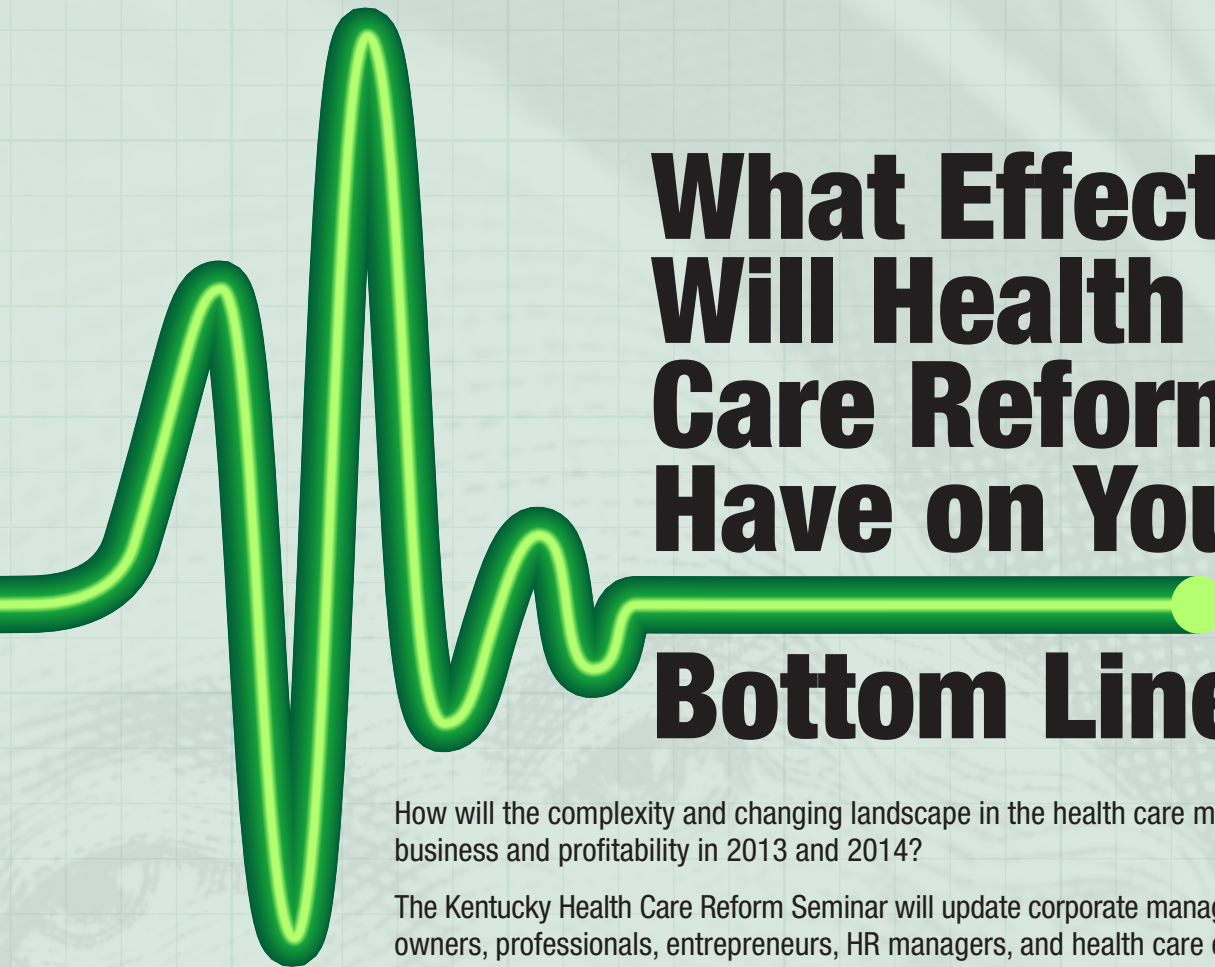
8 The Woodford Wag Cross Country 5K and 2K Walk/Run is set for Saturday, May 25 at the Woodford County Park in Versailles. Registration opens in March. Get more details at woodfordhumansociety.org/Wag.htm. Prizes will be awarded for a number of contests, including the Tail Wagging Contest and Owner and Dog Look-Alike Contest.

9 Red River Gorge. A 45-minute drive from Lexington, there are lots of challenging, beautiful trails and river-wading opportunities for your pet. Pets are not allowed inside the Natural Bridge State Park area of the gorge, however. Free to the public.

10 The Coldstream Dog Park has two paddocks that total 12 acres. It's a great place to let your dog run and sniff all of his favorite spots. A doggie water fountain recently was installed.

Fun places to take your dog





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