Women in Business Expo held at community center

By Nita Johnson

Correspondent

Cupport through

Support through networking is the goal of Kentucky Women in Business that gears educational and informative programs across the state for women in the business world.

That effort took another step forward last week as the Kentucky Women in Business Expo brought women business leaders from across the region together at the London Community Center.

The Mar. 25 program offered some insight into setting and keeping goals, artificial intelligence, and legislative progress to benefits Kentuckians during the last legislative session.

Kate Shanks, Vice President of Public Affairs for the Kentucky Chamber of Commerce, outlined how to be successful in business ventures to assist business leaders in their various ventures.

The first step, she said, is

to build a strong team that can work together, then set clear goals and take action on those goals. "You have to see it to

reach your goals," she said.
"And you've got to show up.
Embrace challenges. Seek opportunities for growth and never stop learning."
Shanks, who is an avid

runner, said she mixed her professional and personal time by using running as an outlet.

"Practice self care Find a

"Practice self care. Find a hobby or something to balance yourself. For me, it's running," she added. "Find something that makes you happy and don't be anyone but yourself."

The final facet of her address was to continue to grow and surround yourself with a support system that is beneficial to your goals, such as bringing in advocates to your goal.

As part of the statewide Chamber of Commerce organization, Shanks keeps up with the actions in Frankfort

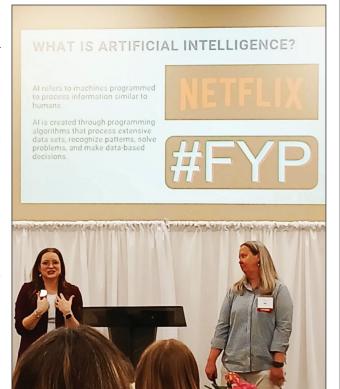


PHOTO BY NITA JOHNSON

Dr. Jordyne Carmack and Amanda Kelly delivered a presentation on Al.

that affect the citizens and business community. She said the recent legislative session was successful in lowering the state income tax.

"The state income tax is

"The state income tax is now 3.5%, that's lowering it a half percent," she said. "The legislature is looking at the housing market and child care. Of course, there are going to be some federal changes and we'll have to see how those affect Kentuckians."

London residents Dr. Jordyne Carmack and Amanda Kelly then outlined the confusion and apprehension about Artificial Intelligence and the ways to make the latest technology work for business owners.

For Carmack, the cycle regarding using AI. have a circle. First comes apprehension, followed by the "honeymoon phase."

"You use AI and you see it working and you're thrilled.

Then, at least for me, there was a period of disillusionment. I think I may still be in that stage," she said. "Then you learn to integrate AI. But for most people, you go back into the apprehension stage. Carmack, who taught at University of the Cumberlands, said the technology had both benefits and drawbacks.

"Because of AI. I don't

"Because of AI, I don't think I'm as good a writer as I was a year ago," she said.

Carmack and Kelly pointed out that the spell check on all computers is basic now but is one phase of AI, which has many facets.

"There's General AI, which is chats. Then there's machine learning, computer vision, robotic Process Automation, or RPA," Kelly said. "AI is an umbrella term that has different phases."

One of those is FYP (For Your Page) that monitors your particular preferences

SEE **EXPO**, PAGE **3A**

ECONOMIC UPDATE

Summer opening expected for Firehouse Subs

By Paula Thompson, Executive Director

London-Laurel County Economic Development Authority

Topping the announcements in the March 2025 economic update is a chain sub shop which will provide funding to local fire departments and first responders.

The London-Laurel County Economic Development Authority announced that Firehouse Subs — founded by firemen 30 years ago — is expected to open in London this summer. Firehouse Sub's Public Safety Foundation provides funds to local fire departments and first responders to assist them in purchasing lifesaving equipment.

The restaurant's menu features hot

The restaurant's menu features hot specialty subs such as the Hook and Ladder, the French Dip, the Pepperoni Pizza Meatball sub, and more. Firehouse Subs will be located between Popeyes and Arby's on W. 80 at I-75 Exit 41.

The following announcements were also made in the update:

- Sephora, a leader in personal care and beauty products, is coming to London on April 18. The store will be located inside Kohl's, at 1710 KY-192 Suite 400. To apply for employment, visit careers. kohls.com.
 George & Co. Business Consulting,
- George & Co. Business Consulting, located at 908 W. 5th Street in Suite 103, offers bookkeeping, business valuation, business and personal tax preparation and planning at an affordable price, focusing on leveraging past data to help clients plan, grow, and increase the value of their business in the future. To learn more, call 606-657-5564.
- MIA & WES on MAIN, a unique floral boutique, is coming to 705 S. Main Street at the former Joe T. Roberts Law Office building soon. The shop will begin taking orders in early April, with an early-summer grand opening planned. The shop number is 606-878-0018.
- 3volution BBQ, a small veteran-owned restaurant, will soon have a new storefront at 192 S. Laurel Road, next to Wendy's. The menu will feature brisket burnt ends, smoked cream cheese, ribs, wings, and more. An April opening is planned. For more information, call 816-516-5236.
- RV Camper Rentals, owned by Randy and Tonya Peters, offers a selection of five campers to be delivered and set up at a client's preferred campground. Whether it's the client's first camping experience or one of many, RV Camper Rentals aims to improve their camping experience.

Find information on Facebook or by calling 606-260-5552.

- Party Krew Yard Cards is a new yard sign rental company serving London and surrounding areas. Text 606-682-2157 to
- reserve yard signs.

 Air by Ash is a new party supply and rental shop that offers balloon square backdrops, garlands, columns and number stacks. See examples on Facebook or call 606-309-1181 for more information.
- This Cookie Co. offers a variety of gourmet cookies like Cadbury, campfire Reese's, salted caramel, as well as traditional cookies, plus cookie cakes available in the London and Corbin area. Check out their Facebook page for photos and ordering information.
- Backyard and Beyond is a family-owned portable outdoor structure manufacturer that focuses on customization and transforming an outdoor space. For more information, call 606-224-8430.
 London Sweet Treats specializes in
- cupcakes, covered strawberries, cookies, and other treats. For selection and pricing, visit its social media pages.

 Trayner's Treats handcrafts cakes, cookies, gourmet candy bars, and cake
- pucks (a twist on cake pops). Place an order through social media or by calling 606-260-2869.

 Canine Cabin recently opened at 5800 W. Laurel Rd and is available to
- groom furry friends. The shop offers trendy hair dyes. To learn more, call 606-401-6586.

 LJ Hoops is a new venue for basketball training for kids and adults, a kids travel basketball league, and men's tournaments. The venue is also available to
- host community events, and is now taking applications for a youth basketball league ages 5-18. It is located at 322 Pine Top Road, behind Michal's Salon off W 80. For more information, call 606-875-2078 or 606-682-3139.

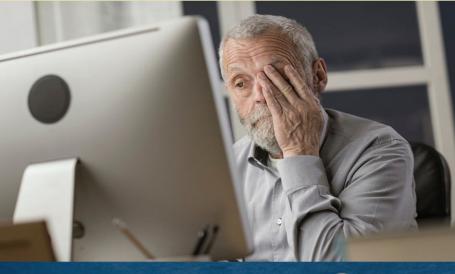
 Kade's Lawn Care is licensed and insured to offer mowing, landscaping, weed trimming, leaf blowing, and edging
- weed trimming, leaf blowing, and edging for residential or business yards. For a quote, call 606-401-1972.

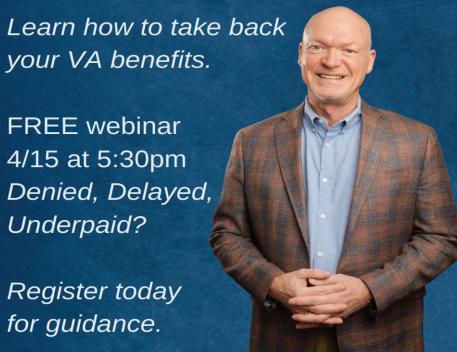
 Bluegrass Home Services specialization and the property of the p
- es in outdoor home improvements. Visit the Facebook page for more information.

 LT's Paint and Seal is an experienced but new company which offers
- enced but new company which offers painting for fences, barns, and grain bins, metal roof coating, blacktop sealing stump grinding pressure washing, and more. For a quote, call 606-515-8642.

SEE **ECONOMIC**, PAGE **3A**

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Home abandoned at 111 Flamingo Lane,
London, KY 40741 will be auctioned off to the
highest bidder on April 7th, 2025 at 10am to
recover past due charges. Bids will be accepted
in writing to neighborsoflondon@gmail.com
or in person at the time of auction. Home is a
1995 Fleetwood Reflection 14x60. Arrangements
must be made on the day of auction for
residency application to be submitted for park
approval and for payment.

For questions, please call 606-401-2325 or email neighborsoflondon@gmail.com