

FREE

may 2014

Lexington & Central Kentucky

# skirt! magazine

Escape the ordinary.

Stop putting the brakes on your life.

That yellow caution light? Disable it for a while. Go full speed ahead on a project that seems pointless. Yes, you can learn to read music just for fun. Yes, you can write the book you think no one will buy. Yes, you can stop stalling and look for a new job.

*Worry less about crashing and more about being stuck in cruise control.*

Recant "can't." What if you never step out of line? Never gamble your peace of mind? Never trouble the world? Life will just climb through the window if you try to lock the door on it. It wants your Yes, your Now, your Full Monty. Out there, you'll find danger and dragons, detours and disappointments, but it's also full of magic and miracles, joy and juice. Go get some.



Cover copy by Nikki Hardin, art by Skopin

"Let us step into the night and pursue that flighty temptress, adventure."

J.K. Rowling





"ADVENTURE IS WORTHWHILE IN ITSELF."

Amelia Earhart

may 2014



**1.** Break out your Derby hat and join the National Association of Professional Women for a magnificent event benefitting The Nest & Dress for Success and featuring Star Jones. Spindletop Hall, 6-9pm.

**3.** Experience Lexington's much loved Oaks Day tradition with Martinis on the Lawn in the Keeneland Clubhouse and Clubhouse Lawn. 3:30-7:30pm. \$40

**9.** Purses, Pouts & Pearls is an entertaining evening for young women that promotes healthy living and raises funds for the American Cancer Society. Signature Club of Lansdowne, 6-9pm. 859.276.3223

**10.** Ephemera Fest brings creators of independent publications (zines), comics, literature, film and art to the Carnegie Center for a day of fun and creativity! 11am-5pm. Free. [ephemerafest.wordpress.com](http://ephemerafest.wordpress.com)

**10.** **Through the 11th.** Bring the whole family to Jacobson Park for the inaugural Bluegrass Birding Festival. Saturday 8am-9pm, Sunday 8am-2pm. See events schedule at [bluegrassbirdingfestival.com](http://bluegrassbirdingfestival.com)

**13.** The Lexington Philharmonic Guild presents their annual spring fashion show, luncheon and silent auction at Lexington Country Club. 11:30am. \$50/seat, \$400/table.

**15.** The Education Builds Hope Luncheon benefits One Parent Scholar House and welcomes keynote speakers Naomi Judd & John Calipari. The Carrick House, 12:15-2pm. 859.252.4828

**17.** The 6th annual Art In The Park showcases Kentucky's most gifted artists and craftspeople of all ages. 9am-4pm, Addie's at The Woodford Inn, Versailles. 859.873.8782

**17.** The Morris book shop will celebrate the end of Children's Book Week with a Marathon Story Hour. From 11am-2pm, local authors will volunteer their time to read stories to children. Free.

**24.** Woodford Veterinary Clinic & Kennel invites you to a 5K race or 2K stroll to benefit the Woodford County Humane Society. 7:30-10am. Register until May 21 at [woodfordhumane.org/Wag.htm](http://woodfordhumane.org/Wag.htm)

**26.** St. Mark Catholic Church will host a high tea gathering and discussion with controversial celebrity chef Paula Deen. Carrick House, 2:30pm. [saintmarkcatholicchurch.net](http://saintmarkcatholicchurch.net) 859.623.2989

**31.** Choose from a 1 mile or 2.5 mile fun walk at the Step Out to Stop Diabetes Walk. Keeneland, Barn 2. Walk begins at 9am. Register at [stepout.diabetes.org](http://stepout.diabetes.org)



may 2014



SheTraveler



Photo by Lisa Kane

**Nedra McDaniel | Destination: Adventure**

Creator of [adventuremomblog.com](http://adventuremomblog.com), Nedra McDaniel loves to take on new and exciting activities while still upholding a quality relationship with her two sons. After losing her mother to breast cancer in 2004, and her older brother to cerebral palsy when she was in sixth grade, Nedra promised herself that she would never take her life or her health for granted. Her father always said, "The oxygen mask goes on the adult first, and then the child." Nedra has taken that to heart, saying, "Breathing in a new experience makes me feel more alive, and in turn, a better mom." She makes a point to look for adventures everywhere, and encourages others to do the same. Her inspiring stories will encourage anyone to step out of their comfort zone and live for the moment. Some of her adventures include encounters with wolves, trapeze aerobatics and underground ziplining.





may2014

# SheTraveler

Photo by Kalen Wright



Hagen Smith | Warm-Hearted Wanderer

As if being a pre-med undergraduate student, Dean's list recipient three years running, and Vice President of Recruitment for Phi Delta Epsilon wasn't keeping University of Kentucky student Hagen Smith busy enough, this past December, she ventured to Cusco, Peru for three weeks to participate in Máximo Nivel's medical campaign. Through it, free health care services have been made available to hundreds of people during the holiday season—many who only receive care once a year when the volunteers visit. There were limited resources for curing illnesses that might seem insignificant to many Americans, yet are life threatening to the Peruvian natives. Hagen said, "It was a rewarding experience, and will benefit my future medical career in major ways." Some of her favorite parts of the trip were hiking Machu Picchu to the rural village of Ocopata, and interacting with children at a local orphanage.



may2014



SheTraveler



Photo by Michelle Aiello

**Cara Varney | Brazen Backpacker**

Cara Varney is embarking on a journey that she hopes will lead to deeper self-awareness, enhanced study of Zen Buddhism, and a good dose of fun. She and her best friend Todd Weinkam have recently quit their jobs and have been preparing for their hike on the Pacific Crest Trail for over a year. The trail begins at the Mexican Border in Campo, California, and ends at Manning Provincial Park in Canada, with 2,600 miles in between. "More people have hiked Mount Everest than those who have finished this trail," Cara said. As a trained wilderness EMT, she will have a well-stocked first aid kit and everything necessary for a safe trip. Cara is most excited about reaching the top of Mount Whitney (the highest peak in the continental United States) to watch the sunrise, which she expects to be an amazing view. Follow her journey on Instagram @dehydratedhummus.





**Yakkay Helmet in Tokyo Blue Stripe**  
Heritage Bicycles  
[heritagebicycles.com](http://heritagebicycles.com)

# hitheroad



**Beaded Clutch**  
omar + elsie  
114 Old Lafayette Avenue  
859.231.6627




**Travel Postcard Set**  
The Black Market  
516 E. High Street  
859.281.1421



**Spectator Chic Hat**  
Bluetique  
235 Woodland Avenue  
859.309.1310





I dreamed  
I packed my  
skirt (and shades)  
and set off for  
Sunset Boulevard.

Sassy Fox  
3101 Richmond Road,  
Suite 312  
859.266.5138

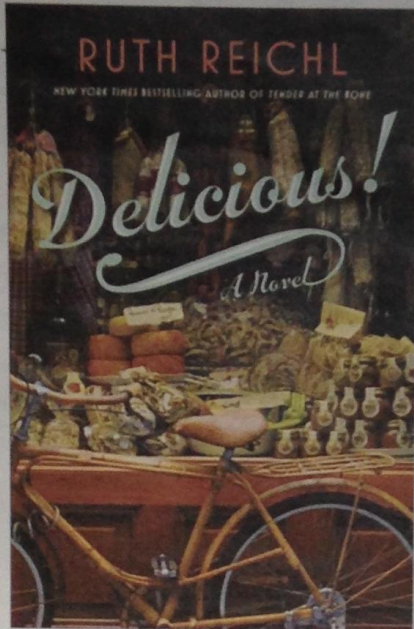
where  
Will Your Skirt  
take you  
**NEXT?**







read**this!**

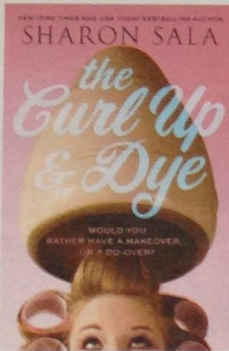


Joseph-Beth Booksellers  
FEATURED BOOK

**Delicious!**  
By Ruth Reichl

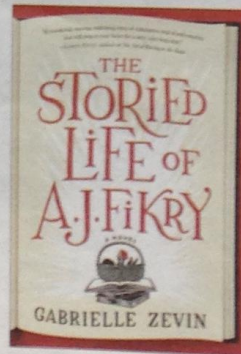
Ruth Reichl, author of the bestselling memoir, *Tender at the Bone*, debuts her first novel in *Delicious!* Billie Breslin quits college to work for the food magazine, *Delicious!*, and stays on after the magazine's demise to answer the phones as part of the magazine's guarantee that subscribers get their money back for any recipe that fails. Between calls, she discovers a forgotten cache of 1940s-era letters from a young girl, Lulu Swan, to famous chef James Beard. Unraveling the mystery of Lulu Swan leads Billie on a foodie's quest for answers and self-discovery.

EXPECT THE  
UNEXPECTED



**The Curl Up & Dye**  
By Sharon Sala

Eleven years ago, LilyAnn Bonte was the Peachy Keen Queen of Blessings, Georgia—the prettiest, smartest, and most popular girl in town. Then her boyfriend, Randy Jones the star quarterback, was killed in Iraq. And somehow, LilyAnn just let herself go to seed. Ruby, Mabel Jean, Vera and Vesta of *Curl Up & Dye* have been itching to give LilyAnn a makeover, but she knows it will take more than a new hairstyle to get her life back. Until one day, when a handsome stranger rolls into town, and she has a revelation.



**The Storied Life of A. J. Fikry:**  
A Novel  
By Gabrielle Zevin

As surprising as it is moving, *The Storied Life of A. J. Fikry* is an unforgettable tale of transformation and second chances, an irresistible affirmation of why we read, and why we love. A. J. Fikry's life is not at all what he expected it to be. His wife has died, his bookstore is failing, and now his prized possession, a rare collection of Poe poems, has been stolen. Slowly but surely, he is isolating himself from his neighbors on Alice Island... and then a mysterious package appears at the bookstore. It's an unexpected arrival that gives A. J. the opportunity to make his life over, the ability to see everything anew.



take a break @ the lake

Grab a book at Joseph-Beth and soak in the sun on the waterfront.

Palmers Fresh Grill is Lexington's lakeside hot spot for lunch, dinner and libations seven days a week.

- Anthropologie • LOFT • White House | Black Market • Chico's • Be Medspa • Baby Bundles • Hot Mama
- Comedy Off Broadway • lululemon • Francesca's • Joseph-Beth Booksellers • Artique • Healthy Back
- Lenscrafters • Palmers Fresh Grill • Healthworx • Whole Foods • Bronte Bistro • Charming Charlie

