


# FAMILY & CONSUMER SCIENCES



Creating Healthy & Sustainable Families  
Madison County Newsletter

 Cooperative Extension Service

Madison County Cooperative Extension  
230 Duncannon Lane  
Richmond, KY 40475  
(859) 623-4072  
<https://extension.ca.uky.edu/>

October, 2024

## CHILDRENS SNACK DRIVE

October & November  
**ABSOLUTELY NO PEANUT BUTTER!**



Pretzels



Graham Crackers



Helen Eden, our County Chair for Food, Nutrition and Health, has a project for her Program of Work, which involves assisting in local food insecurities. She is working in collaboration with the Madison Kindergarten Academy; Family Resource Center to help supply snacks for the students in need. Items can be dropped off at the Extension Office during Oct. and Nov. at the labeled tote in the front foyer. Snacks need to be one of the items pictured, and be individually wrapped or packaged.

animal crackers



Raisins



fruit gummies



Goldfish Crackers



*Jessica Hunley*

Family & Consumer Sciences Agent,  
Madison County  
[Hunley.jessica@uky.edu](mailto:Hunley.jessica@uky.edu)  
(859) 623-4072



**VOTE!**

**NOVEMBER 5th: Madison County Extension Service Office only will be closed for the Presidential Election — however we are open as a voting precinct.**

Cooperative Extension Service

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities accommodated with prior notification.

## SPECIALTY CLUBS/GROUPS/CLASSES

**SEW MUCH OR SEW LITTLE** (sew, knit, crochet, or whatever) **2nd and 4th Tuesdays, 9-noon**, Room 3, annex bldg. **NOTE: NO Meeting October 8.**

### November 12—Folded Coaster

**Project:** These coasters are simple to make and make great gifts! Bring your basic sewing supplies: pins, scissors, and sewing machine. Kits will be provided—if you want a kit, call Paulette, 859-200-4325 to register.



**GIFTS FROM THE HEART** (sewing; community projects), **2nd and 4th Tuesdays, 12-3pm**, Room 3, annex bldg., following Sew Much or Sew Little.

**NOTE: No Meeting October 8.**

**CREATIVE HANDS** (quilting) **1st and 3rd Thursday @ month, 9-noon**, Room 3, annex bldg. Bring your sewing machine and a sandwich and quilt along with us. Questions, call Linda Calico, 859-582-2252.

**MONDAY NIGHT SEWING SALON** (sewing) 1st and 3rd Mondays, 5:00-7:30pm, Room 3. Questions call Judy Fields, (859) 623-6032. Anyone wanting to learn to sew is invited! Questions, call Judy Fields, 859-625-4081. **NOTE: October 21 will meet in Room B. No Meeting November 4.**

**GARDENERS OF MADISON COUNTY** (gardening) **2nd Wed @ month, 1-3pm**, check with Kathryn Bowers, 859-619-0166 for meeting location.

**PAPER KUTZ** (paper crafting, cards, etc.) **3rd Thursday @ month, 6-7:45pm, Room B.** Questions, call Connie Lawson, 859-582-5505.

**HAPPY SCRAPPERS** (scrapbooking, paper crafts, crafting, etc.) **4th Wed @ month from 12-4pm**, Room B, main office bldg. Bring your work in progress and catch up. Questions, call Kathy Langosh, 720-243-0640.

**EVONNE KINCER CLASSES: CARD TECHNIQUES-EMBOSSING, October 7:** In this month's technique class, we will be learning about dry and wet embossing. You will learn how to use embossing folders and powders to create beautiful results for

your holiday cards. Class fee is \$10. Two Sessions: 10 am -Noon and 5:30-7:30 pm. To attend email Evonne, [evkaykin@yahoo.com](mailto:evkaykin@yahoo.com) and specify session.

**FALL PAPER SAMPLER, October 22, 5-8PM:** This will be a beautiful, framed home decor work featuring the symbols of autumn! There are two different price options this time. Some of you have already made the Christmas sampler (*pictured below*) so you may choose to use that same frame for this sampler for



\$15 or you may choose to include the new frame being offered with this sampler for \$20. Class is 5-8 pm. Email Evonne, [evkaykin@yahoo.com](mailto:evkaykin@yahoo.com) and specify with or without frame. RSVP by October 18.

## LEADER LESSON



### **Understanding Medicare and Medicaid Monday, October 21, 2024, 11am**

Understanding the in and outs of government health insurance plans can be difficult. With this lesson, we hope to help you navigate details and answer any questions you may have regarding these programs and make the best informed decision of what is the best option and plan for you.

Call 859-623-4072 to register for this lesson. This is a free presentation held at the Madison County Extension Service.

## Parent's Place

If you are interested in joining any of our group(s), make reservations, or have any questions, need referrals, or just to talk, call Pam Francis at 859-623-4072, or [psfr222@uky.edu](mailto:psfr222@uky.edu).

**GAP (Grandparents As Parents):** October 2, 11am-1pm @ the Richmond Library, Room 138. We will be learning from 'MIND in the Making'. Lunch is provided and great fellowship. Please call Pam to reserve a place and for supplies.

**SMALL FRIENDS:** October 16, at Baldwin Farms from 10:30am-noon. There is a plan in the event of rain, call Pam for details. Come for a great time of fun, fellowship, giggles and parenting tips. Please call Pam to reserve a place and for supplies.

**PARENT MATTER (Parenting Encouragement):** See locations and topics below, 10-11:30am. These are parent only meetings; new members are welcome; coffee and tea provided.

- **Richmond Library Rm. 136, October 1.** Using a new research-based curriculum: *Parenting Teens*, by Dr. Michael H. Popkin.
- **Berea Library Meeting Rm., October 8.** Our discussions are centered around: *Raising a Strong Daughter in a Toxic Culture* by Dr. Meg Meeker.

**KEYS TO GREAT PARENTING (KGP):** Keys is an informal FREE 10-week course designed for **any and all** parents, (grands, expecting, caregivers, relatives, teens, singles and fosters). This is an informal gathering of **all** parents to learn and grow in a supportive and encouraging community. Children do not attend classes and child care is not provided.



LEARN. LEAD. SERVE.

Please be sure to visit our Facebook page for all the upcoming news and class information, <https://www.facebook.com/MadisonCoFCS/>.

Also, you can visit our webpage to download the latest newsletters <https://madison.ca.uky.edu/>.

**KEHA:** Kentucky Extension Homemaker Association website is: <https://keha.ca.uky.edu/> and facebook page is <https://www.facebook.com/OfficialKEHA>

**UK Martin-Gatton**  
College of Agriculture,  
Food and Environment  
University of Kentucky

HOSTED AT LOCAL  
ELEMENTARY  
SCHOOLS!

# LAUGH AND LEARN PLAYDATES

## 2024-2025 Playdates SCHEDULE

October 18th		SJE @10AM	Waco @ 1:30PM
November 8th	Kit Carson 11:30AM	SJE @ 10AM	Waco @ 1:30PM
November 15th		SJE @ 10AM	Waco @ 1:30PM
December 13th	Kit Carson 11:30AM	SJE @ 10AM	Waco @ 1:30PM
December 20th		SJE @ 10AM	Waco @ 1:30PM
January 24th	Kit Carson 11:30 AM	SJE @ 10AM	Waco @ 1:30PM
February 14th	Kit Carson 11:30 AM	SJE @ 10AM	Waco @ 1:30PM
February 21st		SJE @ 10AM	Waco @ 1:30PM
March 14th	Kit Carson 11:30 AM	SJE @ 10AM	Waco @ 1:30PM
April 18th		SJE @ 10AM	Waco @ 1:30PM

For more info contact: Jessica Hunley - FCS Agent  
[hunley.jessica@uky.edu](mailto:hunley.jessica@uky.edu)

## Farm City Banquet

6:00 PM, Monday, November 11, 2024 ~  
Madison County Cooperative Extension  
Office

Come join us in celebrating agriculture in Madison County! In addition to great food and awards, Dr. Gary Lacefield, retired UK forage specialist, will present a program called "Gratitude and Patriotism". Veterans will be recognized for their service.

Tickets go on sale **October 1st until November 1st** and are \$20 each. Purchase online at: <https://madison-4-h.square.site/> or in person by check (payable to "Madison County 4-H Council") at the Madison County Cooperative Extension Office located at 230 Duncannon Lane in Richmond. For more information call **859-623-4072**.



## FOCUS ON CREATIVE ARTS IN MADISON COUNTY

### CRAFTING WITH THE BEST:

Class dates/crafts below, taught from 10-noon. Class is free unless otherwise stated. **To reserve space, contact Pam, 859-623-4072.**

**October 11, 10am-noon, Sock Pumpkins with Gina**

**Noe.** Bring 1 pair men’s dress socks (makes 4 pumpkins), Fall colors (Open Concern); 1 LONG embroidery needle or doll needle. Register with Pam, 859-623-4072, by **October 1**. Class is free, seating limited.



**November 4, 10am-noon, Welcome Wreath with**

**Helen Eden.** For a 4-color wreath bring: 8 yds @ of 4 colors; for a 3-color wreath bring 12 yds @ of 3 colors. Note, ribbon should be 1-1/2” —2” wide and one color needs to be 2” with wire edge; sign of choice; scissors & ruler. Register with Pam, 859-623-4072. Class is free, seating limited.



**December 6, 10am-noon, Clothespin**

**Tree with Linda Calico.** Bring 70+ regular sized clothes pins, and optional mini battery lights, glue gun w/glue if you have one. Register with Pam, 859-623-4072, by **December 1**. Class is free, seating limited.



### HOMEMAKER REMINDERS:

**October 13-19:** KEHA Extension Homemakers Week. If you would like to participate, contact Evonne Kincer, [evkaykin@yahoo.com](mailto:evkaykin@yahoo.com).



**Madison County Extension Homemaker Board Meeting is scheduled for October 24, 2024, at 10am (Room B).** All County Officers and chairs are requested to attend. Extension Homemaker members are welcome to attend.

We have started collecting annual dues (\$9). Thank you for continuing your membership with Madison County Extension Homemakers. Don’t forget to sign up for the Homemaker Christmas party, December 6 (see pg. 8).

## OUT OF THE ART: THE HEART SPEAKS LECTURE SERIES PRESENTING:

### OBIORA EMBRY

#### Photographer & Farm 2 Table Foodie November 20, 2024 @ 6PM

Growing up Obiora Embry was a budding visual artist who enjoyed sketching and drawing so much that he had thought about pursuing a career as an art teacher. In 1990/91 he received his first camera, a neon colored 110, as a birthday present.

With this camera Obiora took photographs while on family road trips. Around 1994/95, he upgraded his camera to 35mm and expanded his photographic range while drawing and sketching less.

In 2002 after Obiora began growing food as an adult he photographed his gardens at different stages. In 2006 he started his consulting business and started displaying his photographs publicly. (*Obiora Embry pictured above.*)

In January 2017 Obiora upgraded his camera yet again and bought his first DSLR (Digital Single Lens Reflex). Some of his recent photographs include spider webs, water,



wildlife, native pollinators, post Industrial Age, nature, and more. Even though Obiora is not a professional photographer he has been fortunate to have his work shown at the Lyric Theatre & Cultural Arts Center, LexArts, Gallery on Main, Richmond Area Arts Center (RAAC), Central Bank (in downtown Richmond, KY), and purchased by Baptist Health (in Richmond, KY), family, and friends.

Obiora Embry will discuss more about his art journey on **November 20, 2024 at 6 PM at the Madison County Extension Office**. If you are interested in attending this free presentation, **please call to reserve your seat, 859-623-4072**. Light refreshments will be served. You can check out his photography at <https://photography.onlyoneme.us>



THE APPLE PATCH By Cheri Stacy, Nutrition Assistant Senior

RECIPE

Cabbage Rolls

- 12 cabbage leaves
- 1 pound lean ground beef
- 1 cup cooked brown rice
- 1 can (15 ounces) tomato sauce
- 1 teaspoon garlic salt
- 1/4 teaspoon pepper
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/2 cup chopped onion
- 1/4 cup chopped green pepper
- 1 teaspoon sugar
- 1 tablespoon cornstarch
- 1 tablespoon water



1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Cover cabbage leaves with boiling water. Let stand until leaves are limp, about 4 minutes. Drain. When cool, trim away excess ridge on leaf for easier rolling.
3. Mix beef, rice, 1/2 cup tomato sauce, garlic salt, pepper, basil, oregano, onions, and green pepper. Put 1/3 cup in each leaf, starting at leaf end, roll, tucking in the sides.
4. Place seam side down in a 9-by-11-inch baking dish.
5. Mix remaining tomato sauce with the sugar, pour over rolls.
6. Cover and bake at 350 degrees F for 1 hour.
7. Remove cabbage rolls from baking dish, pour juice in a saucepan.
8. Mix cornstarch and water; stir into saucepan. Heat and stir until mixture boils, cook 1 minute.
9. Serve sauce with cabbage rolls.
10. Store leftovers in the refrigerator within 2 hours.

Makes 6 servings  
Serving size: 2 rolls

Nutrition facts per serving: 220 calories; 6 g total fat; 2.5 g saturated fat; 0 g trans fat; 50 mg cholesterol; 560 mg sodium; 24 g total carbohydrate; 6 g fiber; 9 g total sugars; 1 g added sugar; 20g protein; 0% Daily Value vitamin D; 6% Daily Value calcium; 15% Daily Value iron; 15% Daily Value potassium

Source: Plate it Up! Kentucky Proud Project <https://www.planeatmove.com/recipes/recipe/cabbage-rolls>

Sweet Potato Hash



- 2 tablespoons olive oil
  - 1 medium onion, diced
  - 1 teaspoon salt
  - 1 1/2 teaspoons dried oregano
  - 3/4 teaspoon black pepper
  - 4 cloves garlic, minced, or 1/2 teaspoon garlic powder
  - 2 pounds sweet potatoes, peeled and diced (1-inch cubes)
  - 2 pounds boneless, skinless chicken breasts, fat trimmed and diced (1-inch cubes)
  - 4 ounces baby spinach (about 4 cups)
  - 2 tablespoons apple cider vinegar
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
  2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.

3. Heat olive oil in a large sauté pan or pot (3 quarts or larger) over medium heat.
4. Add onion, salt, oregano, black pepper, and garlic. Sauté until onion and garlic begin to lose color, about 5 minutes.
5. Add sweet potatoes and chicken and cook, uncovered. Stir occasionally to prevent sticking and assure all ingredients are well mixed. Wash hands after handling raw poultry.
6. Cook until chicken reaches 165 degrees F using a meat thermometer, about 15 minutes.
7. Add spinach and vinegar and mix until spinach is thoroughly wilted and mixed with other ingredients. Serve.
8. Refrigerate leftovers within 2 hours.

Makes 8 servings  
Serving size: 1/8th of recipe  
Cost per recipe: \$14.17  
Cost per serving: \$1.77

**Nutrition facts per serving:**  
270 calories; 6g total fat; 1g saturated fat; 0g trans fat; 85mg cholesterol; 420mg sodium; 25g total carbohydrate; 4g dietary fiber; 6g total sugars; 0g added sugars; 28g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium

**Source:**  
Ruth Ann Kirk, Lawrence County EFNEP Program Assistant Senior, University of Kentucky Cooperative Extension Service



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program -- SNAP.

## THIS MONTH'S TOPIC: CARING FOR YOUR CLOTHING CAN SAVE YOU MONEY

Buying clothing that is easy to care for can save money and time in the long run. Here are a few money-saving tips to consider to extend the life of your clothes.

### START WITH QUALITY BASICS

Today's market provides inexpensive clothing that is often cheaply made with lower quality materials. These items can serve their purpose, but don't be tempted to purchase the \$3 T-shirts in every color. Sometimes we're better off buying fewer, higher priced T-shirts that will last longer. Shopping at second-hand stores is a good way to save money on well-made clothing because it's easy to spot items that have held up after repeated wearing and washing.

### APPLIANCE CHECKUP

If you own your washer and dryer, refer to the owner's manual for tips on how to keep them in good, working order. For maximum efficiency, don't overload the washer, and keep the dryer filter and vent free from lint. You may be tempted to dry clothes on a high temperature so they dry faster, but the heat can damage clothing. Instead, use a lower temperature and hang a few items to dry while they are still damp. This can cut down on wrinkles, too!



### TREAT STAINS TODAY

Stains that have set in for several days are harder to remove. So the sooner you treat a stain, the better. Effective treatment methods depend on the type of stain. For example, oily stains are best removed with detergent and hot water. Refer to the American Cleaning Institute's stain guide at <https://www.cleaninginstitute.org/cleaning-tips/clothes/stain-removal-guide> for more information on how to treat specific stains.

## WHEN POSSIBLE, TRY TO FOLLOW THE ITEM'S CARE LABEL.



### MEND BEFORE YOU WASH

Extend the life of your clothing by replacing lost buttons, stitching loose seams, or applying patches or decorative stitching over holes. It's best to mend as soon as you notice holes in clothing because washing can make holes larger. Additionally, zipping zippers and unbuttoning buttons before laundering prevents unnecessary fabric abrasion and stress.

### SORTING SAVVY

A lot of the "wear and tear" on clothing can occur in the wash. Following care labels and sorting your laundry by color, soil level, and fabric type (and washing these in separate loads) is recommended for best results. Sorting this way helps clothing look newer longer by helping the sensors in the washer clean effectively. It also helps the dryer run most efficiently, which is gentler on your clothing and can save on energy costs. When possible, try to follow the item's care label.

### LIMIT LAUNDRY PRODUCTS

Keep it simple with a quality liquid detergent, a basic stain removal spray, and powdered oxygen bleach. Use according to the directions. Detergent pods may seem convenient, but they are usually more

expensive per load, and you're not able to control the dosage. Using a little bit of white vinegar - in place of fabric softener - is an economical way to keep your clothes fresh.

### COLD WATER CAUTIONS

Yes, washing everything in cold water may save on electricity, but cold water does not clean everything effectively. Although there are laundry detergents that claim they are formulated to clean in cold water, it's important to note this refers to water that is between 60 degrees F and 80 degrees F. Sometimes our "cold water" washer setting is below 60 degrees F - especially in the winter. In this case, a cold-water setting might not thoroughly clean heavily soiled items.

### CHANGE OR WEAR MORE THAN ONCE

Don't just toss your clothes on the floor at the end of the day. Change out of your "nicer" clothes when doing chores or just hanging out at home. You can wear many of your items several times between launderings. Hang up or neatly set aside clothing you can wear again.

### RESOURCES

Cleaning Tips. <https://www.cleaninginstitute.org/cleaning-tips/clean-clothes>

Clothing Repair. <https://fcs-hes.ca.uky.edu/sites/fcs-hes.ca.uky.edu/files/ct-mmb-147.pdf>

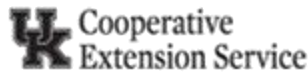
Written by: Jeanne Badgett, Senior Extension Associate for Clothing, Textiles, and Household Equipment  
Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

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# PARENT HEALTH BULLETIN



OCTOBER 2024

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

Madison County Cooperative Extension Service  
230 Duncannon Lane  
Richmond, KY 40475  
(859) 623-4072

## THIS MONTH'S TOPIC

# SPORTS HELP KIDS BE ACTIVE



The first week of October is Youth Sports Week in the United States, a time to celebrate the many benefits of playing sports! Kids and teens need to be active to be healthy, and sports are a natural outlet for kids to be active and have fun. There are many physical benefits of playing sports. Practices and games can help kids achieve the recommended 60 minutes of physical activity each day, as well as provide activities and drills that can increase hand-eye coordination, flexibility, and strength. Kids (and adults, too!) need to do a wide variety of exercises. Everyone needs aerobic activities that make their hearts beat faster, muscle-strengthening activities, and bone-strengthening activities every week. Skills and drills that include jumping, throwing, running, kicking, and the like are great for increasing overall physical health.

Continued on the next page →



Through sports, kids learn other valuable life skills, such as how to work as a team, how to be a leader among their peers, strong work ethic, and to how to focus.

## → Continued from the previous page

Playing sports has benefits beyond just being good exercise. Through sports, kids learn other valuable life skills, such as how to work as a team, how to be a leader among their peers, strong work ethic, and to how to focus. It is important to learn how to win gracefully, how to be a good sport when they do not win, how to encourage their teammates, and to persevere when learning new skills. Sports can also give kids a bigger friend group and positive mentors from coaches and other parents.

Help your child find their way to play! Your child's personality and lifestyle factors will help determine which sport, and at what level of competition they will want to play. There are so many team and individual sports out there! Encourage your child to get involved in a sport they already love or try something new. If they feel intimidated, find a friend who wants to get involved, too. Many parks and recreation departments offer low-cost and local options to get kids involved. Schools and other community organizations may also have teams that your child could join.

Sports can help parents to be active, too! You can spend time with your child and get in minutes

of movement by practicing along with your child at home. Are there drills that your child can teach you or you can do with them to help them improve? Or strength- or stamina-building exercises that you could both do together? Many coaches and leagues are happy to provide information on how you and your child can continue to build their skills (and yours!) outside of practice times.

As a parent or caregiver, it is important to encourage and cheer for your child as they learn and grow through sports. It is equally important to demonstrate good sportsmanship and a positive attitude, regardless of the outcome of a competition. Most of all, remember that the purpose of sports for kids is to be active and have fun!

## REFERENCE:

<https://health.gov/our-work/nutrition-physical-activity/move-your-way-community-resources/campaign-materials/materials-parents>

ADULT HEALTH BULLETIN

Written by: Katherine Jury, MS  
Edited by: Alyssa Simms  
Designed by: Rusty Mameau  
Stock images: Adobe Stock



**SUMMER DELIGHT:  
BARN QUILT DOOR HANGER**

**Artfully Yours Studio** is offering a barn quilt doorhanger painting workshop at Madison County Extension Office from 1-3pm on October 23rd.

Jonathan Clark will be instructing a two-hour hands-on painting experience creating your own barn quilt pattern and colors and painting an original design on a 14x14 inch square wood doorhanger. All materials are provided. There will be a selection of hanging twine, metal hanging wire, and ribbons for making bows and decorating your finished product. The class is \$35.00 per person. If you need to cancel, PLEASE LET US KNOW since someone else may be on the waiting list—contact Jonathan at 859.358.3580 or [barefootroyals@gmail.com](mailto:barefootroyals@gmail.com).



Here is the registration link for sign-ups:  
[docs.google.com/forms/d/e/1FAIpQLSfe3tDyx-Z4CZ12BUKZR5OPU884OR43HUarO4rBRVigeoMzHw/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSfe3tDyx-Z4CZ12BUKZR5OPU884OR43HUarO4rBRVigeoMzHw/viewform?usp=sf_link)



Please join us for a *Cookie exchange!*  
**Homemaker Christmas Party**  
*ornament exchange!*  
12 NOON  
**Friday 6 December**  
Madison Co. Extension Office Annex  
Call the office to RSVP!  
(859) 623-4072  
**Bring Side dish or Dessert- meat will be provided!**  
**Bring an ornament and/ or 2 dozen cookies to play in the exchange games!**

**Reminder**  
**We are now accepting Homemaker Dues**  
Annual Homemaker dues for the upcoming 2024-25 year will be **\$9.00** (\$8 dues, \$1 ovarian cancer donation). Please make checks payable to "Madison Co. Extension Homemakers"  
Deadline for 2024-25 Homemaker dues renew will be **November 29, 2024.**

**2024-25 Extension Homemaker Renewal or Gift Certificate**  
*(circle one please)*

Member's Name: \_\_\_\_\_ Dues: **\$9.00**

Address: \_\_\_\_\_  
street city zip code

If **GIFT**, given by: \_\_\_\_\_  
*(If this is an anonymous gift, please indicate given by "a friend".)*

Be sure to send this completed form with your \$9.00 (check or money order only):

**Madison Co. Extension Homemakers**  
230 Duncannon Lane  
Richmond, KY 40475