Nov 16th–Nov 22nd 2025

The Underground Lou

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Issue #144

Louisville's First Hyperscale Data Center: For the Better, or Worse?

By Brenan Allen
ballen@theundergroundlou.com

Made possible through a collaboration between PowerHouse Data Centers, one of the world's largest data center developers, and POE Companies, Louisville now has its first hyperscale data center underway.

"Hyperscale" refers to a massive data center capable of supporting large-scale storage, computing and cloud services through thousands of in-house servers. These facilities are essential for attracting big names like Amazon, Microsoft, Meta, and Apple to the city, because they can handle enormous workloads. Hyperscale centers are the backbone of our digital world, enabling technologies such as artificial intelligence and cloud computing.

Located in the Southwestern part of the city, the center will feature between five to eight buildings along Campground Road. The data center's campus will occupy around 150 acres of land, about the size of both Disneyland parks in California combined.

At full capacity, the data centers campus will need 402 megawatts of power to operate, equivalent to the annual usage of 280,000 residential customers. Its initial power capacity will be 355 MW, with the first 130 MW expected to come online in October 2026.

A facility of this scale demands two key resources: water and power. According to the co-founder and CEO of PowerHouse Doug Fleit, Louisville offers both abundances.

"Louisville offers everything hyperscale users need – immediate and reliable power at very attractive rates, water, connectivity, and a business environment that encourages more hyperscale growth in the region," said Fleit during a press release.

The new center sits less than a mile away from the Ohio River and benefits from having access to the Louisville Water Company's robust infrastructure. LG&E plans to build an onsite substation and a new switch station to help manage and protect the distribution of electricity.

Our legislators were looking to join the race in the growing data center industry by taking steps to incentivize Kentucky as the perfect spot for new projects. House Bill 8, passed back in 2024, offered tax cuts to projects with *(cont. on page 2.*

What to Do in the Lou

11/18 Miracle Opening Night 4PM Miracle on Market 732 E. Market St. www.miracleonmarketlouisville.com
11/18 Rooted in Strength: The Black Family & it's Connection to the Black Experience 6PM The Filson Historical Society 1310 S. 3rd St. www.filsonhistorical.org
11/18 Open Mic Night 6PM-9PM Old Louisville Brewery 625 W. Magnolia Ave www.oldlouisvillebrewery.com
11/18 Woodford Reserve Bourbon Tasting 6:30PM Goodfellas Pizzeria 642 Baxter Ave www.eventbrite.com
11/19 Show 'n' Tell: History 7PM Old Louisville Brewery 625 W. Magnolia Ave. www.oldlouisvillebrewery.com
11/19 the Kinkx & DeLa Holiday Show 7PM The Brown Theatre 315 W. Broadway www.kentuckyperformingarts.org
11/19 UofL Women's Basketball vs. Morehead State 8PM KFC Yum! Center 1 Arena Plaza www.ticketmaster.com
11/20 The Showcase of HBCU 2025 10AM KY International Convention Center 221 S. 4th St. www.showcasehbcu.com
11/20 AMPED Tech Center Ribbon Cutting Ceremony 12PM-2PM AMPED Tech Center 1701 W. Market St. www.apmedlouisville.org
11/20 The Last Waltz 6PM-8:45PM Speed Art Museum 2035 S. 3rd St. www.speedmuseum.org
11/20 Open Mic Ink & Essence 6PM-9PM Tribe 430 S. 3rd St. www.tribectrl.com
11/21 Louisville Strong Women Strong Coffee 10AM-11:30AM Fly Hip Ageless Creative Club 1205 E. Washington St. Suite 108
11/21 Annual Benefit for the Backside: A Day at the Races 12PM Churchill Downs 700 Central Ave. www.backsidelearningcenter.org
11/21 Accountability & Policy Change 5:30PM-8PM Roots 101: AA Museum 124 N. 1st St. www.thefamlies-united.org
11/21 Community Thanksgiving 6PM-8PM Open Door Community Fellowship 3938 Southern Pkwy 502.874.4450 *free
11/21 Community Hope & Healing Thanksgiving Concert 7PM Bates Memorial Church 620 E. Lampton St. www.eventbrite.com *free
11/21 Friendsgiving Cruise 7PM-9PM Belle of Louisville 401 W. River R4d. www.belleoflouisville.org
11/21 R&B Only 8PM Mercury Ballroom 611 S. 4th St. www.ticketmaster.com
11/21 Community Calss Intro to Hip Hop 8PM Crestview Studios 225 N. Clifton Ave Suite 2 www.crestviewstudios.com *free
11/22 Fall Kentucky Plant Show 10AM-4PM Norton Healthcare Sports & Learning Center 3029 W. Muhammad Ali Blvd. www.kentuckyplantshow.com
11/22 Holiday Bazaar & Free Pancake Breakfast 11AM-5PM Highland Community Ministries 1228 E. Breckinridge St. 502.451.3695
11/22 Christkindlmarkt 11AM-6PM German American Club 1840 Lincoln Ave www.gaclouisville.org
11/22 Gabby's Dollhouse Live 1PM & 4PM The Louisville Palace 625 S. 4th St. www.gabbysdollhouselive.com
11/22 UofL Women's Basketball vs. Kentucky 2PM KFC Yum! Center 1 Arena Plaza www.ticketmaster.com
11/22-23 Christmas at KY Kingdom 3PM-9PM KY Kingdom 937 Phillips Ln. www.kentuckykingdom.com
11/22 Light Up Jeff 2025 4PM Warder Park 109 E. Court Ave. Jeffersonville, IN www.jeffparks.org/light-up-jeff/
11/22 Snow Ball 6PM-12:30AM Omni Louisville 400 S. 2nd St. www.nortonchildrenssnowball.com
11/22 Mojo Brookzz Live 7PM Brown Theatre 315 W. Broadway www.kentuckyperformingarts.org
11/22 Destination Smooth Jazz VI 7PM-10PM KY Center for African American Heritage 1701 W. Muhammad Ali Blvd. 502.583.4100
11/22 Wicked Silent Disco 8PM-11PM Gravely Brewing Co. 514 Baxter Ave. www.eventbrite.com
11/23 Pinkmas: A Holiday Market 11AM-4PM Mellwood Art Center 1860 Mellwood Ave www.womanownedwallet.com
11/23 15th Birthday Bash: Movie & More: The Grinch 5PM-8PM KFC Yum! Center 1 Arena Plaza www.eventbrite.com *free
11/24 3rd Annual Industry Friendsgiving 7PM Tatan House 1027 E. Main St. www.tartanhousebar.com
11/24 Bourbon, Burgers & Burlesque 7:30PM Black Rabbit 122 Sears Ave. www.blackrabbitlouisville.com

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This Week's Issue

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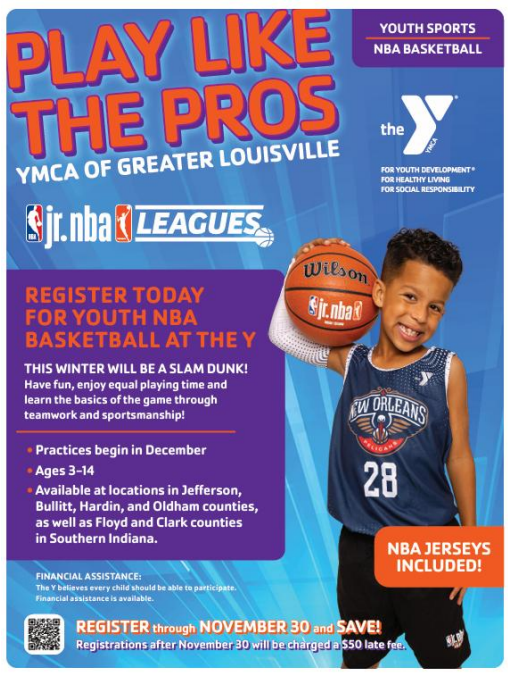

Editor's Note: *"Remember the importance of making time for yourself."*

Nov 16th-Nov 22nd 2025 **The Underground Lou** Issue #144

Portland Library Grand Reopening and Family Fun Day

The Grand Reopening of the Portland Library takes place on Tuesday, December 2, at 10 a.m. Then stop by Family Fun Day on **Saturday, December 6, from 10 a.m. – 2 p.m.** for a special storytime, children's performers, and book giveaways.

The multi-year Portland Library Project included a renovation of the original 6,000-square-foot historic Carnegie-built library located at **3305 Northwestern Parkway**, as well as a modern 5,400-square-foot addition. The now fully-accessible library features an expanded collection of books and materials, more computers, separate children's and teen areas, new comfortable seating, and a public meeting space. The project was funded by Metro government and donors to the Library Foundation. For more information call 502.574.1744 or visit www.lfpl.org/portland.

an investment over a certain amount. The exemptions cover qualifying data center equipment, such as cooling systems, computer servers, energy, and more.

A data center of this size is expected to bring significant economic benefits to the Louisville Area, creating short-term construction jobs, long term tech positions, and nearly 70 million in tax revenue to be given back to our public schools, metro government, and other community needs.

While the project promises economic growth, some community members have voiced concerns about the environmental impact and the potential strain on utilities and health implications for nearby residents.

Louisville Action Climate Network (LCAN), a local organization advocating for equitable and sustainable energy use, has expressed apprehension about the development.

"Communities around the United States and in other countries have faced unexpected and previously undisclosed consequences resulting from the development of large data centers," says LCAN board member Ken Shapero, who also serves as the organization's policy and research director. "Negative impacts have included massive impacts to the electrical grid requiring the construction of new utility-scale generating capacity, large increases in electric rates, impacts to public and private water supplies, excessive noise from data-center cooling systems, noise and pollution from backup diesel generators, public funding and tax consequences resulting from large government incentives granted to data center developers."

"All of these impacts could affect Kentuckians, as data center developers seek to locate their facilities here to take advantage of multiple tax incentives for large data center development passed by the state legislature during its last two-terms. That is why the Louisville Metro Council is currently studying and seeking public input for new rules and regulations that they could apply to the development of data centers prior to granting developers approval to build them here."

Dr. David Hein, who serves as Professor and Chair of the Department of Pharmacology and Toxicology at the University of Louisville, acknowledges the potential benefits of data centers but warns of their environmental and public health costs.

"Data centers in general require a lot of power to cool their servers. Particularly hyperscale data centers like the one proposed in Louisville will have thousands of servers that will get extremely hot. Those servers will need to be cooled, sometimes with water, sometimes with air conditioning units, sometimes with both. If it is water, there can be potential contaminants released into it. If it is electricity, then it is air conditioning, it will require massive amounts of electricity and that requires a new power plant. If the data center needs a new power plant, then there will be increased air pollution from the power plant," Dr. Hein states.

"If you live close to the data center, you could have increased noise from the air conditioning units. There are a lot of fans there. And when the diesel generators crank up, that causes more noise, and there often is a lot of light generated close to the data centers. That, plus the noise, can lead to sleep disturbances for people living nearby."

The predominantly Black communities near the proposed site, an area historically known as Rubbertown, have long faced environmental and health inequities. Once a vibrant West End neighborhood, Rubbertown became heavily industrialized during World War II and was once considered one of the most polluted areas in the United States.

According to the 2024 State of Black Louisville Report, the chemicals released from Rubbertown are associated with respiratory, cardiovascular, and nervous system issues, as well as cancer, developmental disorders, and reproductive health concerns.

While Louisville's new hyperscale data center offers opportunities for job creation and revenue growth, it also raises pressing questions about sustainability, equity and long-term community impact. Community input meetings are still being held on the restrictions and future of data centers in Louisville. The first 130 megawatts of power are expected to be available by late next year.

PICKUP LOCATIONS

Xquisite Nutrition 2631 S 3rd Street
Small Business Administrative 600 M. L. King Jr. Pl.
Franco's 3300 Dixie Hwy
Pocket Change 1510 Crums Lane
Tim Pages 2922 Taylor Blvd
AMPED 4425 Greenwood Ave
KY AAHC 1701 W. Muhammad Ali Blvd
Urban League 1535 W. Broadway
AMPED RTBI 1219 W. Jefferson Street Suite 206
Molo Village 1219 W. Jefferson Street Suite 204
The Presley Post 734 W. Main Street Suite 106
The Gruv 434 W. Market Street
Rooftop Grill 414 W. Oak Street
Southern Express Soul Food 418 W. Oak Street
Roots 101: AA Museum 124 N. 1st Street
House of Earlisious 4925 Poplar Level Road
W.E.B. DuBois Academy 3901 Atkinson Square Drive
SKS Accounting 812 Lyndon Lane
D'Luxe Hair & Cuts 3707 Bardstown Road
Russell Neighborhood Health Ctr 1425 W Broadway
My Hub 2900 W. Broadway inside the NIA Ctr
Nia Center 2900 W. Broadway
Goodwill West Louisville 2820 W. Broadway
Chestnut Street YMCA 930 W. Chestnut Street
Republic Bank Foundation YMCA 1720 W. Broadway
The Fish House & Grill 2124 W. Broadway
Wing Station 2119 Crums Lane
Greenwood Grocery Store 4501 Greenwood Ave
Hair La Flaire 1859 Berry Blvd
Discount Tint & Auto 1857 Berry Blvd
Main Library Louisville 301 York Street
Wags Hair 801 W. Broadway
Smokeasy Lounge 566 S. 5th Street
Mahogany Salon 1860 Mellwood Ave
Double Deuce 2529 W. Broadway
Smoke & Vape 2113 W. Broadway
Good Vibes Smoke Shop 2710 Rockford Lane
Zoe's Tattoos 1161 S. 4th Street
Opportunity Corner 636 S. 18th Street
Omar's Liquors 331 E. Oak Street
Shawnee Library 3912 W. Broadway
Ahrens Educational Resources 546 S. 1st Street
Bates Memorial Baptist Church 620 E. Lampton
Southern Hospitality 3402 W. Broadway
Black Jockey's Lounge 630 S. 4th Street
Blak Koffee 1219 W. Jefferson St.
G Starks Realty 1219 W. Jefferson Suite 107
Smoketown Family Wellness Center 760 S. Hancock Street
UofL Campus 2030 S. 4th Street
Pro Nails 801 W. Broadway #2

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AMPED Tech & Learning Center Opens New Location!

Amped (Adventurous Minds Produce Extraordinary Dreams) is proud to announce the Ribbon Cutting Ceremony for the new Amped Tech and Learning Center on Thursday, November 20th 10AM – 12PM at 1701 W. Market Street.

This state-of-the-art facility will serve as a hub for technology training, workforce development, entrepreneurship, and youth empowerment—expanding opportunities and driving community transformation in West Louisville. The new center will also be home to the Play Cousins Collective and the Melannaire Marketplace, further strengthening the building's role as a destination for innovation, family support, and economic growth. We invite you to join us, our community partners, and supporters for this historic moment as we celebrate the opening of a space built to inspire, uplift, and empower. RSVP at www.onecau.se/ampedribboncutting.

Amped's Technology Workforce Training Program is now officially enrolling adult learners ready to launch tech careers with living-wage potential. Learn more about the program details and register for an Interest Session by visiting https://ampedlouisville.org/draft-technology-workforce/.

Health Daddy Wow
502.938.3388

Cuts to SNAP Benefits: The What, Why, and How

Despite a federal judge ordering the Trump administration to find a way to fund the Supplemental Nutrition Assistance Program amidst the government shut down, many Americans did not receive their benefits in the early month of November.

What is SNAP? The Supplemental Nutrition Assistance Program (SNAP), more commonly known as food stamps, was first established in 1964 by President Lyndon B. Johnson. The program is funded by the federal government and provides monthly benefits to low- and moderate-income individuals and families so they can afford to buy groceries, in turn lessening malnutrition. SNAP is the United States largest anti-hunger program, and aids over 40 million people in affording to put food on the table. That amounts to one in eight Americans per month.

Why Are SNAP Benefits Halted? Right now, there is a common belief held that SNAP benefits are not being dispersed because Democrats refuse to reopen the government. While it is true that the Democrats have voted to not reopen the government, it is not because they just do not want to. They are waiting for their needs to be met, the needs of millions of Americans relying on the Affordable Care Act (ACA) to keep their health insurance. Known to many as Obamacare, the Affordable Care Act was a 2010 U.S law that expanded health insurance coverage. The ACA made health insurance more accessible through subsidies, or financial assistance programs that lowered the cost of health insurance coverage for individuals and families who qualify. Back in 2021, when Democrats had full control of congress, they reinforced and added to Obamacare's existing programs and renewed the new, enhanced plan for the next year too. The new program nearly doubled Obamacare's enrollment, with 24 million people signing up for 2025 coverage. Fast forward to now, November 2025. Our Democrats are looking to solidify the extensions added onto Obamacare in 2021 as part of a must pass government funding plan. They see this as their best chance to get the Republican party (that famously disapproves of the Affordable Care Act) to agree to renewing the enhanced plan. If they refuse to and the Democrats concede to the Republican party's wants, many Americans will see a 114% increase in what they pay annually for health insurance premiums. The Republican Party and President Donald Trump are concerned that the enhanced programs would increase "enrollment fraud." They claim that Democrats shut down the government over free healthcare for illegal aliens, which is famously untrue since federal law prohibits those without legal status to obtain health insurance. Both President Donald Trump and the Republican party say they are willing to discuss extending the enhanced programs under the ACA, but only after the government has been reopened.

Misconceptions About SNAP Right now, there is a considerable amount of misinformation surrounding the function of the SNAP program, and its users. "Common misconceptions about people on SNAP, or any kind of welfare, is that they are lazy people who do not want to work for anything. They believe that people on SNAP just expect things to be handed to them," states 23-year-old Jordan Chairez. She went further to say that while there will always be a handful of people who find a way to abuse our welfare systems, most people who receive food stamps are blue-collar workers trying to make ends meet. "My parents split up when I was five, which put both into a huge financial deficit. My mom was mostly a stay-at-home mom while my parents were together, but she also occasionally had part time jobs. My father painted houses and had other frequent side jobs. When I was child, we did not have a lot of money, and I know we would not have had sufficient nutrition without SNAP. Kids especially do not need to suffer during formative years due to lack of food."

Many people do not realize that to qualify for SNAP benefits, you must participate in work registration (some exemptions do apply). In Kentucky, if you are a SNAP recipient between the ages of 18-59, you must register for work and meet a monthly requirement of at least 80 hours of work or program participation. Some exceptions include disability and being a primary caregiver of a child under fourteen. Others make claims that people use food stamps to buy things they should not be allowed to, which is also untrue. SNAP can only be used to buy fruits, vegetables, poultry, fish, dairy products, bread, cereals, seeds, and plants. It cannot be used to buy alcohol of any kind, vitamins, medicine, food that is hot at the time of sale, or any non-food items (this includes pet food and household supplies). "Another common misconception about the SNAP program is that only a certain demographic of people benefits from the services. Many assume that SNAP benefits only non-workers, where in fact the program significantly helps people in rural communities, mothers, elderly citizens, and children raised in low-income communities," says Imyni Means, University of Louisville sophomore. The truth is that SNAP benefits a wide array of people. This includes the elderly, veterans, people with low and moderate incomes, those who are disabled, and most of all, children. There are 645,641 SNAP recipients in Kentucky, with people under 18 making up 40.52% of those receiving benefits. White people make up 76.06% of SNAP recipients in Kentucky, while Black people make up 15.57%.

Why We Need SNAP There were 41.7 million people (12.3% of U.S. population) in 2024 who were dependent on food stamps to feed themselves, or their families. SNAP not only reduces food insecurity, but it also is one of the most effective ways to stimulate the economy. When people do not have to worry about how they will afford to buy groceries, it frees up income they can now use to pay rent or to purchase non-food items like diapers and medicine. Additionally, SNAP benefits the recipient and the businesses people choose to spend their funds on. By cutting SNAP benefits, you are not only hurting the people who rely on food stamps to eat, but also the grocery stores who sell the food and the farmers who grow it. As of right now, SNAP recipients will see their benefits reduced by 35% for the month of November. The U.S. Department of Agriculture (USDA) confirmed earlier this week that they would cover 65% of SNAP recipients benefits during November's government shutdown. Despite this, millions of Americans are still waiting to receive benefits that stand in between them and malnutrition.

By Brenan Allen ballen@theundergroundlou.com

Karma Project Grants

United We Om believes that karma yoga, acts of selfless service without attachment to the outcomes, creates deep, powerful and lasting change on both the individual and the collective levels. Karma yoga can present itself in many forms and our Karma Projects, our micro-grants program, support and amplify the good works of inspiring humans who are dedicated to creating change in themselves, their community and humanity.

The 2025 application window for our micro-grant program is now open and will close on December 31st at 11:59pm, eastern time. Micro-grants range from $500 to $2500. You will be asked to present a detailed budget of how you intend to spend the funding. The application window opens on November 1st. The application window closes on December 31st at midnight. The applications will be reviewed by committee throughout January and February. Finalists will be contacted in March for any additional or supplementary information. Grants will be awarded in April. Grants are required to be completed within six months of receiving funding. On occasion, with good cause, the completion window may be extended. Grantees will be required to provide metrics of success, as mutually defined by the grantee and United We Om, in the form of Narrative and Financial Progress reports at the mid-point and at the conclusion of the Karma Project. Currently, we accept applications from any US citizen living in the United States who is doing their service work in the United States. Individuals may apply directly or in partnership with a non-profit. Non-profit organizations with budgets less than $1,000,000 may apply. For profit companies are not eligible for a grant and our grants cannot benefit a for-profit company. As an example, a for-profit yoga studio cannot apply to have United We Om cover the tuition for a participant in their yoga training program. Non-profits with budgets in excess of $1,000,000 annually, are not eligible.

Grantees will to be paid up to $50 per hour for your "instruction time," which is defined as actively presenting information and/or completing your act of service (ex: leading yoga class, serving food for someone, etc). While we understand that the market rate for some services may be more than $50 per hour, compensation for your service work is not meant to assign a financial value to your work or to be competitive, but is an acknowledgment that we live in a modern society that sometimes requires monetary exchange for an offering to be sustainable. We do not allow funding to be used for administrative work or staff salaries, legal or accounting fees, for tuition or tuition reduction, transportation costs or travel time, accommodations or preparation time, for software or tech updates. The committee is more likely to support projects that are in-process or on-going, rather than projects that are early on in the development stage or that do not have a previous track record of success. United We Om will provide all grantees with a representative to help ensure a *(cont. page 4)*

G. STARKS REALTY · BLACK OWNED BUSINESS & EXCELLENCE Awards · the YMCA · SATURDAY'S WITH Mikesha · ZOGOHOST · amped · ET Fashions 502-759-3165 www.etfashions.net et_fashions_ · STELLA'S VENUE

(cont. from page 4) successful project, however, grantees will have sole responsibility for the planning, management and implementation of their own Karma Project. Grantees will be responsible for maintaining their own books and records in a manner that will provide United We Om and/or the Internal Revenue Service, with sufficient detail to review your receipts and expenditures relating to the Grant. The process is different for each applicant and each project. Applicants with a well formulated idea and a pre-existing budget, on average will take about one hour to complete the application. Each project will have slightly different reporting requirements based on the logistics and specifics of the project. For most projects, grantees will be required to provide Financial, Data and Narrative Reports at the mid-point and conclusion of the project. United We Om will provide the framework for each of those reporting requirements.

Grants are selected by a committee of at least five individuals from our Board of Directors, who utilize a rubric of criteria, to assign a numerical score in the following eight categories: Relationship to United We Om's vision and/or their community's goals, demonstration of need, the Karma Project's feasibility, the Karma Project's sustainability. innovation and uniqueness, community outreach and engagement, success markers, what is the potential impact of the project? Please https://www.unitedweom.org/about-our-grants to apply or email our Executive Director, Matt Jared at matt@unitedweom.org for additional information.

Healthy Recipes

Dressed Carrots & Brussels Sprouts

Serves: 4 **Est. cost:** $6.50

Est. cost per serving: $1.65

Ingredients:

- 2 cups carrots, peeled and sliced into ½ inch pieces
- 2 cups brussels sprouts, halved
- 2 tbsp olive oil, divid
- ½ tsp sea salt, ground black pepper, to taste
- ¼ cup apple cider vinegar
- ½ tbsp lemon zest
- 2 tbsp lemon juice
- 2 tbsp honey
- ½ tsp dried rosemary
- ½ tsp dried thyme
- 2 tbsp pecans or another nut, chopped, optional

Dressed Carrots & Brussels Sprouts

Nutrition Facts

Serving Size: 1 Serving

Amount Per Serving		% Daily Value*
Calories	125.3 kcal	6 %
Total Fat	7.1 g	11 %
Saturated Fat	1 g	5 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	641 mg	27 %
Total Carbohydrate	14.9 g	5 %
Dietary Fiber	3.7 g	15 %
Sugars	8.4 g	
Protein	2.1 g	4 %
Vitamin A	37 % • Vitamin C	71 %
Calcium	5 % • Iron	6 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Equipment: Cutting board, knife, baking sheet, whisk, peeler, parchment paper, small bowl, small pan, microplane or grater

Directions:

1. Pre-heat oven to 400°F. Line a baking sheet with parchment paper.
2. Place carrots and Brussels sprouts on a baking sheet. Drizzle 1 tbsp olive oil and sprinkle with salt and pepper. Toss well to coat. Spread vegetables evenly on the pan.
3. Roast until veggies are tender, about 20 minutes.
4. In a small bowl, whisk together 1 tbsp olive oil, apple cider vinegar, lemon zest, honey, rosemary, and thyme. Taste and adjust with a dash of salt or pepper. Set aside.
5. Remove the pan from the oven and transfer to a serving bowl. Pour the apple cider vinegar mixture over the veggies and stir to coat well.

Optional – Heat nuts in a small dry pan over medium to low heat. Toast nuts, shaking the pan often, to ensure nuts do not burn. Once fragrant, remove from heat. Top dish with nuts. Enjoy!

Health Benefits: *Carrots* are a rich source of Vitamin A, which has been linked to eye health. It has been shown that this vitamin helps to reduce the risk of night blindness.
Rosemary (spice) has been shown to boost cognitive function and performance. Rosemary may also help improve memory and sharpen understanding.

Recipe provided by Christina Vollbrecht 2024

Arugula & Fennel Salad

Serves: 2 **Est. cost:** $7.00-$9.00

Est. cost per serving: $4.50-$3.50

Ingredients:

- 3 cups baby arugula, washed and dried
- 2 cups kale, washed, massaged, and chopped
- 1 ea bulb fennel, thinly sliced
- 1 ea onion, thinly sliced
- 1 ea peach, washed and sliced
- ½ cup parsley, fresh

For the Dressing:

- ¼ cup olive oil
- 2 tbsp apple cider vinegar
- 1 tsp Dijon mustard
- Juice of 1 lemon
- To taste, salt and pepper

Nutrition Facts

Serving size: 2 cups
Servings: 2

Amount per serving
Calories 363

	% Daily Value*
Total Fat 26.2g	34%
Saturated Fat 3.7g	18%
Cholesterol 0mg	0%
Sodium 138mg	6%
Total Carbohydrate 32.7g	12%
Dietary Fiber 8.8g	32%
Total Sugars 10.9g	
Protein 6.4g	
Vitamin D 0mcg	0%
Calcium 239mg	18%
Iron 4mg	21%
Potassium 1284mg	27%

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Equipment: Knife, cutting board, small mixing bowl, mixing spoon, whisk (or fork), large mixing bowl

Directions:

1. In a small mixing bowl, combine all the ingredients for the dressing. Whisk well and set aside.
2. Next, make the salad. In a large mixing bowl, add the arugula, kale, fennel, onion, peach, and parsley. Mix well.
3. Pour the dressing over the salad. Mix well. Enjoy!

Optional – Heat nuts in a small dry pan over medium to low heat. Toast nuts, shaking the pan often, to ensure nuts do not burn. Once fragrant, remove from heat. Top dish with nuts. Enjoy!

Health Benefits: *Peaches* are a great source of fiber, vitamin C, potassium, and vitamin A. The fiber in peaches helps to improve digestive health and reduce constipation. Additionally, peaches contain lutein, a phytonutrient that helps reduce inflammation and promotes eye health. Try peaches in a smoothie, tart, or grilled. *Arugula* is packed with calcium, folate, potassium, and Vitamin C. It also provides calcium, which is needed for bone health, muscle function, and tooth health. Folate is essential for cell division. Try arugula on pizza, on a sandwich, or in pesto.

Recipe provided by Kristin Schaefer, 2023

Horoscopes

Aries 3/21-4/19 The line between pleasure and pain is razor thin! The Devil represents your habits, temptations, and vices -- all the things that activate your shadow side and lead you away from your true self. You're being called to examine whether short-term gratification is creating a long-term problem. This week, consider your actions. Are you truly in control? Are these behavior patterns healthy? What are the benefits besides temporary satisfaction? If you've been going overboard, now is the time to pull back before you veer too far off course.

Taurus 4/20-5/20 Success is within your grasp! The King of Pentacles is indicating you've got what it takes to create financial abundance in your life, and now you just need to move forward with whatever ideas you may have been contemplating. Have you been considering starting a new business venture or investment of some kind? This could be the signal you've been waiting for to go for it -- but don't just charge ahead. Coming up with a plan and getting all your ducks in a row will ensure you see the most fruitful outcome possible.

Gemini 5/21-6/20 Brace yourself! Unexpected change might be headed your way this week. The kind of change The Tower signifies is sudden and unforeseen. Your first instinct may be to reject this shift -- but ask yourself why you're so resistant. Yes, these situations aren't easy to go through, but change is necessary to progress. This jolt to your system is what you've needed to see where the cracks in your foundations are. In turn, it allows you to rebuild on more stable ground. Embracing this transition period and what it can teach you will lead to greater personal rewards down the road.

Cancer 6/21-7/22 You're going to ride the wave of good vibes this week! The Ace of Cups is signaling a time that is overflowing with positive emotional energy. Happiness, creativity, and compassion are yours for the taking. It also signifies the ability to strengthen your existing relationships -- and perhaps meet a new friend or lover! If you've felt closed off lately, it's time to open your heart to welcome the love and peace you deserve. This is your chance to sip from the cup of profound spiritual fulfillment, so drink up!

Leo 7/23-8/22 This week, the 8 of Pentacles is encouraging you to put your creative talents to good use and work hard at them. The more you create and hone your craft, the more others will take notice of what you're doing -- and the more inspired you will become. By putting yourself out there, you give others the opportunity to recognize your unique abilities, and this can serve as the motivation needed to continue to produce things you're really proud of. So, get out there and become the master of your domain!

Virgo 8/23-9/22 The 6 of Cups is about the past impacting the present. This week, you're being called to examine whether or not you're tethered to your past in some way. While it's true we sometimes need to look in the rearview mirror as a way of informing current or future decisions, we can easily become stuck living in the past if we're not careful. Don't let nostalgia or distorted memories prevent you from making progress and appreciating what's happening in the here and now. Allow your past to be a source of improvement rather than a source of stagnation.

Libra 9/23-10/22 Don't give up just yet! Your card this week, the 7 of Pentacles, is reminding you that anything worth having can't be achieved overnight. Perhaps you've been working on a project or area of your life and haven't yet reaped the rewards of your efforts. Understandably, this has been a source of frustration for you. Remind yourself that this wasn't an easy task and take pride in the effort you've already put forth. Your hard work and patience may not have paid off just yet, but they will soon enough.

Scorpio 10/23-11/21 This week could be all about new beginnings for you! The Fool represents the start of a journey and embracing the unknown. If you've been wanting to move in a brand-new direction, this is your signal from the universe to finally go for it! Yes, exploring uncharted territory can be scary. It's always so much easier to stick with what you know. However, your safety zone is not where the greatest growth and fulfillment happens. Throw out the road map and take a leap of faith. You could end up somewhere better than you expected to.

Sagittarius 11/22-12/21 The Wheel of Fortune reminds you this week that life is full of ups and down. If you've been going through a problematic time in your life, this card could signal an end to this difficult period. If you've been going through a prosperous period, things could soon return to normal. Don't lament this change -- it is a natural part of growth and a natural part of life. Every experience you have serves a purpose in your understanding of yourself and your situations. Let this card serve as a reminder to embrace the ebbs and flows of life.

Capricorn 12/22-1/19 This week the 9 of Pentacles is inviting you to savor the fruits of your labor. You've been putting your blood, sweat, and tears into your goals, and you are now seeing deserved success as a result of your efforts. This is the time to take advantage of the material comfort you've created for yourself. So, go ahead and book an expensive spa package. Take yourself on a trip. Buy that expensive bottle of wine you've been eyeing. You've more than earned the right to splurge!

Aquarius 1/20-2/18 The 9 of Swords indicates that you are suffering from some kind of loss or disappointment right now. This could have been something you saw coming, or it could have been something sudden and unexpected. Regardless, this stress has been weighing on you, possibly making you feel as though you'll never recover from this situation. Take the time necessary to grieve and heal, keeping in mind that although what you're going through is tremendously difficult, you can move on and grow from this experience.

Pisces 2/19-3/20 Keep an open heart and an open mind this week! The Page of Cups is urging you to go back to the time in your life when you were more childlike, more fearless, more idealistic. It could be that past or recent circumstances have made you more cynical and closed off as a way to shield yourself from getting hurt. While this approach can certainly help you avoid more pain, it may also prevent you from experiencing life's pleasures. Don't let your past dictate your future in this way. Learn to trust again. *Tarot.com*

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