

BusinessLexington

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Huge Helpings

Meet the culinary team that feeds multitudes during events at Central Bank Center, Rupp Arena, and the Lexington Opera House.

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Chris Ross, senior executive chef for Levy Restaurants and its catering brand, Hardwood and Oak.

PHOTO BY VICKIE ROMANO

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PVAStatistics

These statistics on local residential and commercial property are compiled by the office of the Fayette County Property Valuation Administrator. The data reflect the most up-to-date information available at the time of printing for this publication, but monthly figures may be revised as additional public records of property transactions are submitted and become available.

Top Commercial Transactions for May 2023

DATE	ADDRESS	PRICE	ENTITY
5/4/23	2357 Huguenard Drive	\$1,100,000	Gunters Holdings LLC
5/2/23	2573 Regency Road, Unit 4	\$875,000*	C&J Spaces LLC
5/2/23	2571 Regency Road, Unit 5	\$875,000*	C&J Spaces LLC
5/17/23	186 E. Loudon Ave.	\$612,500*	Reclaimed Development LLC
5/17/23	184 E. Loudon Ave.	\$612,500*	Reclaimed Development LLC
5/17/23	188 E. Loudon Ave.	\$612,500*	Reclaimed Development LLC
5/12/23	535 S. Upper St., Unit 161	\$537,500*	Cundiff, Clarence
5/12/23	535 S. Upper St., Unit 175	\$537,500*	Cundiff, Clarence
5/5/23	167 Payne St.	\$500,000*	167 Payne LLC
5/1/23	437 Lewis Hargett Cir., Ste 150	\$452,500	Briggs Properties LLC
5/19/23	104 Brown Ave.	\$362,500	Air Properties LLC
5/4/23	1400 N. Broadway	\$240,000	GFD Broadway LLC
5/3/23	2692 Richmond Road, Ste. 220	\$225,000*	Noble Nurses LLC
5/3/23	2692 Richmond Road, Ste. 210	\$225,000*	Noble Nurses LLC
5/8/23	1795 Alysheba Way, Unit 4205	\$165,000	Alysheba Limited Liability Co.
5/19/23	104 Brown Ave.	\$127,000	Woolfolk, Walter Jr.

2357 HUGUENARD DRIVE **\$1,100,000**

*Sale Price Based on a Multiple-Parcel Transaction
** Parcel includes multiple improvements, see property record for details

Residential Sales Data for May 2023

The chart below shows the monthly residential sales activity in Fayette County for the previous 24 months. The data for the most recent month reflect a projected estimate from the office of the Fayette County Property Valuation Administrator and are subject to change.

■ 2023 RESIDENTIAL SALES ■ 2022 RESIDENTIAL SALES ■ 2021 RESIDENTIAL SALES

Month	2023 Sales	2022 Sales	2021 Sales	% Change
JAN	250	380	390	-36%
FEB	260	370	380	-31%
MAR	380	470	380	-21%
APR	330	570	650	-41%
MAY	420	650	750	-35%
JUN	640	640	750	-14%
JUL	530	530	690	-23%
AUG	560	560	640	-13%
SEP	480	480	600	-19%
OCT	420	420	600	-30%
NOV	330	330	540	-38%
DEC	300	300	530	-43%

MONTHLY PERCENTAGE CHANGE OVER PREVIOUS YEAR

For more local residential and commercial real estate information, visit the website of the Fayette County Property Valuation Administrator at www.fayettepva.com.

EconomicAnalysis

A monthly look at economic indicators compiled by the Center for Business and Economic Research (CBER) at the University of Kentucky. For more on CBER, visit www.cber.uky.edu.

	Recent Data June 2023	1-Month Change	1-Year Change
Payroll emp. MSA****	292,900 Apr.	0.03%	3.50%
Manufacturing Employment Durable Goods (KY) ****	168,000 Apr.	0.42%	2.31%
Manufacturing: Lexington-Fayette MSA Total Employees****	31,800 Apr.	0.32%	0.00%
Unemployment Rate MSA****	2.60% Apr.	-0.40%	-0.30%
Payroll Employment, US	156,105,000 May	0.22%	2.67%
Manufacturing Payroll Employment US	12,984,000 May	-0.02%	1.52%
Unemployment Rate, US	3.70% May	0.30%	0.10%
Consumer Price Index, Southern Region	295.315 Apr.	0.70%	5.50%
Consumer Price Index, US	303.363 Apr.	0.50%	4.90%
Producer Price Index, US	254.532 Apr.	0.46%	2.58%
Index of Leading Indicators**	107.5 Apr.	-0.60%	N/A
Fed's Index of Industrial Production**	103.0 Apr.	0.50%	0.20%
3-Month Treasury Yield***	5.31% May	0.24%	4.32%
10-Year Treasury Yield***	3.57% May	0.11%	0.67%
	1st Qtr. 2022 *	1-Month Change	1-Year Change
Real GDP (millions \$)	20,246,400.00	0.32%	1.60%

Note: In some cases 1 mo. And 1 yr. changes are based on revised data from previous mo./yr/

* Source: The Conference Board Research Group; <http://www.conference-board.org/>

** Source: Federal Reserve Statistical Release, <http://www.federalreserve.gov/releases/G17/>

*** Source: Federal Reserve Statistical Release; <https://www.federalreserve.gov/releases/h15/>

**** Source: St. Louis Federal Reserve; <https://research.stlouisfed.org/fred2/>

***** GDP is reported as Real Gross Domestic Product, Chained Dollars (Millions of chained (2012) dollars)

Seasonally adjusted at annual rates (Updated numbers as of Jan. 27, 2023); <https://apps.bea.gov/histdata/histChildLevels.cfm?HMI=7>

WriteStuff

By Holly Sanders

Mastering Email Etiquette: 5 Tips for Effective Communication

How often have you heard a co-worker say, "This meeting could have been an email?" Many people prefer email as the primary method of communication for conducting business. However, email etiquette is often a skill you are expected to know without formal training. Even if you don't consider yourself a skilled writer, business requires that you write emails on a daily basis. So, it is important that you know how to do it well.

Here are five tips to consider when writing a work-related email:

Use a formal tone and professional language. Write in complete sentences, follow all conventions of proper grammar and spelling, and use appropriate salutations and sign-offs. Proper salutations include "Dear" or "Hello" and the recipient's preferred title. A sign-off should reflect an appropriate level of formality and express gratitude or well wishes depending on the content of the email. Some tried and true options include "Kind regards," "Thank you," and "Sincerely."

Avoid humor, and do not address sensitive topics that would be better discussed in person. Also, proofread your email before sending it, and make sure you have included any necessary attachments.

Write a clear and direct subject line. Do not be vague. You want the recipient to

know what your email will be about before they open it. This will also help the recipient prioritize reading your email.

Do not automatically hit "Reply all." Take a moment to consider whether all recipients need to be included in your response. No one wants to be inundated with emails that are not relevant to them or their job responsibilities. Avoid sending sensitive information or messages to people who should not receive them.

Include a signature block. This contributes to the professional tone of your email and it also provides the necessary information for the recipient to reply. Provide contact information, including job title, company name, phone number, and website.

Keep calm. Do not send or respond to an email when you are upset. If you receive an email that makes you angry or otherwise emotional, step away and try to calm down before responding. When you do reply, read the message out loud to check your tone before you send it. **BL**

Holly Sanders is Tutoring Director at the Carnegie Center for Literacy and Learning. The Carnegie Center is a nonprofit educational center offering seasonal writing, publishing, language classes, and community programming. For more, visit carnegiecenterlex.org.



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IndependentBusiness

Breaking Through the Benefits Status Quo

BetterSource Benefits offers employers customized healthcare solutions

BY DAN DICKSON
CONTRIBUTING WRITER

In the 1990s, while working as a benefits advisor for Blue Cross Blue Shield of Kentucky, John Clay realized he could do more to help his customers. Over the course of the decade, Blue Cross Blue Shield of Kentucky eventually transformed to become Anthem Blue Cross Blue Shield, transitioning from a mutual company owned by policyholders to a publicly traded company owned by stockholders. This change didn't sit well with Clay.

Feeling unsatisfied with simply working out renewal programs with a limited number of insurance companies, Clay joined a "mastermind group" of advisors from across the country who were dedicated to making a difference in the lives of employers and employees.

"I already had a background in inventory control and material management. So, we started managing the healthcare supply chain," Clay said. "We put out custom-designed plans that were in the best interest of employers and their employees in a fiduciary or legal and ethical way."

In 2000, Clay, who graduated from the University of Kentucky Gatton College of Business with a degree in supply chain management, founded BetterSource Benefits, a boutique healthcare benefits agency. Based in Somerset, BetterSource Benefits operates throughout Kentucky, Ohio, Tennessee, and New York. His clients range from companies with as few as 100 employees to those with as many as 5,000 employees. Clay primarily

serves the construction, energy, and manufacturing industries, as well as nonprofit organizations such as city and county governments.

Clay prefers to be known as a strategy expert rather than a consultant, believing that companies need targeted strategies to break free from the status quo of rising premiums and diluted healthcare options found in many employee benefit plans. "Better healthcare outcomes with less risk and lower prices are what companies need," Clay said.

Three insurance companies dominate Kentucky's healthcare benefit marketplace: Anthem, United Healthcare, and Humana. Recently, Humana announced its withdrawal from the Employer Group Commercial Medical Products business in the state. Clay urges CEOs and CFOs to take a more active role in selecting employee benefit plans rather than leaving it solely to the human resources director. He highlights this scenario in his book, "Breaking Through the Status Quo."

According to Clay, the average business owner is often uninvolved in benefit sales conversations. And while the CFOs focus on the profit and loss statement, they rarely discuss the strategic aspects of benefits plans with the HR director. As a result, the cost of available plans continues to rise, but the CFO may not recognize opportunities for improvement. Clay refers to this situation as the status quo scenario.

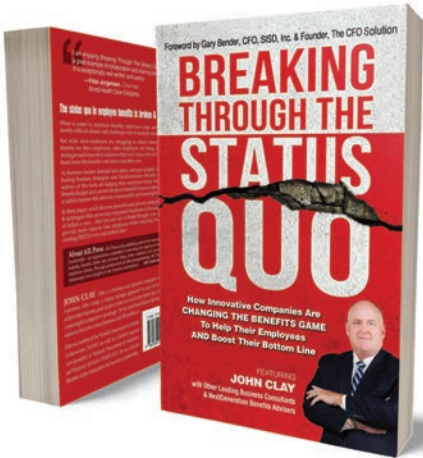


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In "Breaking Through the Status Quo," author John Clay outlines alternatives to the rising premiums and diluted healthcare options found in many employee benefit plans.

Clay said that inflation is also among the greatest challenges facing the employee benefits market in 2023. Healthcare inflation has consistently outpaced general inflation over the past 50 years, making it difficult for

employers to meet the growing demands of employees seeking more robust benefits packages, he said.

Additionally, the employee benefits marketplace faces challenges related to the lingering economic effects of COVID-19, increased usage of prescription drugs, mental health and substance abuse issues, and advancements in medical treatments and technology.

All of these factors lead to higher costs and diminished benefits for employees, Clay said.

"The term Affordable Care Act is a misnomer because it is anything but," he said. "Look at the minimum wage for some people. It may be \$15 an hour or about \$31,000 a year. If their insurance deductible is \$3,000, that's about 10% of their gross wages and their out-of-pocket could be \$5,500 to \$8,000. Then they are functionally uninsured with many of the 'off the shelf' ACA plans unless they have subsidies."

Clay cites a recent survey that found more than half of the respondents said they could not afford a \$400 emergency room charge or any other kind of financial emergency. Few could afford a catastrophic event.

"You have a huge percentage of the population with medical debt," Clay said. "BetterSource Benefits is focused on reducing or eliminating medical debt through employee plan design and solid supply chain management." **BL**



CLAY



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Shroom Service

Lexington Mushroom Company supplies local restaurants with a diverse array of tasty fungi

BY SHANNON CLINTON
CONTRIBUTING WRITER

What began as a hobby for two mushroom enthusiasts, known as mycophiles, has blossomed into a thriving business that supplies local groceries, restaurants, and individuals with a delectable array of edible fungi.

Michael Maglothin, the president of Lexington Mushroom Company, partnered with Gatewood Arnold, an engineer who is concurrently pursuing a PhD and working as a teaching and research assistant at the University of Kentucky, in founding the business.

The two began growing mushrooms for fun on a home-based scale in late 2017. While it was an enjoyable and enlightening experience, they quickly realized that this hobby required a substantial amount of equipment, including a pressure cooker, a flow hood, and various mechanisms to automate certain processes and reduce the need for constant maintenance and care.

"As you collect all that, you have all the equipment you need to almost do it commercially," Arnold said.

They formed an LLC late last year and, in July, secured a commercial lease for property on Military Pike that would house their commercial lab and provide outdoor space, marking the final step toward transforming their venture into a full-time business.

They've since supplied mushrooms to restaurants like Azur, vegan food truck Moody Mike's, and others.

Arnold explained that mushroom farming, for him, is a creative outlet outside of his academic pursuits, which entails crafting engineering workarounds for various needs and challenges. Mushrooms require 98 to 100 percent humidity to flourish, with carefully controlled airflow. Their substrate, or

growing material, has to be cooked in large amounts for proper sterilization.

They've been working to cultivate a diverse profile of mushroom strains and identify ways each could ultimately be used, both in cooking and in medicinal applications such as supplements and tinctures.

Lexington Mushroom Company currently offers nine mushroom strains, including pink oyster, golden oyster, phoenix oyster, blue oyster, and lion's mane. They order mushroom cultures from other companies to start new specimens and are experimenting with additional strains to determine the optimal growth environment for each.

"Sometimes the failure on that might come three weeks after starting and you might have to start over," Arnold said.

Still, he likes the fact that urban mushroom farming can be done indoors, with greater control over growing conditions and the ability to harvest year-round.

Arnold has been a vegetarian since 2016, counting lion's mane "steak" and mushroom jerky among his favorite mushroom-based foods. Maglothin says he's often a plant-based eater, with mushrooms serving as an excellent meat alternative.

Maglothin adds that he's also used lion's mane for help with focus and that antler reishi mushrooms can be used for fatigue and joint pain.

The business offers delivery to all in-town restaurants. Its also registered as a Kentucky Proud vendor. Lexington Mushroom Company has also begun selling DIY kits for others to start home mushroom farming.

"It took us time to be able to be at a point where we would be able to reliably produce this for grocers and restaurants," Arnold said. "It's one of the hardest things I've ever done and that's part of why I like it. I like the challenge of it." **BL**



Since beginning as a home-based hobby, Gatewood Arnold, left, and Michael Maglothin have grown the Lexington Mushroom Company into a thriving business.

Golden oyster mushrooms, far left, and chestnut mushrooms are among the edible strains of mushrooms cultivated by the company.

PHOTOS
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QuickBites

Lexington Chef's Table pops up, Granddam and Lost Oasis debut at The Manchester

BY SHANNON CLINTON
CONTRIBUTING WRITER

A local chef with many well-known restaurant names on his resume has launched a new venture, **Lexington Chef's Table**.

Over his 27-year career as a chef, Adrian Puckett has worked in restaurants including the Bluegrass Hospitality Group, Lexington Country Club, Windy Corner, Local Feed, Dupree Catering, The Bridge, and the Village Anchor in Louisville. On his own or with partners, he's opened his own establishments, including Cookin' Up Kentucky in 2009 and Southern Smoke Catering in 2011.

Now, as executive chef and owner of Lexington Chef's Table, "I wanted to take all the knowledge and skills I've learned over the years and showcase premium products, mostly sourced directly from Kentucky farmers," he said. "For me, cooking is my way of expressing my artistic passions. It's literally my favorite thing to do."

Luring in hungry diners with a signature Wagyu smashburger and FreeBird Black Label fried chicken, LCT was launched along with Puckett's oldest son, Bobby Puckett, and friend Dan Houlihan.

Adrian said their aim is to offer high-end food at a reasonable price, serving from multiple pop-up kitchens and from a commercial kitchen in Greyline Station. Along with being accessible via DoorDash and GrubHub, "we also have access to multiple venues," he said.

In other food- and beverage-industry news:

The Manchester has opened in the Distillery District. The boutique hotel includes a 140-seat restaurant called **Granddam**, serving eclectic Appalachian-inspired fare by executive chefs and husband-and-wife team, Karl and Paula Lowe. Menu items include "Hog & Hominy," tomato pie, wood-fired Kentucky wild mushrooms, and a 12-hour roasted wild boar.

Lost Palm, an art deco rooftop bar and lounge at the hotel, is designed with a 1960s South Florida vibe and serves classic American cocktails and tropical-inspired bites, including alligator pastor tacos and baked and stuffed spiny lobster tails.

The Distillery District's culinary scene continues to expand with Cincinnati area restaurant group Mazunte's recent announcement of **Mazunte's Bodega** restaurant and **La Brasa** event venue to open this fall at 903 Manchester St.

"Our food is a vibrant fusion of traditional and new flavors, and we're proud of the way it represents us," said Wendy Enriquez, Mazunte's creative director. "We're most excited that customers in Lexington will get to experience our food and culture."

Lexington-based **Drake's** is expanding to Danville, at the site of the former King Buffet at 2596 S. Danville Bypass, with construction work already underway. Drake's is owned by Bluegrass Hospitality Group.

Ramsey's Diner officials announced in early June that, after 32 years at its Tates Creek location, the last day of operation there would be June 26. A new Leestown Road location is on track for an August opening.

Bella Cafe and Grille is opening an-



PHOTO FURNISHED

Granddam, the newly opened Manchester Hotel's 140-seat restaurant, serves eclectic Appalachian-inspired fare from executive chefs Karl and Paula Lowe.

other location in August at The Fountains at Palomar.

Osha Thai, described as an upscale casual Asian restaurant and bar, has opened its doors in the former Roulay location at 107 W. Short St. The new restaurant is from the owners of Buddha Lounge.

Stocked by the Kroger Company and operated by God's Pantry, a **Mobile Market** will traverse several Lexington neighborhoods this summer, providing residents an opportunity to purchase groceries in areas without easy access to them.

"This is a way to address insufficient nutrition, improve general health, and address childhood obesity," Lexington Mayor Linda Gorton said in announcing the project.

Archa Nine Thai Kitchen is opening a second location at South Elkhorn Village on Old Harrodsburg Road, according to an announcement.

Sharetea Lexington had a soft opening in late May at 2860 Richmond Rd., offering bubble teas, milk teas, fruit teas, and unique toppings for beverages.

Never Too Much Creamery announced it would be opening soon at 110 W. 6th St. The sweet shop features milkshakes adorned with heaps of fancy toppings, including varieties such as Cake Batter, Lucky Charms, Mint Chocolate Chip, Cotton Candy, and Banana Pudding.

A **Dong Yang Market** representative said that **Chung Chun Rice Corn Dog** is opening at the market, located at 3101 Clays Mill Rd., on July 1.

Everything will be made fresh onsite with some ingredients imported from Korea, and the corn dogs, described as having cheesier and fluffier characteristics than American style, will have embellishments including Cheetos, cheddar, beef sausage, mozzarella, potato, and more.

There will also be spicy rice cakes with ramen, mozzarella or cheddar cheese toppings and Korean-style fried chicken in original, soy garlic, and sweet and spicy varieties.

Mexico Mi Amor has opened at 780 N. Limestone, with mojitos, mimosas, margaritas, live music and Mexican fare including chilaquiles and tacos. **BL**

Have a food- or beverage-related update to share? Please email info@smileypete.com.

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PHOTO BY KATIE ROMANO

Service during an event held in June at Central Bank Center. Last year, chef Chris Ross and his team covered 882 events at Central Bank Center, Rupp Arena, and the Lexington Opera House.

Huge Helpings

Meet the culinary team that feeds multitudes during events at Central Bank Center, Rupp Arena, and the Lexington Opera House

BY SHANNON CLINTON
CONTRIBUTING WRITER

For chef Chris Ross, cooking is all about sharing memories by the plateful.

His favorite thing to cook is braised beef short ribs, seared in the oven at 500 degrees with heavenly smells wafting through the kitchen, as they did in his own grandmother's kitchen growing up.

The smells of "the fat crisping, the meat getting nice and caramelized," remind him of his childhood.

"A lot of the dishes that we do [are] based on memories, and [we] try to get people to feel that same kind of thing," he said.

Ross, a Lee County native who studied in Sullivan University's culinary program nearly two decades ago, is the senior executive chef for Levy Restaurants and its catering brand, Hardwood and Oak. The company has been contracted to oversee food services for events at Lexington's Central Bank Center, Rupp Arena, and the Lexington Opera House since 2019. Levy, a Chicago-based company that provides dining and hospitality services for numerous large venues, also operates food and beverage services at the Kentucky Inter-

national Convention Center and Kentucky Exposition Center in Louisville. Since 2006, Levy has been a wholly owned subsidiary of Britain's Compass Group.

Ross' spouse, Asia Ross, has been the senior catering sales manager for Levy since 2021. The two met while working at Bellefonte Country Club in Ashland, Kentucky.

"She sells the dream and I make it happen," he said with a laugh.

In 2022 alone, Levy covered 882 events at the Central Bank Center, Rupp Arena, and Lexington Opera House.

A single event might entail multiple meals. For example, Asia Ross said a recent Future Farmers of America Convention at Central Bank Center encompassed five or six meals along with beverages and snacks for various smaller groups, with a total of 2,500 people served daily.

A convention of 2,000 people might also include serving multiple, smaller breakout sessions, she added, and often with additional catering events taking place at other Levy's venues in Lexington or Louisville at the same time. A basketball game at 20,000-plus capacity Rupp Arena might include food prep for 1,600 VIP club members and concessions for fans.



PHOTO BY KATIE ROMANO

Chris Ross is the senior executive chef for Levy Restaurants and its catering brand, Hardwood and Oak.

A color-coded calendar helps the couple and staff keep track of all their commitments.

Chris Ross said the largest gathering he and his team have catered was a two-day, 5,300-person Seventh Day Adventist convention, serving primarily vegan meals. For that, he prepared collard greens, deep-fried shiitake mushrooms, sweet potato grits, and cauliflower “steaks” with a meat-free play on red-eye gravy.

“I wanted it to be nice, but I also wanted it to showcase Southern [food],” he said.

Amazingly, that event was catered by a staff of 10, as it was still a challenge coming out of the pandemic’s peak to find willing workers. Ross said that the challenge has since eased up somewhat.

Asia Ross said convention center staff — including marketing and event management staff, among others — are often willing to pitch in with plating for large events.

“They actually love it because it’s such a different feeling than a desk job,” she said.

Historically, the convention center’s business is a bit slower in the summer months, which is when local produce is at its peak. That makes it challenging to use locally grown produce in catered meals, especially in the large volumes needed, but Chef Ross says he tries to source locally when feasible.

For quality, Chef Ross said he and his staff do about 80% of the cooking from scratch, including sauces and salad dressings. They bread and fry items themselves, eschewing prepackaged, pre-breaded foods altogether. He said they buy and cut down produce and strive to create thoughtful, restaurant-quality meals.

Sometimes they cook for celebrities and their crew members and fulfill “riders,” or a list of food and beverage requests from performers.

“For the most part, a lot of these tours that come through here have their own caterers,” he said, “[but] some of the smaller acts [don’t] have their own caterer, so we do their backstage catering.”

Asia Ross said she met Reba McEntire once backstage, “which was pretty awesome.”

She said rapper Lil Wayne’s rider was particularly memorable, requesting Flaming Hot Cheetos and Sour Patch Kids and, to wash those down, Dom Perignon. Another celebrity whose identity she didn’t divulge wanted a whole roasted chicken kept warm in a slow cooker.

Asia Ross said that no matter the clients or occasion, her husband is both passionate and particular about the dishes he creates, which he describes as “elevated Southern.”

“If you think about Southern cooking, you’re thinking about Mamaw making it from the heart, not with a recipe,” she said.

Chef Ross typically starts with an idea for a tasty menu and works backward to write recipes for his staff to replicate those dishes on a much larger scale.

As for the most memorable meal Chris Ross ever cooked for his wife? That was years ago when she was a waitress and he was the chef in their country club days.

“He made swordfish, and I’d never had it before,” she said. “I thought he was the coolest thing ever.”

She also loves her husband’s fried chicken livers with mashed potatoes and creamy onion gravy, which she requests for her birthday or other special meals.

Chris Ross said that while some days and some events are more demanding than others, the satisfaction of creating and serving exceptional cuisine for large groups of people makes it all worthwhile.

“If you have a desire to be a chef or you have a desire to please people, that desire is there no matter what,” he said. **BL**



Members of the culinary team coordinate to plate and serve hundreds of meals for a large event held in June at Central Bank Center.

PHOTOS BY
KATIE ROMANO



Flo Mayer, at top, Vena Preston, at right, and Karen Miller, far right, reside at Ashland Terrace in Chevy Chase. Residents enjoy a wide variety of amenities and activities, from games and puzzles, to an onsite salon, community events, and gardening.

PHOTOS BY
MICK JEFFRIES



Centennial Celebration

Ashland Terrace Senior Living Community celebrates 100 years

BY TANZI MERRITT
CONTRIBUTING WRITER

Just a few hundred feet from the bustle of the Chevy Chase business district sits the Ashland Terrace Senior Living Community, an independent living home for women age 60 and older. Tucked away on South Ashland Avenue behind Kroger, the establishment is well known in the neighborhood for the beauty and lushness of its community garden – but Ashland Terrace is also an oasis in many other ways for its residents, who are gearing up for a celebration in honor of its 100th anniversary as a ladies’ retirement home this summer.

According to executive director Kelly Weber, the home, which was first located on Short Street and called “Home of the Friendless,” was created in 1849 to house men, women, and children who were displaced by cholera during Lexington’s second epidemic.

“As time passed, the residents that remained were older ladies, and in 1923 the organization was incorporated as “The Old Ladies’ Home,” Weber said, adding that while that is still the organization’s legal name, it has been doing business as Ashland Terrace since the 1970s.

When Ashland Terrace became the Old Ladies’ Home, it relocated to High Street, where it occupied two Victorian homes that were mirror images. In 1960, the current South Ashland property was purchased and the current building was built.

“At the time it housed 21 women, but in 1999 and 2000 we expanded to a capacity of 35,” Weber said.

To become a resident, a lady must be

60 or older and able to live independently, Weber said, “as in, they can take care of themselves in their room and can get to the dining room for meals.” Rent is 75% of monthly income, with a minimum of \$1,750.

Each room at Ashland Terrace originally had a sink and toilet, while the residents shared a shower and tub room. Over the years, renovations have been made, and most rooms now have their own private shower and a small kitchenette, with only a few left to be remodeled. Residents are served three meals a day in the dining room and are provided with transportation and Wi-Fi, spacious and comfortable indoor and outdoor gathering spaces, activities and planned outings as perks of residency. Residents are only responsible for any cable or streaming services they desire, phone service, and personal laundry.

Another point of pride for Weber is that Ashland Terrace is pet-friendly.

“Not a lot of communities are,” she said. “I think that is a beautiful thing that we are able to offer. If a resident can take care of their own pet, they are able to have a smaller dog or cat. One of our residents even has a bird.”

Two popular on-site amenities are the salon, where the ladies can get their hair and nails done without leaving home, and the library.

A favorite perk for resident Alberta Williams is the latter, which is open 24 hours a day.

“At two in the morning you can go down the hall quietly and get a book – even in your pajamas,” she said.

The library is mainly stocked with donated books, while a small selection of titles is brought in monthly from the Lexington Public Library. The residents also run their own book club.

There’s an activity for every interest at Ashland Terrace. Groups of ladies work on crossword and jigsaw puzzles together, host crafting sessions and play bingo. The staff also organizes events where the doors are opened to the community.





PHOTO BY MICK JEFFRIES

Ashland Terrace executive director Kelly Weber and assistant director Nisa Hanna enjoy the facility's porch. Below, Ric's Garden, the facility's community garden maintained by residents and volunteers.

"We have a garden club that meets here on the veranda, and then they will help in the garden after their meeting," Weber elaborated. "Musicians come to perform for the residents. We also just brought back Terrace Talent Saturday — a talent show that's open to the community — for the first time since the pandemic began, and have hosted a community dog show. That was so much fun for everyone."

Some residents are content to just enjoy their retirement and being taken care of, she added, while others are more inclined to take on tasks around the house, like folding laundry, delivering mail, or stuffing envelopes with newsletters and mailings.

Of course, Chevy Chase neighbors are familiar with Ric's Garden, Ashland Terrace's community garden filled with flowers, herbs, and vegetables. While some of the plants are grown exclusively for Ashland Terrace residents, they also operate a cutting garden where they welcome guests to help themselves to flowers and herbs for a small donation.

Karen Miller, a resident who is particularly active in the garden, explained the garden was established by former director Ric McGee, a master gardener who meticulously planned and planted the garden when the facility was renovated and expanded in 2000.

"The main cutting garden is open from dawn to dusk — anyone can snip flowers and herbs from that section and leave a donation in the box," Miller said. "It's an honor system, and it works pretty well."

The only things off limits, she added, are the roses and tomatoes, which are for the enjoyment of residents.

After moving in just over a year ago, Miller helped initiate a weekly bouquet sale to raise funds for the garden. During the summer, when the garden is bursting with flowers, those who might not want to cut their own flowers can now purchase pre-arranged bouquets from the resident gardeners.

Said Miller: "I like everything about the garden — I like working in it. I like sitting in it. I like picking flowers. I love floral arranging. I love having flowers in the house all the time. And the koi. There's a beautiful pond with lots of gorgeous, huge mature koi."



PHOTO FURNISHED

Marilyn Murphey, a long-time resident, used to feed the koi every morning.

"I'd call out 'Kids! Kids!' and they would all come rushing up," said Murphey. "I once tried to call them in different voices, and they wouldn't respond. But when I called in my own voice, they came to me quickly, as if to say, 'Some idiot has been trying to lure us away from you!'"

Ric's Garden has been a part of the Lexington Council Garden Club's Bluegrass Garden Tour for many years, and the facility is excited to participate again this year, on June 24.

For residents past, present and future, Weber described Ashland Terrace as "a secure place to live with a wonderful sense of community."

"We're definitely planning to continue doing this for another 100 years," she said. **BL**

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Rural Kentucky's Equine Care in Peril

A growing shortage of large-animal vets threatens the availability of care, especially in agricultural areas

BY SARAH E. COLEMAN
CONTRIBUTING WRITER

Spring in the Bluegrass is a bustling time for horse owners. Equestrian competitions flourish, featuring events in multiple disciplines every week. The foaling season reaches its peak as mares of all breeds give birth, and the Thoroughbred breeding season commences, with thousands of mares transported to breeding farms across Central Kentucky.

However, amidst the veterinary trucks on the road and the constant flow of patients to the numerous equine hospitals in Central Kentucky, rural areas of Kentucky, and the United States as a whole, face a significant shortage of large-animal veterinarians. Large animal veterinarians are responsible for the care of farm animals, including horses, cows, goats, pigs, and sheep, in contrast to small animal veterinarians who primarily focus on cats, dogs, pocket pets, and reptiles.

The term “veterinarian shortage” is not subjective. The National Institute of Food and Agriculture (NIFA), part of the U.S. Department of Agriculture, releases an annual Veterinarian Shortage Situations report that identifies three different types of veterinarian shortages. According to the Farm Journal Foundation, there are over 200 “shortage areas” in the United States encompassing more than 500 counties.

While horse owners in Fayette County may have sufficient equine veterinary options, 72 out of Kentucky's 120 counties are grappling with large-animal veterinarian shortages. In rural areas, the shortage is even more pronounced, making it increasingly challenging to find an adequate number of equine veterinarians. Consequently, no horse owner is exempt from the potential ramifications of this shortage, which could have dire consequences for horses in need of medical assistance.

Consider the following statistics:

- By 2025, the U.S. Census Bureau projects a possible national shortage of 15,000 veterinarians, primarily needed in rural areas.
- The American Association of Equine Practitioners (AAEP) reports that only approximately 6% of new veterinary school graduates pursue equine practice. This means that out of the 4,000 vet school graduates each year, fewer than 50 opt for equine veterinary positions.
- Within five years, 50% of these young veterinarians transition to small-animal medicine or leave the veterinary field altogether.
- Nearly 60 equine veterinarians retire annually, and this number is projected to increase by 3% each year.

Four primary reasons contribute to the departure of equine veterinarians from the field and the limited number of newcomers:

1. Lack of work-life balance: Many large-animal vets serve multiple counties, leading to an overwhelming workload and excessive working hours.
2. On-call requirements: Veterinarians



PHOTO FURNISHED

While horse owners in Fayette County may have sufficient equine veterinary options, 72 out of Kentucky's 120 counties are grappling with large-animal veterinarian shortages.

located farther from medical hubs often find themselves on call 24/7, particularly if they work as solo practitioners.

3. Pay disparity: Graduating veterinarians often carry more than \$200,000 in student loan debt. Equine veterinarians consistently earn approximately half the compensation of their small-animal counterparts.

4. Stress: Equine veterinarians face immense stress due to inadequate support, financial burdens, the pressure to be constantly available, and the expectations placed on them by horse owners and themselves. This cumulative stress can be overwhelming. These issues become more acute in rural practices, prolonging wait times for routine care and emergency services, leaving horse owners in a difficult position.

So, what is being done?

While numerous nationwide initiatives aim to address the veterinarian shortage, Kentucky stands out as the only state to establish a Large Animal Veterinary Shortage Working Group focused on community readiness regarding the shortage issue. Agriculture Commissioner Ryan Quarles invited industry stakeholders, including livestock and farm organizations, colleges, veterinary schools, and other agricultural and veterinary entities, to participate in the group.

In late May, the working group formed four committees, each with a specific focus:

1. Developing a robust pipeline of Kentucky students interested in pursuing veterinary school.
2. Identifying opportunities for Kentucky to support vet school programs, such as increasing the number of seats available to

Kentucky students or providing additional financial assistance.

3. Exploring strategies to encourage recent veterinary school graduates to seek employment in rural areas and specialize in large-animal care.

4. Proposing initiatives to retain veterinarians in rural and large-animal practices. Kentucky has already embraced unique approaches to foster interest in large-animal veterinary medicine, including:

- The Large and Food Animal Veterinary Incentives Program: Administered by the Kentucky Agricultural Development Board, this program offers grants and forgivable loans to approved large- and food-animal veterinarians in the Commonwealth, reimbursing them up to 75% for eligible expenditures, such as ambulatory-only practice vehicles, with a maximum reimbursement of \$100,000.

- The Large Food Animal Veterinary Loan Program (VET): Provided by the Kentucky Agricultural Finance Corporation, this program assists Kentucky veterinarians in constructing, expanding, equipping, or acquiring practices catering to large and food animal producers.

- Exploring additional support for colleges that serve as primary feeders for veterinary schools, such as the University of Kentucky, Eastern Kentucky University, Morehead State University, and others with strong undergraduate programs in agriculture and animal science.

- Engaging in ongoing discussions with the American Veterinary Medical Association (AVMA) to increase the number of available seats in veterinary schools, enabling more students to enroll each year.

- Offering additional graduate program opportunities, such as Master of Veterinary Education, Master of Veterinary Clinical Care, and Master of Veterinary Bioscience degrees (available at Lincoln Memorial University's College of Veterinary Medicine).

- Establishing the University of Kentucky/Lincoln Memorial University College of Veterinary Medicine cooperative program, allowing students to graduate with a Doctor of Veterinary Medicine (DVM) and a Doctor of Philosophy (PhD) in Veterinary Science, with financial assistance available.

Regrettably, addressing the large-animal veterinarian shortage is not as simple as alleviating student debt or creating more veterinary school seats, although these aspects are relatively easier to address. The fundamental issues of lack of work-life balance and the resulting stress remain the primary reasons why veterinarians hesitate to join or remain in the field. Well-being and mental health directly correlate with stress and its management, and burnout significantly affects the veterinary population.

The Kentucky working group is exploring preventive measures to mitigate burnout. They aim to assist young professionals through species-specific mentorship, acclimation to rural practice and community engagement, and positive messaging from experienced veterinarians, among other strategies. **BL**

Sarah E. Coleman is the Executive Director of the Kentucky Horse Council and an appointed member of Kentucky's Large Animal Veterinary Shortage Working Group.

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Promoting Civic Health

CivicLex helps Lexington's citizens learn more about and productively engage with local government

BY DAN DICKSON
CONTRIBUTING WRITER

People who navigate the large and sometimes puzzling Lexington-Fayette Urban County Government may sometimes feel overwhelmed. With a maze of departments and 3,600 employees, it's easy to get lost. Many individuals simply want answers. They might have questions about important issues before the Urban County Council, a city board or commission, or how local ordinances affect their group. They may also seek information on how to access the free taxpayer benefits they are entitled to. Unfortunately, citizens often feel like they've hit a dead end or fallen through a trap door, as a responsive local government seems nonexistent these days.

CivicLex aims to help make the processes and policies of local government more transparent and easily navigable for citizens. Founded in 2017, the nonprofit organization promotes "civic health" and strives to maintain a well-informed public through civic education that sheds light on issues, policies, and procedures.

CivicLex has no party affiliation, is not part of LFUCG, and is not accountable to it. It receives no funding from tax revenue but receives donations from nonprofit foundations and other groups. CivicLex sends staff members to practically every city meeting. They take notes and report what happened then and what will happen next. Its website is a valuable tool with reams of information about what is happening in the city and what it means to citizens. It practically offers citizens a master's class in how government works.

This is important work, says Richard Young, executive director of CivicLex, especially given many citizens' growing distrust in federal, state, and city institutions. "Some of that is incredibly deserved. But at the local level there are so many wonderful people trying to do good work," Young said. "We try to further the relationship between local government and institutions and residents. How do we address that growing distrust? By getting information out and urging participation."

Young doesn't have an academic background in political science, government, or finance. Rather, he earned a degree in double bass performance from the Conservatory of

"What CivicLex provides are good facts and what I always wanted the public to know, and that is how to access something from local government."

SUSAN LAMB, FAYETTE COUNTY CLERK



"We try to further the relationship between local government and institutions and residents," said Richard Young, executive director of CivicLex.

PHOTO BY
MICK JEFFRIES



PHOTO FURNISHED BY CIVICLEX

Filmmaker Tony Gilmore created The Living City game as part of Lexington's Civic Artist in Residence program, facilitated by CivicLex. The game puts players in the shoes of the people who make Lexington run.

Music in Cincinnati. But he has always been passionate about community development. Young recognized the need for an independent organization like CivicLex in Lexington and took the initiative to develop it. "We all know government can be confusing at times, so we want to make it easier for people to participate in a rewarding way."

CivicLex's website is loaded with information about city budgets, spending, taxes, the Comprehensive Plan, the Urban Services Boundary, neighborhood changes, housing issues, and a long list of other topics.

They also organize events and workshops where citizens can learn about how city budgets work, how city revenues are allocated, and how to address problems in their neighborhoods. There are numerous avenues

for engagement, whether in person or online.

Young said a common issue that arises is when people attend a meeting just when a final decision is to be made. People seem surprised about the status of the issue and feel the government is hiding something when in fact those citizens needed to keep up with the progression of the issue, upcoming deadlines, and scheduled votes. "They tend to show up angry," Young said. "They feel as though something is being done to them. Our role is to help people understand earlier so they can get involved at a productive stage." This includes working with council members, commissions, departments, and elected officials to facilitate constructive rather than frustrating engagement.

Another helpful feature of CivicLex is the

in-depth information it provides about the makeup of the current Urban County Council. The newly seated council stands out for its diversity and a large number of freshman members. Citizens can learn much about their council members, such as what committees they sit on and what their priorities are.

Martin Rivers of Lexington is a retired engineer who seeks out volunteer opportunities. He joined the Senior Services Commission "I knew it was time to learn what the commission does and about local politics and I was directed to CivicLex," Rivers said. "It is astounding what they do. A real gem in the community."

Rivers emailed CivicLex for guidance on the commission's role and received an in-depth, one-hour crash course on city government and the commission itself. Now he's a fixture at council meetings. "I am especially interested in budgets and city revenue," Rivers said. "I always get excellent information from the weekly newsletter [CivicLex] puts out. It's in an unbiased format. If they don't know something, they're not afraid to admit it. As an engineer, I love that because no one knows everything."

Susan Lamb is well-versed in how local government works and the circulation of information within government corridors. Lamb currently serves as Fayette County Clerk and has 21 years of experience working in the Urban County Council's Office. Lamb also represented the 4th District on the Council for four terms. While a councilwoman, she sat on many boards, commissions, and committees.

"What CivicLex provides are good facts and what I always wanted the public to know, and that is how to access something from local government," Lamb said. "People must know things before getting involved. When CivicLex came around, I was just thrilled. They do their jobs in a factual way without injecting their opinions." **BL**

BizLexQ&A

Allen McDaniel

Downtown Lexington Partnership's new executive director on growing and promoting the city's core

BY TOM WILMES
BUSINESS LEXINGTON

Lexington native Allen McDaniel brings a wealth of perspectives to his role as executive director of the Downtown Lexington Partnership (DLP). McDaniel attended Transylvania University and also earned a bachelor's in music from the University of Kentucky. He completed a master's in public administration at Morehead State University and later served as executive director of the Lexington Clinic Foundation. "I've had the opportunity to collaborate with numerous local nonprofits regarding fundraising and funding," he said. "It has been great to learn about the amazing initiatives happening in our community and explore the different facets of the city."

McDaniel joined DLP in early February, following the departure of outgoing director Terry Sweeney due to family reasons.

DLP, formed in 2017 through the merger of Downtown Lexington Corporation and the Lexington Downtown Development Authority, aims to centralize downtown revitalization and management efforts, providing a single point of contact and accountability. Currently, the nonprofit organization includes more than 150 member businesses. It also puts on several popular downtown events, including the annual Central Bank Thursday Night Live concert series and a seasonal ice-skating rink at Triangle Park.

We spoke with McDaniel about his months on the job and what's on the horizon for downtown.

What are some current initiatives you're excited about? Starting July 1, we will resume the management of the Downtown Lexington Management District, which is an exciting partnership. I am looking forward to seeing that come back into effect. I think the DLP is naturally positioned to be the umbrella organization that helps bring stakeholders together. We have a tremendous opportunity to collaborate and move downtown forward in a positive direction.

We are also exploring ways to showcase the safety of downtown Lexington and communicate that message more broadly, as well as the convenience of coming downtown to do business or frequent our shops, restaurants, and bars.

Part of what attracted me to this role was the chance to communicate with different people and ensure everyone is aligned because, ultimately, we all share the same goal of making downtown amazing.

Downtown Lexington has undergone significant changes. What are your thoughts on the transformation? I have thoroughly enjoyed witnessing the growth. If you're from here, you've seen tremendous changes, especially over the past decade. There is now a vibrant nightlife downtown, and businesses collaborate effectively on

common issues. This collaborative aspect is another natural role for the Downtown Lexington Partnership. We have numerous members in the hospitality sector, and we can help facilitate that conversation.

Does DLP have recommendations regarding improving public safety? While I am not a public safety specialist, I know everyone is working toward the same goal. In Mayor Gorton's latest budget, she included a 'real-time intelligence center' to help the police have more and better viewpoints to promote safety throughout downtown. We're happy to support that.

What role does DLP play in promoting economic development? That is a conversation we're having right now. Historically, DLP had an active role in this area, and I am excited to explore opportunities to work in that space again. I want to ensure that our efforts are collaborative, involving the city and private partners, so that everyone is on the same page in terms of how we can best contribute.

The Webb Companies recently announced plans for a mixed-used development across from Rupp Arena. Are there other significant downtown developments you're aware of? One particularly exciting project is the proposed redevelopment of the old Festival Market/Triangle Center building. They have presented an impressive proposal to transform the building into a combination of office space, shared co-working spaces, and a more hospitality-focused environment. Additionally, the development of Town Branch Park will completely redefine our downtown landscape, taking previously underutilized space and turning it into a vibrant gathering space for the community. Ann Bakhaus, who serves on our board as vice president, has played a crucial role in advancing this project, and we are eager to see it come to fruition.

Its completion will further connect the main downtown corridor with the growing Distillery District, which recently welcomed The Manchester Hotel.

How closely does DLP work with the universities located downtown? We have a close working relationship with the local universities and appreciate their support. One of our executive committee members works on UK's economic development initiatives. They have been a longstanding member and an excellent partner. In addition, Brien Lewis, president of Transylvania University, also holds an active seat on our board and has been a tremendous community partner. Having these campuses right in the heart of the city, they play a significant role in helping us collectively determine the best way to move downtown forward.

What are DLP's priorities for the upcoming year? One of our primary goals is to encourage more people to visit downtown and take advantage of the opportunities available there, such as shopping, dining, and attending events like the long-running, free-to-attend concert series, Central Bank Thursday Night Live. It's wonderful to see devoted fans arriving early each week to stake out a spot and enjoy the music. I am proud that we can offer such inclusive and diverse events that bring people into the space and introduce them to the local businesses we have downtown.

We are also updating our strategic plan over the next few months and welcoming new board members who will contribute to our already excellent board. I believe people will be excited to see the outcomes in the next five to six months. **BL**



Lexington native Allen McDaniel became executive director of Downtown Lexington Partnership in February.

PHOTO
FURNISHED

Who's Who

EMPLOYMENT NEWS AND AWARDS IN OUR COMMUNITY



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GORTON



DECKER



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BUNNELL



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MILLER



BAKER



BENTLEY



FOXX



HALL



M. JOHNSON



STEWART

New Hires & Promotions

Big Ass Fans has appointed **JJ Rodgers** as the company's new vice president of finance.

Chief Justice of the Commonwealth Laurance B. VanMeter announced that **Katie C. Comstock** will be the next director of the Kentucky Administrative Office of the Courts.

CHI Saint Joseph Health has named **Cathy Lowe**, DNP, MBA, RN, CEN, as the new vice president of patient care services/chief nursing officer (CNO) at Saint Joseph Hospital. CHI Saint Joseph Medical Group – Neurology in Lexington also added **Kelly Taylor**, DNP, APRN, AGCNS-BC, to its team of caregivers.

Sydney Cornett has joined the team at Lexington Event Company as an event producer.

Community Ventures has tapped Lexington native **Krista Buckel** to fill the nonprofit's director of brand experience position.

Traditional Bank has welcomed mortgage loan officer **Amy Workman** to its Lexington lending team.

Leah Taylor joined Whitaker Bank as AVP commercial and residential loan officer.

Cody King has joined Dinsmore & Shohl's Lexington office as an associate focusing on commercial litigation.

Lexmark International, Inc. has named **Tonya Jackson** senior vice president and chief people officer. **Billy Spears** will succeed Jackson as senior vice president and chief product delivery officer.

Longtime Keeneland Library director **Becky Ryder** will retire as of Oct. 31 after more than a decade at the helm of the globally renowned Thoroughbred information repository and public research facility. **Roda Ferraro**, who formerly served as Head Librarian at Keeneland Library and recently curated its popular The Heart of the Turf: Racing's Black Pioneers exhibit, has been named to succeed Ryder.

Dr. Kyle Lee, superintendent of Catholic Schools for the Diocese of Lexington, announced **Rob Rumpke** has been appointed as the president of Lexington Catholic High School for the academic year 2023-24. Lexington Catholic also announced that **Mike Meniffee** will be the next leader of the High School Girls' Basketball Program.

CLARK Material Handling Company has appointed **J. Michael Binnie** as COO/CAO for its North America operations.

The University of Kentucky College of Agriculture, Food and Environment has named **John (Scott) Radcliffe** as chair of the Department of Animal and Food Sciences.

Lexington & Fayette County Parking Authority (LFPCA) executive director **Gary A. Means**, CAPP, has accepted a new position with Pivot Parking as executive vice president.

Community Trust Bancorp, Inc. has promoted **Tonya Maynard** to the position of vice president, internal audit supervisor.

Senator **Amanda Mays-Bledsoe**, R-Lexington, has been appointed to the newly formed Health and Human Services Delivery System Task Force.

Brett Bibb has joined Commerce Lexington Inc. as its new director of marketing.

Lexington Mayor Linda Gorton has named **Liz Rodgers** as Lexington's third chief information officer.

Liz Buckler has recently joined RE/MAX Elite Realty, contributing her knowledge and experience to their roster of talented professionals in Lexington, Nicholasville, Danville, and Richmond.

Travis Rose and **Gabe Measner** have joined SVN Stone Commercial Real Estate as associate advisors.

Adam Legate of VFG Wealth Management and Benefit Solutions has joined LPL Financial's broker-dealer, RIA and custodial platforms

Kudos

The American Bar Association Health Law Section has ranked **Stites & Harbison, PLLC** in its Tenth Annual Regional Top 10 Law Firm Recognition List. The firm ranked 8th in the inaugural National Top 10 list and 4th in the South Top 10 list. Stites & Harbison has been honored nine consecutive times in the South list. The firm also ranked in the Top 10 "Best Places to Work in Kentucky" for 2023 in the medium company category. Chambers USA selected 25 Stites & Harbison, PLLC attorneys in Kentucky and Tennessee for inclusion in their 2023 guide. The following Lexington attorneys are included in Chambers USA 2023 as leaders in their field: **William T. Gorton III**, **Mandy Wilson Decker**, and **Warren D. Schickli**.

Dickinson Wright has received nine practice rankings in The Legal



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500 United States 2023 edition. Lexington attorney **Brian Johnson** was recognized in the editorial as "Recommended Lawyers" in the areas of General Commercial Disputes, and Labor and Employment Disputes (including Collective Actions): Defense. Dickinson Wright was also listed as a "Firm to Watch" for Intellectual Property – Trademarks: Litigation.

Continuing Care Hospital has been selected as a recipient of the 2023 Kentucky Hospital Association (KHA) Quality Award. The KHA Quality Awards recognize hospital leadership and innovation in quality, safety and commitment to patient care.

Dinsmore & Shohl Lexington's corporate partner **Laura Holoubek** has been named to serve on the community board for Independence Bank in Lexington. Litigation associate **Kyle Bunnell** of Dinsmore & Shohl's Lexington office was recently elected vice chair of the Kentucky Bar Association's Young Lawyers Division.

Baptist Health Lexington security officer **Nathan Simmons** was honored with the BEE Award for showing compassion while going above and beyond to help a patient.

Time Out Magazine, a global publication found in 333 cities in 59 countries worldwide, has named

Lexington as its number one LGBTQ+ friendly town in the U.S.

Baptist Health Lexington recently announced members and officers for its 2023 Administrative Board. **Kristi Lykins**, co-owner of Farmer's Jewelry, is serving as chair. **Herb Miller**, retired president of Columbia Gas of Kentucky, is serving as vice chair. Other board members are **Dave Baker**, sports anchor at WKYT-TV; **Brooke Bentley**, chair of the School of Nursing at Eastern Kentucky; **Jeff Foxx**, MD, Family Practice Associates of Lexington; **Holly Hall**, MD, Baptist Health Medical Group Hospital Medicine; **Mark Johnson**, senior minister at Central Baptist Church; **Melissa Stewart**, attorney at Rose, Grasch, Camenisch, Mains, PLLC; **Kim Sweazy**, external affairs analyst at Toyota Motor North America; **Craig Turner**, founder, Red Draw Development; **Randall Vaughn**, FAIA, vice president at Gray Architects & Engineers, PSC.

LexArts' **Phil Jun** has been recognized by Leadership Lexington with its Distinguished Leader Award.

Eastern Kentucky University's **Lilley Cornett Woods** will be the fourth natural area in Kentucky to be inducted into the Old-Growth Forest Network (OGFN). The OGFN currently has over 210 forests across 36 states within its network. **BL**

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