



MONDAY, AUGUST 5, 2013

ANN ROSS, 1935-2013

## Ex-vice mayor a woman of conviction

### SERVED COMMUNITY IN SEVERAL ROLES

By Greg Kocher  
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Ann Ross, a former Urban County Council member and Lexington vice mayor known for speaking her mind, died Saturday at Baptist Health Lexington. She was 78.

She was elected twice to the city council, serving 1978 to 1985. She was vice mayor from 1982 to 1984.

"Ann Ross always cared," Mayor Jim Gray said in a statement Sunday. "She cared passionately about family and friends and community. And she loved Lexington."

Kentucky.com

Sign a guestbook online.

"And, of course, we all enjoyed her wit and good humor, which laced and graced her life in every way. We will miss her," he said.

Mrs. Ross had a reputation as a straight shooter. In 1983, commenting on a consultant's report about the Lexington division of police that she thought stated the obvious, Mrs. Ross said: "I got the feeling in some places that it was

the old story of hiring a consultant and giving him your watch to tell you what time it is."

Mrs. Ross frequently lobbed barbs about the way the city was run. She repeatedly pushed for the hiring of a chief administrative officer who would be responsible for the day-to-day operation of the metro government.

"We claim we are a developing metropolitan area, but our management style is still that of a community of less than 5,000 people," Mrs. Ross said in 1989. "Lexington is not a one-horse town."

Mrs. Ross ran for Lexington Mayor in 1989. See ROSS, A6



JANET WORNE | 2007 FILE PHOTO

Ann Ross was on the Lexington-Fayette Urban County Council from 1978 to 1985 and served as vice mayor from 1982 to 1984. She ran for a number of public offices, including twice for mayor.

## Man shot near Douglass Park

Lexington: A man was shot in the back late Sunday night on Lindberg Drive, Lexington police said.

The injured man was taken to University of Kentucky Chandler Hospital with what were thought to be non-life-threatening injuries, Lexington Police Lt. Eddie Hart said. Police did not identify the victim, whom they said was in stable condition.

The shooting was reported at 9:30 p.m. across the street from Douglass Park, where the Dirt Bowl basketball tournament had ended and where a vigil was held for a man who died in a vehicle crash early Sunday on Price Road.

Witnesses described the alleged shooters as two black men wearing white T-shirts and dark shorts, Hart said.

An off-duty police officer heard one shot fired. Then, a short time later, other officers converging on the area to locate the shooter heard five or six more shots in the Georgetown-Lindberg area and saw people scattering in different directions, Hart said.

The injured man, shot once in the back, was found in an empty lot at Georgetown and Lindberg. Police had also cordoned off another lot with a house to look for shell casings.

It was unclear whether the man who was shot was an intended target, Hart said.

## College to name new president

Georgetown: Georgetown College will announce and introduce its 24th president at 4 p.m. Monday in the Ward Room of the college's Ensor Learning Resource Center.

The college said in a news release that the Board of Trustees made a final decision Friday in regard to a successor to William Crouch Jr. He had been president for 22 years.

The release did not name the new president but the last identified candidate to interview at the school was Michael Dwaine Greene, vice president and provost of Campbell University in North Carolina. Greene met with faculty, staff, students and others on July 26 at the Georgetown campus.

In late June, the board named Granetta Bingham Blevins as acting president. The 1980 graduate of Georgetown College is a long-term trustee of the college. For 10 months the college has sought a successor to Crouch, 61, who announced in October that he would retire this summer.

## Man dies in crash

Lexington: A Lexington man died early Sunday after his car ran off the road and struck a tree, Lexington police said. The victim was Michael Thomas, 34, according to a release from the Fayette County coroner's office. Police said the crash happened about 3 a.m. Sunday when the Chrysler 300 that Thomas was driving ran off Price Road and struck a tree. The crash is under investigation. Funeral arrangements are pending, the coroner's release said.

## Two arrested after parachuting off downtown building

Lexington: Police say they have arrested two men who parachuted off a downtown Lexington building. Lexington police received a call just after 3 a.m. Sunday about two men on top of the 15-story First National Building, at Main and Upper Streets, WKYT (Channel 27) reported. Police watched as the men jumped from the top of the building and parachuted across the street to land on the CentrePointe lawn. The men were identified as Joshua McCluskey, 31, and David Kaiser, 32. They were charged with criminal trespassing.

STAFF, WIRE REPORTS

## Corrections

The Herald-Leader corrects all significant errors that are brought to the editors' attention. If you think we have made such an error, please call our newsroom at (859) 231-3200 or 1-800-950-6397 after 9 a.m. on weekdays or after 3 p.m. on weekends and holidays.



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PHOTOS BY MARK CORNELISON | mcornelison@herald-leader.com

Christina Breeding powered through a HIT (high-intensity training) class taught by Allison Perry at Lexington's FIT Studio.

# INTENSE FITNESS

Extreme workouts aren't exactly new, but find favor again at Lexington gyms

By Mary Meehan

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The 15 women and one man are all steadily focused on the task at hand: survival.

This HIT — high-intensity training — class at FIT Studio off Romney Road in Lexington is part of a national exercise trend.

While the idea of extreme fitness has been around for several years, it's recently come into more public view. Even the most slacker couch jockey is aware of the movement thanks to a seemingly never-ending techno beat of late-night commercials touting DVDs for such intense workouts as P90X and Insanity. P90X, which a promotional website describes as "sweat-inducing, muscle-pumping exercises designed to transform your body from regular to ripped," includes a 12-disc program and nutrition advice. The



FIT Studio instructor Allison Perry led her class through the routines — and the ringer — during a HIT class on Romney Road.

Insanity program is described at its home page, BeachBody.com, as "the world's most insanely tough workout." Submit a before and after picture to the company and you get a free "Insanity" T-shirt.

Kentucky.com

Video and photo gallery: Go online to see more images and a video of the HIT class in action.

All the programs work on the same general principle, said Angie Green, a certified trainer for Beach Body, the company behind the programs.

The idea is that extremely intense, short workouts focus specifically on different muscles for several minutes followed by a shorter break.

"Good, good, good, that stays up, that stays up," said FIT Studio instructor Allison Perry. Members of the HIT class at FIT launch, in one fluid move, from a low lunge to

See FITNESS, A5

# Community garden sprouting up in Pikeville

## MAY EXPAND IDEA TO RECLAIMED MINE LANDS

Associated Press

PIKEVILLE — Officials with Sustainable Pike County say they hope a community garden under construction in downtown Pikeville is the first of many.

The group's project aims to mirror the success seen by a sustainability project in Williamson, W.Va.

### LEARN MORE

**Sustainable Pike County:** Sustainablepikecounty.com, on Facebook (search for "Sustainable Pike County"), (606) 432-7404

Williamson City Commissioner Eric Mathis told the Appalachian News-Express that Sustainable Williamson,

which has partnered with the Pike County group, responds to the need for a diversified sustainable economy through a market-based approach.

Pike County businessman Roger Ford says the garden will offer a multitude of opportunities.

"There are a lot of benefits," Ford said. "No. 1, it benefits the growers by giving them fresher foods and giving

them the chance to sell them to local businesses. No. 2, it benefits businesses by letting them buy locally and save money as transportation costs go up. It also lets them know where the food they serve comes from. And No. 3, it's safer. All of this food is organic, which is a condition to use this garden. No chemicals or pesticides are allowed."

In addition, he says it is

self-sustainable, requiring little assistance from local governments.

Mathis said a similar effort in Williamson has greatly improved the community.

"Two years ago, you never saw anyone running around in Williamson," Mathis said. "Since we started Sustainable Williamson, now we've got over 400 people that take

See GARDEN, A7