

bg

A way of life.

The doctors are (almost) in

University of Kentucky
medical students talk
classes, schedules,
healthcare

Page 20



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The Lane Report



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Apple Computer fires Steve Jobs.



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Spring 2015
Volume 7, Issue 1



COVER STORY

Talented new doctors are studying hard at the University of Kentucky and proving why we can all be hopeful for our medical futures.

Cover photo by Abby Laub

4 NEW IN THE BLUE

Lexington is abuzz this spring with new restaurants, new ways to find them, and new ways to burn off the calories from eating at them! But of course, there is more than that happening in our great city and surrounding towns. Read here to find out more about it.

9 PUTTING DOWN ROOTS

Your guide to the real estate market in 2015.

10 TRAVEL

Don't write off our neighbor to the north, Ohio, for a weekend road trip packed with fun.

12 STEAK FOR DAYS

Check out these Lexington and Louisville hot spots for more steak than you can handle.

15 DESTINATION: LEXINGTON

A closer look at VisitLEX and the woman who is now behind it all.

17 LYPA

A greeting from the new president.

18 TEA TIME

IntegriTEA has a mission and lots of love behind its entrepreneurial beverages.

19 NERD ALERT

Doug Clarke calls his Manchester Street space a "gym" for tech wizards.

20 COVER STORY

Meet the faces of medicine's future.

24 DRINK

Understanding craft beer via Bluegrass breweries.

26 EQUINE

The Breeders' Cup is coming and here is what you need to know.

28 A HOT NEW KROGER

I brought my favorite chef to the brand new Euclid location.

29 FIVE THINGS WE LOVE

Here is where you can probably find us this spring.



12



10



20



18



29



24



19



15

Work hard & enjoy the sun

To my fellow young professionals -

I've been inspired lately by grit. Pure, hard work and the resulting satisfaction it brings. This issue is chock full of Lexington's best and brightest young professionals. They have worked hard for what they have and were not handed anything. If you want to be inspired, check out their stories and then celebrate your own achievements with a big juicy steak from our list of the best of the best steakhouses in both Lexington and Louisville.



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

This spring, my favorite analogy of hard work paying off is my little vegetable garden. I am not a stellar gardener, but I do manage to get some delicious fresh veggies and herbs out of the ground from spring to fall and love teaching my toddler how to help. We plant the seeds and with lots of hard work we reap the benefits all summer long, and we enjoy the time outdoors in the process. Just like life. I know you'll be working hard all spring and summer, but I hope you have a chance to also reap your rewards and enjoy all that Central Kentucky has to offer. Check out our "favorite things" section for a couple of ideas.

All my best,
Abby Laub



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BG EDITOR
Abby Laub

EDITORIAL DIRECTOR
Mark Green

CREATIVE DIRECTOR
Jessica Merriman

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The Lane Report

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Ed Lane

EXECUTIVE VP &
ASSOCIATE PUBLISHER
Dick Kelly

ASSOCIATE PUBLISHER
Donna Hodsdon

CONTROLLER
Nicole Conyers

MARKETING CONSULTANTS
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DESIGN & PRODUCTION
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Fitness Plus is Lexington's longest-standing personal training company

Lexington's longest-standing personal training company celebrated its 20th anniversary this year. In a surge of new fitness businesses in Central Kentucky, **Fitness Plus** owner and exercise physiologist **Sheila Kalas** sees camaraderie instead of competition in the competitive industry. She started the business in 1995 because she saw a need to connect educated and experienced trainers to consumers. Fitness Plus is a by-appointment personal training and wellness center and is located in a repurposed warehouse on National Avenue with a satellite facility in downtown Versailles. For more information visit fitplusinc.com.



Southern style, preppy trends

Online retailer **Country Club Prep**, originally based in Charlottesville, Va., opened a new store in Lexington. As the home of timeless bourbon and classic fashions, founders Matt Watson and Stephen Glasgow saw Lexington as the perfect fit to open their second store. This new store, filled with bourbon barrels and touches of Southern style, is set to be the prototype for additional store openings. Country Club Prep considers itself **"the Zappos for the prepster"** and is a one-stop shop for preppy clothes and accessories. The store is located at 807 Euclid Ave. in Chevy Chase.

Cakes for all

Now open in Nicholasville as an extension of **Gourmet Goodies catering**, **The Sweet Shoppe** owner **Thelma Johns** and manager **Beth Ray** specialize in custom cakes, catering, handmade candy, gourmet cupcakes and decorative goodies for all occasions without losing their small-town business atmosphere. If you like cake, this is your place. Visit gourmetgoodiesbythelma.com for more information on the sweetness.



Where the eggs are wild

Wild Eggs opened a second location in Hamburg and plans to have 10 stores by the year 2020. The restaurant and its award-winning fare has a Bluegrass location in Palomar Center. The chain, owned by Lexington's **Golden Eggs, LLC**, also has locations in Louisville, Bowling Green and Denver, Colo. For more information visit wildeggs.com.



Find a food truck

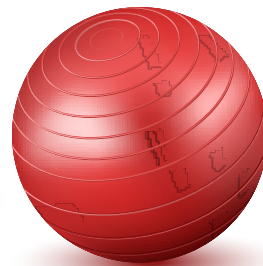
Fans of Lexington's ever-growing food truck scene need to be sure to install the free iPhone app called **"Follow That Food Truck!"** to best keep up with their favorite food trucks. The app was developed by Josh Boldt and Erik Rust, the founders of lexingtonfoodtrucks.com.

Bring on the lettuce

Vinaigrette Salad Kitchen,

a new franchise that is taking Lexington by lettuce, just opened a second location this spring at 113 **N. Broadway** in downtown after a well-received opening last year off of Leestown Road. The fresh new concept specializes in made-to-order salads with a menu crafted by chefs Ouita Michaels and Sara Gibbs.

vinaigrette
salad kitchen



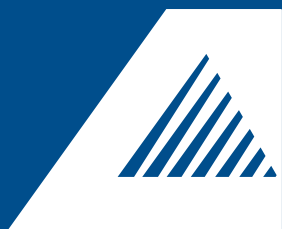
Bringing the barre to Winchester

The Barre: A Fitness Boutique, opened earlier this year in **Winchester**. Co-owners Shalanta Gullett and Lauren Miller opened the studio at 116 S. Maple St. and celebrated a grand opening on Feb. 7. The fitness boutique uses the BarreAmped method, combining Pilates, stretching and small movements in a low-impact, effective workout for all ages and fitness levels that is designed to create lean muscles and burn fat. Visit thebarrekyy.com.



Euclid keeps getting better

More commercial development is slated along **Euclid Avenue**, with the newly completed Kroger getting new neighbors. A nearly 10,000-s.f. space is going up to house retail and restaurants. Work begins this spring and the tenants are still to be announced.



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CRAVE it, do it

The **Crave Lexington Food & Music Festival** announced a new location for its third year. Last year's festival attracted more than 30,000 people to sample goods from more than 50 food and drink vendors while listening to live music. This year's festival will be held Aug. 22-23 at **Masterson Station Park**. For more information, visit cravelexington.com.



Photo courtesy of Smiley Pete / Emily Mosely

Get Well, Lexington

The newly opened **Source on High**, founded by Corinne LaReau, offers various classes and treatments for people seeking health and wellness. The cooperative center includes holistic nutrition, martial arts and various yoga practices. It also is a location for Gallery Hop. For more information visit sourceonhigh.com.

Buzz learning

Alltech Brewing and Distilling Academy is open and teaches participants all about brewing and distilling in a state-of-the-art classroom and lab at Alltech Lexington Brewing and Distilling Co. For more information about the academy and upcoming classes, visit alltechacademy.com.

Where everyone's a "Local"

By now most everyone knows that the **National Avenue** corridor is the place to see and be seen. The burgeoning, highly sought after corner of Walton Avenue and Winchester Road will soon be turned into a gateway to the stylish, repurposed district as it becomes home to **Locals**. Locals is a bar and restaurant concept developed by Seth Boyd and Bill Oakley.

I scream, you scream...

We all scream for Bruster's! **Bruster's Real Ice Cream** has announced a new Lexington location in addition to seven other new branches around the country. **Nicholasville** is the only current Central Kentucky location. The announcement comes after a year in which 45 of the company's shops set sales records. Bruster's features handcrafted ice cream, yogurt, Italian ice and sorbet and other freshly made treats. The new location opens in May at 220 Ruccio Way.



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's Wildcat Den
Joseph-Beth Booksellers
Eku Bookstore
Commerce Lexington
Barnes & Noble
Calypso Boutique
Lexington Convention
and Visitors Bureau

Run with the best of the Bluegrass



Race through the horse capital of the world in Central Kentucky's first full marathon this spring! On May 16 athletes can experience horse country like never before on 13.1- and 26.2-mile courses in the inaugural **Horse Capital Marathon and Half Marathon**. Don't plan to hit a personal record if you want to stop for photos with some of the many beautiful thoroughbreds that will probably be curious about what you are doing. More than 2,000 runners are expected. Visit horsecapitalmarathon.com.



Photo courtesy J.A. Laub Photography



Eat your noodles here

Noodles and Company recently opened its second Lexington location at Limestone and Euclid Avenue in the heart of college town. The Colorado-based fast-casual joint specializes in pasta dishes from around the world and first opened in Lexington on Nicholasville Road. The company has a total of 345 locations across 26 states and the District of Columbia.



Get lazy this summer

Central Kentucky will finally have a “lazy river” this summer thanks to the brand new **Juniper Hill Family Aquatic Center** scheduled to open this summer in Frankfort! Find your sunscreen and visit frankfortparksandrec.com for more information.



Kentucky on your face

Bluegrass Beards is Central Kentucky’s newest online retailer for all things beard care. Founded by Jarrett (better known as Bubba) Wilmhoff and his wife, Mandi, Bluegrass Beards supplies manly faces with all they need to stay well-maintained and smooth. With flavors like The Gorge, Kentucky Bourbon, ABE, and The Stables your face couldn’t get more “Kentucky” than this. Oils are hand crafted and start at just \$12.50. Visit bluegrassbeards.com for more information.

ART OUT LOUD

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LEXARTS



A daily dose

The Daily Offerings Coffee Roastery opened this spring. The coffee shop represents fine coffee, gluten-free treats and a handcrafted selection of sustainable, hand-selected beverages. Opened by Kristie and Lood Kotze, Daily

Offerings is located at 529 W. Main St. in the heart of downtown Lexington. The coffee



house roasts single origin coffees on site.

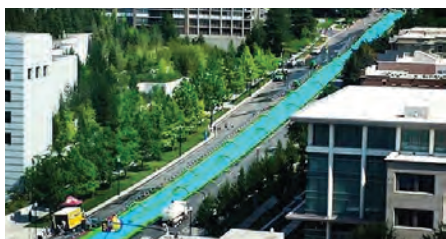
Not just a country bar

After Lexington staple Redmon's Fine Music and Spirits shut its doors after more than 10 years of service, **Stagger Inn** opened in the same place. Calling itself "Not Just a Country Bar," Stagger Inn is located at 269 W. Main St.



Jesse Rohr photo

Slip-and-slide through downtown?



to the streets of Lexington. Visit slidethecity.com for information on dates and pricing. Get ready!

This summer is about to get a whole lot more fun in Lexington thanks to **Slide the City**, a summer event that will bring a 1,000-foot slip-and-slide

Help others help others

The North Limestone Community Development Corp., better known as **NoLi CDC** and host of the wildly popular Night Market in north Lexington, was awarded \$550,000 to create a permanent site as a food hub and small business incubator. The organization plans to turn the former Greyhound bus terminal on North Limestone into a facility that will help local small businesses grow and bring better businesses to the area.



Breakout Games comes to Lexington

If you think that paying to escape from a locked room sounds like fun, have a friend lock you in a closet at home, or head to one of Lexington's hottest new attractions, **The Breakout Games**. Owner Audra Cryder

brought the fun new excursion to **North Ashland Avenue** with the help of her husband, family members and a team of local, young entrepreneurs. Be prepared for a series of brain teasers, mysteries to solve and lots of freaked-out fun. Visit thebreakoutgames.com.



Better, faster, stronger

Lexington Mayor **Jim Gray** continues to push for a fiber-optic network to bring Lexington up-to-speed compared to other high tech cities. Faster Internet speeds will continue to improve the area's ability to do business competitively, as Lexington currently ranks among the slowest in the nation for Internet speeds.

Putting down roots Home buying do's and don'ts:

A 2015 residential real estate forecast for the successful YP

Looking to buy your first house, condo or downtown loft? This could be your year. Experts are pretty optimistic and that's always a good thing. They're also saying 2015 is a good time to sell, because interest rates are low and buyer demand is high.

"It should be a breakthrough year for first-time homebuyers," said T.J. Strong, assistant vice president of lending at Bank of Lexington (BankofLexington.net). "With rates staying at

rounding counties," Lane said. It's often possible to find real estate in Jessamine, Madison, Scott and Woodford counties with larger lots at a lower cost.

If lawnmowers and backyard gardens aren't your thing, there is a little something we call condominiums that provide an apartment lifestyle with the benefit of ownership. There are quite a few condos and townhouses around the University of Kentucky and in downtown and Hamburg.

"In recent years, I have seen many buyers tend to lean towards a downtown condo because of the certain lifestyle the city's center brings with restaurants and entertainment," Lane said. "But now, in addition, a number of affordable single-family homes are popping up on the market as well as

investors scooping up dilapidated properties and renovate them, offering buyers the downtown location with the charm of an older home plus the updates they've have come to expect."

Homebuyers are always looking for a low interest rate, but it's not the only piece of the puzzle.

"Other factors to consider are mortgage insurance rates and whether or not you are being charged for your rate," Strong said. As a lender, it's his job to find the best option for each individual borrower, because there are several different programs available.

"Bank of Lexington has a First Home Program that can be a great option for first-time homebuyers," he said. "The BOL First Home Program is a 30-year fixed loan with up to 100 percent financing and no mortgage insurance." ■



T.J. Strong



Meredith Lane

historic lows and the for-sale market leveling off with plenty of inventory, the millennial generation should be the biggest group of homebuyers in 2015."

But you'd rather rent, you say? "Unless you are living somewhere rent-free, you are paying a mortgage – either your mortgage or your landlord's," said Meredith Lane, a realtor with the Lane Team at Keller Williams Bluegrass Realty (LaneTeamKY.com).

Downtown Lexington is a hot spot for young professionals, according to Lane, as are the Southland, Kenwick and Hamburg areas of the city. New construction is popular, too, because "it offers low-maintenance living with the latest amenities at close to the same cost as a resale property," Lane said.

Away from downtown, the northeast (Hamburg), southeast (Pinnacle and Glasford) and southwest (Beaumont) quadrants of town are seeing new houses being built. Many people with children and/or dogs want yard space to come with their living quarters.

"I'm finding some YP buyers, especially young families, are also opting to move to sur-

■ Do monitor your credit.

Having a good credit score is one of the most important factors to be qualified for a home loan.

"The best advice I can give to potential homebuyers is to check your credit regularly and immediately address any mistakes," Strong said. "It takes time to build up good credit by paying bills on time and maintaining low balances, but it doesn't take long at all to hurt your scores by making late payments, having high balances relative to your available credit or, even worse, having collection accounts."

■ Do get pre-approved for a loan before you start actively looking at property.

Pre-approval helps all parties involved know how much house you can afford. Coming to that party are you, the lender and the real estate agent.

"I believe banking is a relationship, not a transaction," Strong said. "I will work with you to help you find the right product for your needs."

■ Don't think you need a ton of money to buy a house.

"It is very inexpensive to borrow money right now, and you can buy a home with very little money down," Lane said. "Your monthly payments could even stay the same as what you're currently paying in rent or be lower, and homeowners get the benefit of the interest (federal tax) deduction."

■ Don't represent yourself, thinking you'll keep from paying a commission.

A real estate agent can hold your hand through every tiny and huge step in the process.

"As much great information is out there on HGTV or the Internet, nothing you can read about or watch on TV can bail you out when an issue arises during a home sale," Lane said. "Pick someone you trust to represent you. In the end, it can not only save a buyer and seller money, but time and frustration as well."



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

by Jacob Ryan

Ohio in 48 Hours

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

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

If you're heading to Ohio for a couple of days, know that you may not get to do everything The Buckeye State has to offer, but with our help you'll get pretty close.

Starting off in Cincinnati (because it's close to Kentucky, right?), head to **The Northside** district and Hamilton Avenue, which has blossomed into a casually hip destination for shopping and night life. In the morning, a good stop is **Collective Espresso**, where all caffeine dreams and biscuit wishes can come true — plus it features Kentucky-sourced granola and country ham.

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

Head back to I-75 and continue north about 50 miles to Dayton. Here, you'll find the **Dayton Aviation Heritage National Historical Park**. This National Park tells the story of the Wright brothers, Orville and Wilbur, who pioneered modern day aviation, as well as Paul Laurence Dunbar, an acclaimed African American poet.

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

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

While in Columbus, swing through the **Short North Arts District** just south of the Ohio State campus, which wears the crown — with

an understated swagger, of course — as the city's most hipster heavy neighborhood. You might be tempted to stop for a self-guided walking tour of Short North's best public arts displays. Of course, your walk could suffer a few delays from the distraction of all the fascinating shops, art galleries and cool restaurants.



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

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

In Cleveland, visit the **Rock and Roll Hall of Fame**. This year's inductees include Ringo Starr, Green Day and Joan Jett, among others. Afterward, stop by the West Side Market on West 25th Street for some fresh

eats at the oldest publicly owned market in the city with roots back to the 1840s. The **West Side Market** is loaded with history and food, so enjoy.

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

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



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

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



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

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Steak for Days

The best places to eat beef in Lexington and Louisville

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



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

Louisville

Del Frisco's

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

Eddie Merlot's

With locations across the Midwest, Eddie Merlot's is a frequented stop for Louisvillians with a taste for beef. Serving USDA Prime such as the Platte River Ranch Natural Filet Mignon or the massive, mouth-watering, 32-ounce Wagyu Tomahawk Ribeye, with plenty of stops in between, Merlot's will feed that inner carnivore. Merlot's is located downtown at the edge of Fourth Street Live!. eddiemerlots.com

Jeff Ruby's

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

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

jeffruby.com

Morton's the Steakhouse

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

mortons.com/louisville

Pat's Steakhouse

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

patssteakhouselouisville.com

Ruth's Chris Steakhouse

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

ruthschris.com



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

Z's Oyster Bar & Steakhouse

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

zsoyster.com



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

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

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

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



Funded by
the Beef Checkoff.



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

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

The Chop House

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

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

thechophouse.com

Malone's

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

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

bluegrasshospitality.com/malones

Sal's Chophouse

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

bluegrasshospitality.com/sals

Tony's Steaks & Seafood

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

tonysoflexington.com ■



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

Lexington

Blue Heron Steakhouse

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



Denis Steiner
CEO DENHAM-BLYTHE COMPANY

Denham-Blythe gets big projects done right. As a Top 100 design-build firm, providing architectural, engineering, construction management, general contracting is what they do best. Managing the phone and internet at their offices in Lexington and Nashville is not. To perform at their best they need a phone and internet solution that works every time they need to connect.

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Mary Quinn Ramer's career until recently led perfectly to her new role as president of VisitLEX.

Destination: Lexington

Photo by Abby Laub

When tourists and convention planners want to know about a particular city – where to stay and what to see – they hit up the local convention and visitor bureau. Lexington's CVB is called VisitLEX, and because there are so many tourism opportunities in the Bluegrass, there's never a dull moment at their downtown Lexington offices.

Mary Quinn Ramer has been with the organization for eight years, and in December 2014 she was named president of VisitLEX. Her career to this point has been one of a cobblestone path of opportunities from public relations to tourism.

"I've been willing to say yes at the right time," she said.

It's put her in place to oversee a major influx of U.S. and foreign visitors this fall when Lexington and the scenic Keeneland track host

two days of Breeders' Cup championship horse races, which will follow weeks of community events build up the excitement.

A native of Danville, Ramer stayed "home" for college, graduating from Centre College with a double major in French and history in 1998. She moved to North Carolina but soon decided to return to Kentucky.

Ramer appreciated studying abroad in France while at Centre, and also credits skills she learned during her work study job in the communications office on campus for launching her career.

During her senior year she interned at Preston-Osborne Marketing Communications and Research, a former Lexington advertising agency and public relations firm. After graduation she accepted a job offer there.

CVB director Mary Quinn Ramer's rise to the top

"It was a great way to start my career," she said. "I had the opportunity to work on a portfolio of projects: healthcare, utility companies, nonprofits, legislative and public affairs. And the hospitality industry."

As an account manager she was the client liaison, collaborating with the creative team at the agency. By the time she left seven and a half years later, she was senior account manager.

One of the highlights of Ramer's tenure at Preston-Osborne was a five-month project working on the 2000 vice presidential debate between Dick Cheney and Joseph Lieberman at Centre College's Norton Center for the Arts.

"I worked very closely with the communications office," she said of her alma mater. "It was like a homecoming for me, and I worked with their efforts to tell Centre's story and Danville's story and Central Kentucky's story as a backdrop."

Centre College had unprecedented national attention, so everyone involved with the event maximized each PR opportunity for the good of the college.

Ramer experienced her first step into crisis communication about five weeks prior to the scheduled October date of the debate when one political camp wanted to back out. It all came together and Centre College came away with high marks, earning the opportunity to host the 2012 vice presidential debate.

Five years after that whirlwind experience, Ramer was still with Preston-Osborne when she met with Danville's convention and visitors bureau. The tourism director had just stepped down and Ramer was pitching the CVB on the idea of hiring Preston-Osborne as its agency. At the end of the meeting, they asked her to become the executive director.

"A couple of weeks later, I decided it was a great opportunity to take everything I had learned about the marketing and communications world and apply it to a place near and dear to me called home, in the industry of tourism," she said.

Although she had worked with signature events and restaurateurs, the Danville CVB was Ramer's first in-depth stint with hospitality and tourism. She was there for two years.

"It was a wonderful place to learn the ins and outs of the industry, and familiarize myself with the tourism industry of Central Kentucky, and to some degree with the state," she said.

Under her watch, the Danville CVB moved its visitors center to a historic tavern in Constitution Square.

"I said when I was leaving them, 'I'm sacrificing the coolest office space in the entire state,'" Ramer said.

From time to time she would speak with

the then-president of Lexington's CVB, David Lord. In 2007 he called her with a job offer, which she took, to be vice president of tourism marketing as Lexington prepared for the World Equestrian Games. Ramer calls Lord a fantastic mentor. Lord, who came to the Lexington CVB in 1994 after having a role in the 1987 founding the South By Southwest music conference in Austin, Texas, retired in early 2011.

The latest research from the Kentucky Department of Travel shows that tourism

brought in more than \$1.1 billion to Fayette County, in direct expenditures, in 2013.

"Tourism is a significant business for Kentucky," Ramer said. "I think it could be one of Kentucky's signature industries with the right kind of vision."

Equine is one of five core areas promoted at the VisitLEX visitors center. Located on street level of The Square downtown at the intersection of Broadway and Main, locals and out-of-towners alike can get information about horses, bourbon, Beyond Grits (all things culinary, including breweries and wineries), historical heritage state parks, and the local lifestyle, including arts and culture.

She particularly likes the VisitLEX advertising campaign called "Southern Starts Here." Research showed that most leisure travelers were coming to Lexington from Ohio, Indiana and other points north – even southern Ontario – as well as the Midwest.

In 2013, Ramer was promoted from vice president of tourism marketing to vice president of marketing, a title that included the convention and group sales departments. She was part of the CVB's launch of "Beyond Grits," a campaign to spotlight locally owned restaurants during Lexington's first Restaurant Week. Two years ago VisitLEX also started the hashtag #sharethelex so people could share with the world what's cool about Lexington.

"We love having our locals as passionate ambassadors for the city," Ramer said. "

As a marketing and promotional organization, the bureau's job is to sell Lexington first and foremost, and then the surrounding region. Out-of-towners don't really care about county lines, so they're happy to take in a horse farm or winery in a neighboring city.

In December 2013 the Lexington Convention and Visitors Bureau officially changed its name to VisitLEX. VisitLEX was formed in 1974 as the Greater Lexington Convention & Visitors Bureau. It is technically referred to a special noncomponent unit of the city and is governed by nine voting commissioners, appointed by the mayor, including community leaders and those who specifically represent the hospitality industry.

"It is the greatest job," she said of her presidency at VisitLEX. "I am a very proud Kentuckian and very proud Central Kentuckian. I can think of no better job than to share this wonderful destination with the world, and be in the business of place-making for a city I truly love." ■

16th Annual Women Leading Kentucky Women's Business & Leadership Conference

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CEO, Women's
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Email: sonia@womenleadingky.com

Phone: (859) 243-5551

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TOYOTA



Awards Luncheon
Presented by:



Greetings from LYPA!

The Lexington Young Professionals Association has been hard at work to ensure that the area's young professionals continue to have a place where they can socialize with their peers at a variety of venues, get professional advice in order to develop their careers, and continue to give back to the community.

This year LYPA began a new partnership with the Lexington Calendar Project to put on our monthly **Happy Hours for a Cause**. With the help of the Lexington Calendar Project we are able to bring young professionals, business owners and non-profits together each month for a fun, informal gathering that helps raise money and awareness for the non-profit of the month. This is a great way for young professionals, non-profits, and businesses to meet and learn how we can work together in the future.



Kim Butler serves as a senior graphic designer in the Worldwide Marketing Department of Lexmark International.

In March our members had the opportunity to sweat it out in a ZONE fitness class. In April we partnered with Young Professionals Association of Louisville, LG&E Young Energy Professionals, and **Everplay Sports and Social Club** to host a tailgate at Keeneland's Spring Meet with the proceeds benefiting the American Cancer Society. We also hosted a cooking class with

Chef and Lifestyle Coach Kate Horning to teach us how we can incorporate fresh herbs and spices into our meals, adding so much more flavor and variety in our dishes.

Our partnership with the Everplay (formerly Lexington) Sports and Social Club continues to be one of LYPA's most popular benefits. On every anniversary that you renew your membership, you will continue to get a free season with the Everplay Sports and Social Club. We are continuing to organize more

official LYPA teams for some of the spring and summer leagues, so get ready to be competitive! It's a great way to meet people, especially for our members who are new to Lexington.

The great thing about Everplay is that you don't need to have a full team to sign up. If you don't have people to join a team with put LYPA on your registration and you will be placed on the LYPA team!

In May LYPA will be Walking for MS on the 9th and also helping with setup for the event. We will also be hosting a step by step painting class with Enrique on May 28 at 7 p.m. For those of you who love Painting with a Twist this will be one not to miss! LYPA will also host our annual **Membership Bash** on May 30 from 7-9 p.m. at Ethereal Brewery in the new Distillery District! Keep a look out for summer events such as a Legends game outing and many others that are in the works.

Sincerely,
Kim

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!



When we work together we can accomplish so much more. The Happy Hours for a Cause occur on the third Wednesday of each month. In January LYPA members volunteered at the Habitat for Humanity ReStore and helped recycle paint that could then be sold in the ReStore to help raise money for Habitat. In February we participated in the annual **Bowl for Kids' Sake** and raised more than \$600 for Big Brothers Big Sisters. One member even brought his little brother and we took turns letting him bowl and gave him lots of high-fives.



by Zoya Tereshkova

The very first sale by IntegriTEA was made out of the trunk of Greg Brenner's car in the parking lot at Lexington Green in Lexington. Only one box was sold, but it was a breakthrough.

"It was a very memorable moment," said Brenner, 26, who co-owns the company with his brother, Stuart, 32.

IntegriTEA: A Business, A Mission, A Family Affair

A year later, 500 gallons of their tea was made and served in one weekend during the CRAVE Lexington event.

"We've never made that much tea in our life, but I'm sure it helped us to gain popularity in Lexington," Stuart said.

between projects and bored, and I thought I would start a business on my own, something completely new," the elder Brenner said.

He didn't know at first what kind of product to offer the world, but he wanted it to "really make a difference for people and the planet," he said.

"There's always demand in inferior foods, like cheap meat, but think how badly it affects people's health and our environment. I wanted my product to enrich people's life."

The real challenge was to come up with a product that would also be viable and prof-

and he figured it would be a perfect name for his business.

"It was his epiphany moment," said Sarah Hackney, Stuart's girlfriend. "It was a catchy name, but most importantly it reflected what Stu really wanted to come up with."

Hackney, 29, who worked full time as an administrative coordinator at Ashland Inc., admitted that she had doubts that the business would ever become more than a hobby. However she offered her full support, and so did Brenner's brother, Greg, who studied mining engineering at UK and worked as a research assistant at the same time.

Within a few days, Stuart was already working on the company's website, and within two months, his team, which also included Greg's wife, Lesley, 32, academic advisor for the UK College of Engineering, was getting together a few times a week for the tea sampling parties. Eventually, three blends were chosen, and they were named Feel Good, Energize, and Relax.

"It is simple: There are different kinds of tea to drink during the day, and that's how we came up with our three categories," said Stuart.

Energize is a morning beverage intended to wake you up. It's naturally caffeinated green tea exported from China. Feel Good and Relax are for afternoon and night consumption, and their purposes are to give some pick up in the afternoon and to help relax at night, respectively. They are herbal tea blends that contain hibiscus, rose hips, chamomile, peppermint and cinnamon, imported from China, India, Sri Lanka and Egypt.

When the blends were ready, Stuart designed tea boxes, and in a short time his crew was giving away the samples at their target locations like Whole Foods and Joseph Beth, both in the Lexington Green shopping center. That's when the memorable first sale was made in the parking lot of Whole Foods out of the trunk of Greg's car.

"I was giving away samples at Whole Foods, and I got a call from one of the employees who liked the tea and wanted to buy a box as a birthday present," Greg said.

The team has hit its stride and still does a lot of the work by hand, with Hackney calling it a "true family affair." ■



From left: Greg Brenner, Lesley Brenner, Sarah Hackney, and Stuart Brenner are the foursome behind IntegriTEA.

IntegriTEA is now well established on the Lexington's market, being sold at Whole Foods Market, Good Foods Co-op, Joseph Beth Booksellers, Liquor Barn, and Coffee Times. In addition, the Brenners' teas were being served at Vinaigrette Salad Kitchen in Lexington.

Most recently, the Brenners are getting ready to go to the national level of distribution: They're negotiating with Whole Foods, Chipotle restaurants and Sysco.

When Stuart Brenner first decided he was going to sell organic tea to local stores and restaurants, his plate was pretty full already: He had completed his master's degree in manufacturing engineering from the University of Kentucky, and he traveled out of state almost weekly working as a consultant for a company with a high reputation in his field.

"I loved my job, but one day I was in

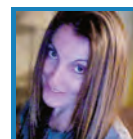
itable. After sifting through various ideas for a few days, Stuart remembered that he and his girlfriend, Sarah, had often had trouble finding healthy drinks when they went out.

"It's easier to order a healthy meal at most restaurants than to find a choice of healthy drinks that taste good," he said. "There might be a possibility here," Stuart thought, and at this point his childhood memories came back to him.

"When I was growing up, my mother always kept a pitcher of unsweetened iced tea in our fridge, and I would experiment with flavoring it," he said.

That involved combining different herbal teas and adding mint or other fresh herbs to spike it up. His specialty bevies were well liked by his friends and family.

As Stuart was still thinking about his teas, the word IntegriTEA came to his mind,



Zoya Tereshkova is a correspondent for BG. Reach her at editorial@lanereport.com.

by Robbie Clark

A “gym” for tech wizard

Kre8now is part incubator, part specialty tool workshop

When he’s explaining the concept to people, Doug Clarke likens his business to a gym. Instead of treadmills, kettlebells, Zumba classes and exercise bikes, a membership to the Kre8now Makerspace gives visitors access to devices like 3D printers, wood- and metal-working tools, large-format printers, lathes, CNC milling machines, and a whole toolbox full of electronic gadgets and doodads.

Like many business models, Clarke wanted to provide a specialized service that wasn’t currently available. In this instance, it was experiential education. After being laid off from a regional manufacturing company, he decided he would go back to school to get a degree in computer drafting to become a more marketable job candidate since he already had years of experience. After graduating, he landed a job with MB Controls, a



Doug Clarke is the visionary behind Kre8now Makerspace on Manchester Street.

As you work out, other members gawk at the size of your hard drive rather than your biceps.

“Instead of working out with weights and machines, you’re working out your brain,” Clarke said.

Kre8now is part business incubator and part community workshop. The 12,000-s.f. facility and all the included equipment is intended to help nurture and facilitate technological interest, whether it’s a professional or recreational pursuit.

Clarke doesn’t want lack of access to special tools to be the issue that holds people back from exploring an idea.

“If an individual has an idea or wants to start a business, the hardest thing to get kicked off the ground is having the space and the tools to do the job,” he said. “Unless you take out a loan or have a rich aunt or uncle, it’s hard to get started.”

Clarke’s notion to create his “makerspace” began to evolve even before he knew that the idea had been put into practice elsewhere – similar organizations of community-oriented, technologically inclined enthusiasts have surfaced in other areas of the country.

local systems integrations company where he is still employed.

And he kept in touch with his younger cohorts from his classes. While Clarke didn’t have much trouble finding work after obtaining his degree, fellow graduates weren’t having the same amount of luck.

“After they graduated, they couldn’t get jobs because they didn’t have experience,” he said. “They had the degree but no experience.”

Utilizing his contacts, Clarke thought maybe he could start a small workshop that took on a few companies’ easier overflow work, and he could provide the equipment where recent graduates could come work and add some experience to their degrees. Researching the idea, he discovered ... makerspaces – and realized “that’s what I’m starting.”

“I didn’t even know what it was, but that’s what I was going to be doing.”

That’s what he was going to be doing – eventually, at least. First he had to spend considerable amounts of his own money to acquire machinery, and then find an adequate location. After trying a few other spots, Clarke ultimately made a home in Lexington’s Distillery

ARTLab of Kentucky

One of the first businesses to become involved with Kre8now, ARTLab of Kentucky provides a suite of 3D printing services to regional customers.

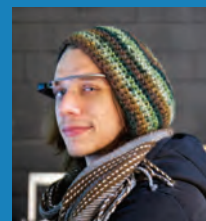
Owner Benjamin Van den Broeck became interested in 3D printing working as a visual effects artist at Cartoon Network, and then took off with the idea as the technology became cheaper for more practical applications.

In simple terms, Van den Broeck says, 3D printing is basically a “hot glue gun with a motor attached to it.” A computer file with the design guides the printer, which constructs the item layer by layer.

“We’re at the point where if you’re happy with a product being made out of one material, we can make any shape,” he said, “whether that’s a cube, or a statue of a cat, or whatever you want.”

A proliferation of open-source files of designs online – Van den Broeck says the catalogue is up to nearly half a million models – makes 3D printing a very quick and low-cost job for most items. Custom and personalized models take a little more time, but Van den Broeck has been very busy filling a variety of orders from across the region.

“You’d be surprised by how many people in Lexington just have an idea that they want to make,” he said.



Benjamin Van den Broeck and his ARTLab of Kentucky business is one of the first businessespeople to become involved with Kre8now.

District on Manchester Street, an area he had long been watching with interest.

Now the space is open and ready for members, of which Clarke already has about 40. With the amount of space available, as well as its functionality – such as a small theater area and other small classroom-type settings – Clarke hopes Kre8now can become a vital member of the public and a community resource for educational purposes. ■



Robbie Clark is a correspondent for BG. Reach him at editorial@lanereport.com.

by Katheran Wasson

Meet the faces

Medical students have lots on their minds, from today's lecture to next week's exam to next year's clinical rotations. But they still find plenty of time to think about the future – their own, and that of the medical profession.

What will become of their careers? How will changes in medicine and public policy affect their patients? If you're planning to live in Kentucky for at least a few more years, there's a good chance the students now studying medicine at the University of Kentucky could one day become your doctors. So BG Magazine sat down with four of them for a peek into the future.

Meet the med students

Originally from Butler, a small town in Northern Kentucky, **Ethan Ritter** studied animal sciences as an undergrad. But his passion lay more with helping people than livestock. He got involved in volunteer work, including Dance Blue, the yearlong fundraising effort for Kentucky Children's Hospital that culminates in a 24-hour dance marathon.

Combining his love of science and helping others just made sense. Eventually, Ritter hopes to practice medicine in a rural area – possibly back in his hometown. He doesn't want the sort of job where he leaves the office in the evening and calls it a day.

"When I made the decision (to go to medical school), I thought about what I wanted to feel at the end of the day," said Ritter, 23. "Do I want to feel like I just went to a job? For some people, that may be painting or owning a restaurant. For me, it's medicine."

Stephanie Denison, a Lexington native, is a third-year medical student. Her busy days at the hospital are a far cry from her first college experience, when she studied finance.

Ambivalent about her career after graduation, she started volunteering at the Refuge Clinic,

A look at the lives and schedules of medical students

founded by Southland Christian Church to help those in need. She earned certification as a nurse technician so she "could be a little more useful," taking vital signs, interviewing patients and shadowing doctors. That led her back to UK to study biology and prepare for med school.

Now the 28-year-old spends her days at the hospital. Students in their third year rotate through a variety of medical specialties, in part to provide a well-rounded knowledge of medicine, but also to help them determine their own career goals. Denison has decided to become a surgeon.

"Surgery is a great opportunity to help patients almost immediately. It's very rewarding and satisfying to be able to fix a problem right then," Denison said. "Some patients come in so sick,

and you can perform a surgery in a few hours. Then after a few days of recovery, they are better."

Lexington native **Marissa Luoma's** inspiration to study medicine came from her own health crisis and its lingering effects. As an undergrad, Luoma was diagnosed with ulcerative colitis, a chronic inflammation of the lower intestine. She said the experience opened her eyes to the inner workings of the healthcare system.

"When I first got sick, I had it in my head that I was going to take medicine and get better and then go back to my normal life," Luoma, 27, said. "But I realized that for many people with chronic conditions, healthcare is about learning to live with it."

The third-year med student hopes to eventually work in family practice because her rotations have taught her that she likes working with both adults and children.

Coming from a long line of doctors, fellow third-year student **Shilpa Sachdeva**, 24, hopes to work with radiation patients and said she was drawn to oncology because of the bond that is formed between doctor and patient.

"When I was younger my mom's dad and her sister both had different kinds of cancer at the same time, so my heart really just feels for how that can affect an entire family," she reflected.

Sachdeva, who has a bachelor's degree in psychology from Duke University said she tried out a whole range of classes in her undergraduate work — from broadcast journalism to education, but becoming a physician must be in her blood. She joked that there are "too many" doctors in her family and that her parents are both pediatricians. With the prospect of about seven more years ahead of her until she is officially practicing on her own, she said the passion for what she is currently engaged in and what the future holds helps keep her going every day.



From left, Stephanie Denison, Shilpa Sachdeva and Ethan Ritter are medical students at University of Kentucky.

of medicine's future

"I think everyone when they find the work that's right for them, they don't really feel like it's work," she said. "I had always heard that but I didn't understand how true it was until my third year when we do rotations across every specialty, and there were some that I really engaged with very easily and was very excited every morning to be there."

Focused on the future

With all the changes afoot in the world of medicine, from healthcare reform to advances in treatments and technology, are these students apprehensive about the uncertainty of what their futures may hold? Nah. And in fact, they seem to look forward to staying professionally nimble.

Even more so, they see the future as a brighter place for patients, who will enjoy greater access to healthcare and a renewed focus on healthy lifestyles and alternative treatments. They also predict that patients will benefit from early intervention because people with insurance are more likely to seek out primary-care doctors and routine check-ups.

"My personal experience led me to believe that healthcare is a basic human right," Luoma said. "I think we're heading in a good direction, and even if we don't all agree, at least

In one of the call rooms between rotations, Denison and Sachdeva said they often check their phones, look at photos and catch up on sleep.

we're talking about access to medicine. It's exciting to be moving forward."

Through his work co-managing a free clinic at the Salvation Army, Ritter said he's already seeing the effects. In the past, the clinic only saw uninsured patients. Now its exam rooms are filled with folks who are "medically displaced" – they have insurance coverage but need help finding care, often because they live in shelters or are new to Lexington.



Denison and her fellow students work on dummies in the simulation for practice. She said sometimes fellow medical students also "volunteer" to lay on the table for procedures.

A day in the life

Ethan Ritter, 23, second-year student

Attend class from 8 a.m. to noon. Classes are usually lecture-based, but students often work together in small groups. Some professors use the "flipped classroom" method, where students watch the lecture online before class and work in groups once they arrive.

Hit the books. After a lunch break, Ritter heads to the library to study with his classmates. They break up their study sessions with elective classes—from the history of medicine and medical Spanish—trip to the gym, errands and community service activities.

Volunteer at the clinic. Ritter helps manage a free clinic at the Salvation Army. "It's a good way to remain grounded in why you're here."

Back to the library. Evening means more studying for Ritter. He estimates second-year medical students spend six to eight hours studying per day, or more on the weekends. "You can really knock it out and maybe get 12 hours a day," he said.

Live a little. Ritter and his classmates are usually able to visit with friends and family on the weekends. "We don't get to see them as much as we'd like, but it makes the time we do get to spend with them so much better."



Marissa Luoma is a Lexington native and went to medical school after dealing with her own health struggles.

"Getting people the care they need as efficiently as possible is a step in the right direction," Ritter said. "It made us look more toward preventive measures, because caring for the human as a whole and what they do in everyday life is going to impact their health significantly down the line."

These future doctors also see alternative medicine as an increasingly popular option for patients. Luoma said UK offers classes on less traditional treatments, including a "mindfulness in medicine" course to discuss how they can incorporate holistic wellbeing into their patient care.

"I think it's going to play a lot larger role, and part of that is because medicine is moving more toward focusing not just on symptoms but on the wellbeing of patients," said Luoma, adding she could see herself recommending yoga or meditation to reduce patient stress and complement her future treatment plans.

For Denison, who plans to become a surgeon, that's less applicable – patients often are in or near crisis condition when they come into the operating room.

But she sees some parallels — preventive mastectomies for women genetically predisposed to breast cancer, for example. Additionally, she'll see the trickle-down effect; better care earlier in the process may keep some people from ever reaching her surgical table.

"Medicine as a whole is changing as more patients gain access to primary-care physicians. When someone isn't insured, they don't seek treatment for things

A day in the life

Stephanie Denison, 28, third-year student

Head to the hospital. Denison arrives sometime between 4:30 a.m. and 7 a.m. depending on what rotations she's on. She reads through the day's patient list to prepare.

Rounds with the medical team. A group that can include physicians, pharmacists and social workers visit each patient. Denison's role is to present each patient to the team, from his or her medical history to recent findings so the team can develop a treatment plan. This can last until early afternoon.

Admit new patients. Some come from the Emergency Room, others come from other hospitals. Students and residents begin a workup for each patient. This process can take several hours.

Teaching time. Third-year students are responsible for their own learning, but attending physicians often deliver lectures or start an impromptu discussion about the day's patients.

Studying in the med student lounge. "It has lockers, couches, a kitchen—it's where we all hang out," Denison said. Though she prefers to study there or the hospital library, she heads home early to walk and feed her dog.

Not time to rest just yet. After the break, Denison continues to study at home and work on research. She also participates in interest-based clubs at school. "It's a nice way to meet with your classmates outside of lecture halls or clinics."

Fitting in volunteer work. Denison continues to volunteer at the Refuge Clinic and also gives time to Surgery on Sunday, a program that provides people in need with outpatient surgeries.

A haircut every now and then. "I realized the other day that I hadn't had a haircut in months. That's something I took for granted before," Denison said. Med students are great about trading shifts so they can attend events with family and friends.

"I think everyone when they find the work that's right for them, they don't really feel like it's work."

-Shilpa Sachdeva

such as hypertension and high cholesterol, and when they do seek treatment, it may be too late,” she said.

“Seeing a physician annually is going to be huge, and hopefully major health issues will decrease in the future because people have access to healthcare.”

Today’s medical students also must adapt to future changes to the science behind medicine. New treatment guidelines will be released, research will challenge current beliefs and medications will be invented or improved.

“Medicine is always changing, and while that means you won’t get bored, it also means you’re always on your toes,” Denison said. “It’s hard sometimes to think that we could be spending four years learning all this stuff and it may change down the line, but a lot of what we’re learning is the basic building blocks – and that won’t change.”

She pointed out the amount of “safety nets” and that there is ample time to learn, and that there will come a time when the students-turned-doctors will need to trust their instincts and trust what they’ve learned. Also,



Sachdeva is from Pikeville and comes from a family of doctors.

“There’s no perfect solution that can make everyone happy, and the system surely has lots of flaws, but I think one thing that everyone can keep in mind is that the patients are humans and the doctors are humans,” she said. “So for doctors it’s important to remember that if that was your sister or your brother, your loved one, how would you want to be treated in that moment? And for patients, they need to remember that none of those doctors would intentionally do something wrong.”

With much more studying ahead of them, decisions to make about residencies and rotations, countless tests to take, hours of studying to complete and stressful, sleepless nights to get through, these students are focused and ready to treat tomorrow’s patients. ■

for a big chunk of their education, the residents are recorded while treating patients and then evaluated later on for their manners with the patients.

Sachdeva noted that it is also important, regardless of the future of how healthcare is structured, that we’re all ultimately in the same boat.



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



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Understanding Craft Beers via Bluegrass Breweries

Craft beer has quickly become the darling of the alcoholic beverage world, and chances are many of your friends have been bitten by the sudsy bug as they go on about malty-this and hoppy-that.

Need to play catch up? Deconstructing beer flavor and understanding the styles isn't all that tough to understand. Here in the Bluegrass, we are lucky to have a number of quality breweries – and they are your key to becoming a craft beer guru.

Not until Lexington Brewing Co. was purchased by Alltech in 2000 did the current wave of local craft beer begin to flow. Staying true to its roots, the operation's strongly malted portfolio gives local drinkers a taste of English Pale Ale and Irish Red Ale in their Kentucky

Ale. This ale really takes on a Bluegrass identity after a nice long slumber in a bourbon barrel for one of the most unique barrel-aged tastes on the market: Kentucky Bourbon Barrel Ale.

If those malty-sweet, boozy barrel flavors don't sit well with you, head to West Sixth Street Brewing for its flagship IPA – that's short for India Pale Ale. Resiny in finish, its taste boasts a sexy flavor in hoppy beer, displaying the essence of red grapefruit, tangerine, pineapple and passion fruit, with liberal use of the coveted Citra hop varietal.

And for those who prefer a more robust taste, the tall, dark and handsome fare of Country Boy Brewing dark ales will quickly become your cup of tea. And by tea, I mean

brown ale, porter and stout. Their hearty ales are somberly carbonated to take on classic British cask ale effects, which provide a creamy upstart and a full saturation of all those wonderfully seared sweetnesses.

Then if you've got history on your mind, the classic Euro-brewers at Blue Stallion Brewing Co. have a slew of traditional pilsners, brewed the right way. The clean, crisp and refreshing pilsner taste, balanced with noble hops, take us back to beer basics. But that's not all. Blue Stallion also has dunkels and bocks and rauchbeers and other brews from Bavaria to Berlin for a first-class beer education.

Lexington's newest brewery takes its inspiration from the fruity, floral and Flemish fare of

Belgium. The young and aspiring beer-oneers at Ethereal Brewing hang their hat on their perfumy Witbier, spicy Farmhouse Ale, and their candied Golden Ale. With the balance of fruit and spice on a soft pillow of honey and pilsner flavors, these sparkling white and vinous tastes are sure to appease the white wine buff in all of us.

Over in Paris, Ky., the wild ales of Rooster Brew will challenge your moxie and tickle your fancy with piquant wine, balsamic, lime, lemon and crabapple flavors. And don't be surprised to detect a hint of cheese, or be afraid to admit that you like it.

Abby Laub photos



The Beer Trappe serves a large variety of local craft beers.

And finally, if you really want to get to the heart and soul of brewing, a dip down to Danville's Beer Engine will connect you to beer unlike any other. Little more than a single-car garage, this nano-brewery (yes, that's a thing) will remind you of the home brewery you wish you had. Boasting a wide array of styles and experimentations, there's nearly always a pale ale, porter, stout, brown or IPA – which put the craft beer scene on the map – but perhaps with a nouveau twist.

These breweries offer "flights" or free samples. Craft beer taprooms can't wait to line up samples and flights, and their bartenders are eager to see what you think.

(Kevin Patterson is a Certified Cicerone and a Nationally Ranked BJCP Beer Judge. He is the General Manager and the moderator of Beer School and Beer+Cheese at The Beer Trappe, and he can't wait to talk with you about beer. You can follow his exploits and reviews on BeerAdvocate, Twitter and Facebook under the username "BEERchitect") ■



Robbie Clark is a correspondent for BG. Reach him at editorial@lanereport.com.



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Tasting (notdrinking)tutorial

A better understanding isn't needed to enjoy beer, but it does enhance the experience if you're curious. And it starts with knowing what flavors are coming from which ingredient.

Barley is responsible for sweetness. Different beer styles will offer varying degrees of sweetness, with lighter lagers offering a light flavor and darker ales having coffee, chocolate and other notes.

Hops play the role of balancing the sweetness in beer with a bitter counterpart. Not all hops are born equal – European varieties are spicy with floral and woody aromas, while American varieties are sharply of citrus and pine.

Yeast is responsible, along with creating the alcohol, for either the cleaner neutral taste of American ales or the other flavors that develop during fermentation. English ale can be slightly fruity or buttery as prescribed by their indigenous yeast, while Belgian ale can be highly fruity, spicy and winey for the same reasons.

Water makes up the vast majority of what's in beer, though it has little effect on flavor. However, water minerals, or brewing "salts," can determine the beer's crisp finish.

Taster's Terminology

Here's a list of words you might hear spouted around while you're bellying up and a craft brewery. Mastering the vocabulary will help you master the art of tasting.

Beer: A fermented (alcoholic) beverage made from barley (malt), hops, water and yeast. The two major categories of beer are ale and lager.

Ale: A beer that uses a yeast that optimizes tastes at warmer fermentation ranges, resulting in fruity, spicy and complex taste.

Lager: A beer that uses a yeast that optimizes taste at cooler fermentation ranges, resulting in smoother, drier and cleaner taste.

Malty: The lingering sweetness you taste after yeast has turned the rest of the ingredients into alcohol. Resembles caramel, honey, toffee, angel food cake, brown sugar, chocolate or molasses.

Hoppy: The floral aromas, citrusy taste or peppery/piney bitterness from the use of the preferred spice that balances the sweetness in beer, and sometimes dominates the taste. Most prevalent in IPA.

Fruity: Ester compounds that are created by ale yeast during fermentation that remind us of fruit – apple, orange, lemon, berry, apricot, mango. Usually these are secondary flavors common to Belgian Ale, English Ale and Hefeweizen.

Spicy: Phenol compounds are reared by ale yeast during fermentation that remind us of spices: pepper, coriander, clove, wine, etc. Usually they constitute secondary flavors in Belgian Ale, Scottish Ale, and Sour Ale.



Kevin Patterson, a former architect, is the general manager of The Beer Trappe on Euclid Avenue.

Aroma: The scent of the individual ingredients of the beer and all its yeast character (sans water).

Taste: The intensity of sweet, salty, bitter, sour and umami that's interpreted by the taste buds.

Mouthfeel: The texture of the beer upon the mouth: such as creamy, spicy, hot, crisp, refreshing, acidic, acrid, dry and chalky.

Flavor: The culmination of what the mind understands about both taste and aroma. It evokes memories of what we are tasting and how it resembles what we have tasted in our past.

Drinking: The mindless act of funneling alcohol into the body.

Tasting: The intelligent approach, analytical whimsy and dedicated attention that seeks understanding and wonderment about the culinary art in beer.



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June 26th & 27th

Ribbon Cutting for Locks 1 thru 4

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At Lock 4**

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Live Music • Food • Beer Garden

ART Market

Canoe and Kayak Rental • Paddling Contest

Boat Rides and Tours • Flotilla

Laser Show

Friday, June 26, 2015

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

1021 Kentucky Avenue, Frankfort, KY

7:00 p.m. Downtown Frankfort Summer Concert

Old State Capitol – Broadway Street

Saturday, June 27, 2015

Frankfort River Blast Schedule at River View Park

\$2 Admission

Proceeds Benefit Riverside Children's Play Park

8:00 a.m. Registration for Paddling Races

9:00 a.m. Paddling Races Begin

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

ART Market • Children's Activities

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

Food Vendors • Beer Garden

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

Noon

Flotilla Presented by the Frankfort Boat Club

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Meet Us At The River

The Breeders' Cup is coming ...

And here is what you need to know

Vibrant street parties, brilliant fireworks, a costume-themed road race, food truck competition — that's just the beginning.

It's all happening in Lexington the last week of October, when for the first time in its storied, 31-year history, the Breeders' Cup will be hosted by Keeneland in Lexington. The two-day event (Oct. 30-31), an international competition of the world's most elite Thoroughbred racehorses, has captivated audiences both young and old since 1984. Lexington officials are already working tirelessly to take the pre-game activities up a notch.

"We're bringing the neat stuff we already have (in Lexington) to the forefront for visitors, but also so the people that take it for granted because they live here can participate," Prewitt said.

"Tours to local Thoroughbred farms, wineries and distilleries will be popular activities."

Horse Country Inc., a recently founded not-for-profit business organization, plans to launch its online booking service around that time in order to connect tourists with a variety of horse farm experiences.

"We've been working with the Breeders' Cup Host Committee and Breeders' Cup, and plan to offer experiences at our participating farms and clinics during the week before Breeders' Cup," Horse Country Executive Director Anne Sabatino Hardy said. "We look forward to helping make this event a 'bucket list' experience for our visitors and local community."

Breeders' Cup Festival week will especially appeal to the young professional community, with an emphasis on free, downtown entertainment. Prewitt compared the festivities to Spotlight

Lexington, a downtown festival that coincided with the 2010 Alltech FEI World Equestrian Games.

"We'll have a stage at the courthouse (for musical acts), close the streets and allow open containers (of alcohol)," Prewitt said, adding the downtown festival would work closely with local "Brewgrass trail" breweries.

"Our goal is to complement (activities) the Breeders' Cup is hosting at Keeneland and provide other things you would normally associate with a world class event," added Kip Cornett, chairperson of the Breeders' Cup Festival committee. "WEG underlined that we were the horse capital of the world, and I think the



Visitors to Breeders' Cup this fall can experience horse racing in a setting that also uniquely showcases where many of the horses were bred and raised.

Breeders' Cup is the exclamation point."

The Breeders' Cup Festival week kicks off Sunday, Oct. 25, with a 5K road race

at the Kentucky Horse Park.

Another major activity during the week will be the "Feeders Cup," a food truck competition where 30 to 50 specialty trucks from surrounding states will gather downtown, and patrons will cast votes on which ones offer the tastiest cuisine. The top five trucks will be invited to set up camp for the duration of Breeders' Cup week.

The Breeders' Cup Festival will also host a ceremony on Oliver Lewis Way Bridge in Lexington's distillery district to showcase Christopher Weed's "Origins," a series of illuminated, abstract sculptures based on charred bourbon barrels. The Colorado-based artist's work beat out more than 100 other submissions from artists from the United States, Canada and Europe to be featured on the bridge.

Visitors and residents alike will have the additional opportunity, for free, to watch Breeders' Cup horses perform their daily workouts at Keeneland throughout the week.

The week culminates with the Breeders' Cup, as well as the Breeders' Cup Bash at Heritage Hall on Friday and Saturday for those who don't have tickets to the event. The Bash features the races on a large screen, food, drinks and simulcast betting.

"A lot of people that live in Lexington aren't aware of the jewel we have in the Thoroughbred industry, or they take for granted of the fact it's at their back door," Prewitt said. "Here are some things you can do — you've always been able to do them — but (the Breeders' Cup Festival) is going to give us a chance to promote them." ■



Just like Spotlight Lexington leading up to the WEG World Equestrian Games in 2010, there will be many festivities leading up to this fall's Breeders' Cup.

"This is where Breeders' Cup was born, where the majority of the runners were bred, and most of the owners either live here or have homes here ... so even though it's never been hosted here, it's kind of like it's coming home," Breeders' Cup Festival Executive Director Laura Prewitt said.

Prewitt has been collaborating with a team of people to plan events throughout the week leading up to the Breeders' Cup in order to entice more visitors to travel earlier to the Bluegrass State. It's also a way stir up excitement among local residents for the major horse racing event — even if they don't have tickets to the actual competition.



Esther Zunker is a correspondent for BG. Reach her at editorial@lanereport.com.

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I brought my favorite chef to Kroger

The new grocery store on Euclid is a great food destination

One of Lexington's most iconic young chefs, Jeremy Ashby of Lexington's prestigious Azur Restaurant Group, is a total trip to grocery shop with.

I had a pleasure of perusing the aisles of the snazzy new Kroger on Euclid earlier this year shortly after the much-anticipated grocery store chain's grand opening and was pleasantly surprised at how "normal" his grocery shopping routine is.



Chef Jeremy Ashby checked out the huge selection of chef-prepared foods at the new Kroger on Euclid.

"I love processed, American cheese slices," he grinned, admitting how wrong it is on so many levels. "Yeah, but I put it on local beef with local pickles."

What else? He's addicted to Jif peanut butter and often makes frozen, pre-made chicken wings in the microwave, while his M.D. wife has been known to enjoy her share of Cheetos and Mountain Dew. Oh, and the "As Seen on TV" section? I had to drag him out.

Now that we all feel comforted in the nationally acclaimed chef's normalcy, Ashby still knows his way around a grocery store and was happy to share some of his secrets.

The new Kroger at 704 Euclid Avenue in the heart of Chevy Chase is not like others in town and boasts about being "unlike any other Kroger store in the nation." It replaces the old Kroger on the same spot that was sorely out of date and has urban features like rooftop parking.

Below ground food preparation space helps create an environment that Ashby calls "revolutionary to American grocery stores." Store chefs create delicious meals for busy shoppers on the go.

"This is the future, I hope, and even though it's still small, it didn't used to be here," said Ashby, who likens grocery shopping to therapy. "These are dinners made by somebody that actually got their hands dirty."

The deli department is slated to include food carts offering selections from local favorites Athenian Grill and La Petite Creperie. The store has expanded varieties of produce, meat and seafood offerings. Murals painted by local Lexington artists adorn the walls and wireless internet is free. A café area can seat 70 people indoors and 25 outdoors. A full service wine and spirits shop is open next door.

Ashby's grocery runs include stocking up every month or so on essentials like flour, sugar, salt, eggs and dry pasta.

"We eat pasta like Italians do — coursed out in platters on the table," he said.

He also buys bulk items like raisins and nuts and stores them in Tupperware to create less trash and save on packaging. Generally, though, he likes to stay out of the middle aisles and peruses the store for fresh items.

"In our every day eating we're not food snobs, we're not elitists," he said. "There is some Annie's Mac and Cheese in our pantry."

He spent lots of time in the produce section, commenting on what he cooks with, selecting fruits and vegetables and noticing the expanded offerings at the new Kroger.

He said his family — he and his wife have two small children — eats lots of fresh veggies and fruits, and usually has smoothies with fruit and Greek yogurt for breakfast. He said he typically cooks dinners at home on Thursday and Saturday nights and on Sundays they graze all afternoon.

Ashby admired the store's huge selection of pre-cut and seasoned vegetables and other side dishes. For busy working people or families, they are great options for a healthy dinner. He pointed out things like freshly made salsa, pico de gallo and other garnishes and condiments.

Shopping for his kitchen also includes vegetables like carrots, onions and celery for stock. But his stock secret ingredient? A turnip.

The new Kroger has a bulk station to buy things like nuts and dried fruit. Ashby said his kids love to shop there and that it's like the "candy store." And if you want to cook like the award-winning chef, make sure you browse the "manager special" meats.

The store also has plenty of options for quick entertaining. If you've got a last minute dinner party, Ashby suggested heading to the seafood department and grabbing a couple pounds of mussels, shrimp or clams to make "fancy easy." And don't try to overdo it. Accentuate the simple ingredients. Focus on one vegetable and do something unique with it rather than cooking too many in a hurry. The store offers more than enough other side items to entertain in a pinch — things like fresh olives, gourmet cheese and artisan bread. Be sure to visit Ashby's Azur Restaurant and Parties, and Brasabana Restaurant for great food. Azur recently celebrated its 10th anniversary. ■



5 things we love

by Abby Laub

For many people, spring can be a time of trying new things, enjoying fresh air, giving back and sweating off extra winter pounds. As a homage to some of those things, here are just a few of the “things we love” this spring in Central Kentucky.

gym, including trampolines, for a few hours. (Necessary post-gymnastics ice baths, unfortunately, are not included.) Or if you have littles, bring them to the preschool gymnastics classes! What’s cuter and more fun than bringing your toddler to parent-tot gymnastics classes?

Food, rivers, vintage, all-night triathlons, gymnastics...it's going to be a good spring

1 The Healthiest **Weekend in Lexington** is a two-day sweatfest happening on June 12-13, and if triathlons are your game you won’t want to miss this! The event focuses on celebrating cancer survival, promoting fitness and raising money to benefit the University of Kentucky’s Markey Cancer Foundation. The event includes an overnight triathlon relay and closing festivities at Spindletop Hall. For more information, visit healthylex.com.



Dr. Jonathan Feddock, pictured competing in a half marathon with his wife and two children, is organizing The Healthiest Weekend in Lexington.

2 Have you ever been guilty of trying to relive your “glory days” of sports? Don’t lie — you’ve tried to build a pyramid with your friends, do a flip off the diving board or attempt a toe touch. If sports like gymnastics or cheerleading are part of your background, you really need to check out **Legacy All Sports** on Ruccio Way. It features adult gymnastics classes (called “fitnastics”) and has open gyms where you can literally go and have free roam of the

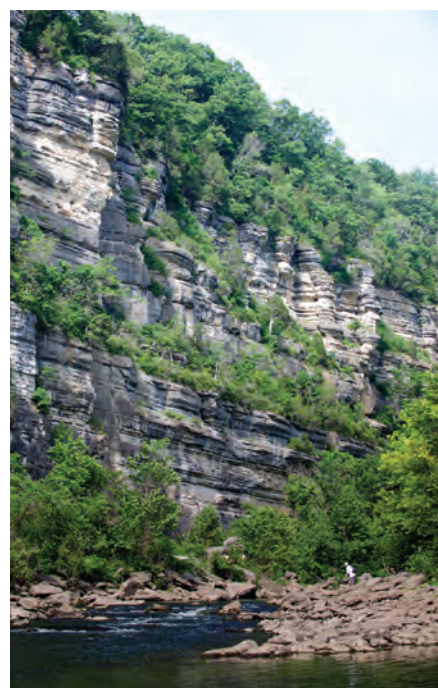


Legacy All Sports has many preschool gymnastics classes.

Gymnastics has gained new recognition among adults lately, thanks to fitness activities like CrossFit, where gymnastic movement is a big component. It’s not just for the kids anymore. Visit legacysports.com for more information.

3 The **Kentucky River** area is probably one of the region’s most under appreciated outdoor attractions. Historically the problem has been accessibility, but thanks to some new ventures based out of the Wilmore and High Bridge areas, visitors can motorboat, canoe or kayak a lot easier than ever before.

Check out Dix River Adventures (dixriveradventures.com) for river cruises, morning mist boat tours, complete with gourmet breakfast, romantic private tours, fishing trips and more. Or, rent a vessel and paddle the river yourself through AdventureServe (adventureserve.org).



Photos courtesy J.A. Laub Photography

The Dix River Gorge is a magnificent sight to behold and is easy to access from the Kentucky River.

Bottom line, missing the Kentucky and Dix Rivers and their jaw-dropping Palisades this spring and summer would be downright silly.

4 Let’s sum it up this way. Where can you go to get barbecue, tacos, ice cream, burgers, mac ‘n cheese, salad, coffee, waffles, and ice cream all at once? **Food Truck Friday.** Happening the first Friday of every month in downtown Lexington until October, hungry bellies can head out, enjoy the fresh air and dine on some of Lexington’s most creative and mouth-watering culinary treasures. Visit lexingtonfoodtrucks.com for more information.

5 **Lexington goes vintage.** Try something old for your wardrobe this season. A proliferation of vintage clothing vendors is saturating the Lexington fashion scene at the moment, and we are in love. Shops like Miss Molly Vintage located in Feather Your Nest Antiques at 1317 W. Main St. in Lexington, POPS Resale Shop at 1423 Leestown Road, Lexington staple Street Scene at 2575 Regency Road, newcomer Fox House Vintage at 123 W. Sixth St. are a few examples wonderfully curated boutiques offering reasonable prices and opportunities to make your wardrobe stand out. If you’re on Instagram you just might find something in a few clicks from Miss Molly or Fox House. Consider yourself warned. ■

Family Fun awaits!

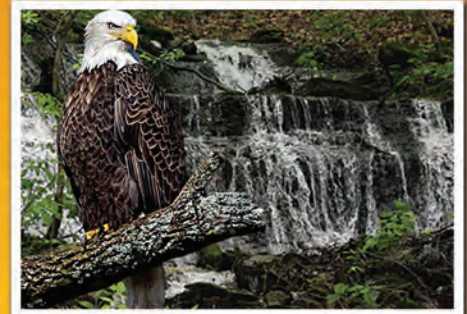
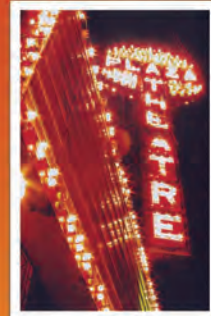
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