



Advancing Compassionate Leadership Nationwide

Rothko Chapel and Muhammad Ali Center Sign Landmark MOU

The Rothko Chapel, located in Houston, Texas, and the Muhammad Ali Center, located in Louisville, Kentucky, signed a memorandum of understanding to further advance humanitarian leadership, civic trust and intergenerational education focused on compassion in a polarized, fractured world.

The Ali Center and the Rothko Chapel will partner to advance compassion as an organizing principle for impact, drawing on the great legacies of Muhammad Ali and Mark Rothko. Through this partnership, the two organizations will host a series of dialogues and collaborative programming across the United States, working with partners and like-minded organizations to advance moral leadership on some of the most vital issues facing our nation today.

“This partnership with the Rothko Chapel is an honor and a privilege. Together, we will build on Muhammad’s legacy bringing people together and advancing compassion at a moment the world needs it most,” said Muhammad Ali Center Co-Founder, President & CEO, Lonnie Ali.

“Our missions are aligned in providing meaningful convening space, bringing people together in contemplation and moral action, alongside the legacies of historic civil rights icons.” said Rothko Chapel President, Imam Abdullah Antepli.

Forthcoming public engagements will be announced in line with the Rothko Chapel and Ali Center’s next programmatic seasons.

The Rothko Chapel serves as a reflective, sacred space and presents programming that promotes spirituality, creativity, dialogue and action leading to more equitable, empowered and engaged communities in Houston and beyond. Founded by Dominique and John de Menil, the Chapel was dedicated in 1971 as an interfaith, nonsectarian sanctuary, and invites visitors from around the world



to experience the power and sanctity of Mark Rothko’s monumental paintings alongside Barnett Newman’s Broken Obelisk sculpture dedicated to the legacy of Rev. Dr. Martin Luther King, Jr. The Chapel is open for daily visitation in Houston, Texas, Tuesday through Sunday, 10am-6pm. For more information, please visit www.rothkochapel.org.

What to Do in the Lou

4/8 Network of Entrepreneurial Women (N.E.W) Monthly Networking 6PM-8PM St. Matthews Studios & Gallery 3716 Lexington Rd.

www.networkofentrepreneurialwomenky.com

4/9 The Connect Networking Event 6PM-8PM Mashup Food Hall 750 E. Jefferson St. Suite 101 www.posh.vip

4/10-12 KY Flea Market KY Expo Center 937 Phillips Ln.

www.stewartpromotions.com

4/10 The Showdown: Chris Brown Vs. Usher 10PM Atomic 1125 Bardstown Rd.

www.atomiclouisville.com

4/11 VIP (Very Important Princesses) Party 2026 9AM Louisville Zoo 1100 Trevillian Way www.louisvillezoo.org

4/11 Shelby Park Clean up & Compassionate Neighbor Breakfast 9AM-10:30AM Shelby Park

4/11 Pilates with the Fit Doc 9:30AM Republic Bank YMCA 1701 W. Broadway 502.268.8676 \$10

4/11-12 Spring into Derby Festival of the Arts 10AM 731 Brent St.

www.paristown.com

4/11 Derby Season Drag Brunch 10AM-2PM High Stakes Rooftop 710 E. Jefferson St. www.highstakesrooftop.com

4/11 Schimpff's 135th Anniversary 10AM-5PM 347 Spring St. Jeffersonville, IN www.schimpffs.com 812.283.8367

4/11 Party for the Planet: Tree Giveaway 10AM-12PM Louisville Zoo 1100 Trevillian Way www.louisvillezoo.org/event/tree-giveaway-2026/

4/11-12 Local Vendor Pop-up Market 11AM-4PM 1001 Logan St. 502.222.8922 hello@loganstreetmarket.com

4/11 Spring Fest 12PM-9:30PM The Alcove 246 Spring St. Jeffersonville, IN badcatboutiqueclounge@gmail.com

4/11 Louisville Pig & Swig 2PM Fourth Street Live www.ask.com

4/11 Nulu Tequila Fest 2026 3PM-7:30PM Galaxie 732 E. Market St. www.theticketing.co Logan Street Market

4/11 Sixth Floor Sounds 8PM-11PM Bar Genevieve 750 E. Market St. www.bargenevieve.com 502.586.7049

4/12 The Pit Stop Runners Club 9AM 119 Chenoweth Ln. 502.963.5969

4/12 Disney On Ice: Mickey's Search Party 11AM KFC Yum! Center 1 Arena Plaza www.ticketmaster.com

4/12 Race to Greatness: Celebrating the Black Jockeys of the KY Derby 6PM The KY Derby Museum 704 Central Ave www.tinyurl.com/racetog

vpurdy@simmonscollegeky.edu

4/12 An Evening with John Legend: A Night of Songs & Stories 8PM The KY Center 501 W. Main St. www.kentuckyperformingarts.org

4/14 2026 Mayoral Candidate Forum 6PM-8PM Central High School 1130 W. Chestnut St. www.lul.org

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LFPL's **Teen Life Skills** series, sponsored by Taco Bell Foundation, is a free slate of programs designed to help young people develop necessary skills to prepare for adulthood. Programs explore cooking, organizing, college and career prep, and more. Every time you attend a Teen Life Skills program, you can enter for a chance to win up to \$500 in prizes ranging from electronics to art and school supplies to fun dorm decor, and more!

GET ENTERED TO WIN: Download the **Beanstack** app to keep track of the points you earn and visit www.lfpl.org/teenskills. The more programs you attend, the more prize entries you earn! Each of April's upcoming Teen Life Skills programs count:

- **Mic Drop: Podcasting for Teens** - Mon., April 6, 3 p.m. • Northeast
- **4-H Cooking Class: Cooking Basics** - Wed., April 15, 3:30 p.m. • Newburg
- **Briana Frederick: Mending and Pocketing Circle** - Tue., April 18, 2 p.m. • Shawnee
- **4-H Cooking Class: Rockin' Chicken Tacos** - Tue., April 21, 4:30 p.m. • Southwest



Audaciously Abra: The Audacity to Unmask

By *Abra Sickles*

Some of what we've been calling community isn't community at all. It's performance. It's positioning. It's insecurity with influence, moving through spaces that reward visibility more than integrity. And maybe it's time we stop dressing it up and start unmasking it for what it really is, because not every leader who is visible is grounded, and not every voice that is loud is aligned.

On the surface, it looks right. It sounds right. It feels like collaboration, partnership, shared purpose. The language is polished, the rooms are filled, the pictures are taken, and the narrative is carefully maintained. But when you step just slightly outside of the spotlight, the reality begins to shift. What is presented publicly does not always reflect what is practiced privately, and that gap is where truth lives. **That's where the mask lives too. And some people wear it well.**

They understand optics. They know how to navigate rooms, how to say the right things at the right time, how to maintain credibility without ever having to be fully accountable to it. They understand how to build an image that feels aligned, even when their behavior behind the scenes tells a different story. Because not all disruption is loud. Some of it is quiet, calculated, and intentional, showing up in subtle division, in conversations that shift perception, and in moments where people are encouraged to align not around purpose, but around preference. **And if you're not paying attention, you can find yourself participating in something you never agreed to.** That's not community. That's CONTROL.

Real community does not require manipulation to function. It does not require people to choose sides based on personal dynamics, and it certainly does not require quiet competition disguised as collaboration. Real community is rooted in alignment, accountability, and the ability to exist alongside others without feeling threatened by their presence. But when insecurity enters the room, everything shifts, because insecurity doesn't always show up as weakness. Sometimes it shows up as control, as the need to manage perception, to remain central, to ensure that no one else disrupts the position that has been created.

And when that happens, people become tools.

They get pulled into narratives that are not theirs, encouraged to move in ways that create tension, often without full context. They are positioned as defenders, messengers, or even disruptors, all while the person at the center maintains distance from the impact. Influence is used, not to build, but to orchestrate. And the reality is, not everyone realizes they are being used until the consequences begin to surface.

It is imperative that you do not allow yourself to become a pawn in someone else's game, because some people will never get their hands dirty. They will use proximity, influence, and relationships to do that for them, and if you are not aware, you will find yourself carrying conflict that was never yours to hold.

The unseen understands this. They recognize patterns. They pay attention to shifts in energy. They question the motive behind the message and pause before they participate. They move with awareness, not reaction, because they understand that not everything requires their involvement, and not everything deserves their energy. **Because patterns always reveal themselves, and character always shows up.**

Not in the moments that are curated for visibility, but in the ones that are not. In how people move when there is nothing to gain, in how they speak about others when there is no audience, and in how they handle tension when it cannot be turned into performance. People see more than you think. They may not always respond immediately or call it out directly, but they observe, connect dots, and remember. Over time, what was once masked becomes undeniable. **That's the thing about masks. They can only be worn for so long before something slips.**

So, this is the audacity to unmask, to say that not everything labeled leadership reflects integrity, and not everything labeled community is rooted in truth. It is a call to recognize that influence without self-awareness will always create harm, no matter how well it is packaged or presented.

Because at the end of the day, it's not the image that defines you. It's the impact you leave behind when the room is quiet, and the mask is no longer needed. And eventually, it always comes off. So don't be afraid to unmask what doesn't align, even when it's uncomfortable, even when it's inconvenient, even when it challenges the image people have worked hard to maintain. Truth has a way of rising, and integrity will always outlast performance.

Live Loud. Live audacious.



ABRA SICKLES IS AN EMERGING WRITER WHO EXPLORES PERSONAL GROWTH, COURAGE, AND THE POWER OF AUTHENTICITY. THROUGH THOUGHTFUL AND INTROSPECTIVE STORYTELLING, ABRA FOSTERS DEEP CONNECTIONS BY SHARING EXPERIENCES AND STORIES THAT RESONATE. SHE INVITES READERS TO EMBRACE THEIR AUTHENTIC SELVES AND TO SEE HOW WE ALL FIT

PICKUP LOCATIONS

- Small Business Administrative 600 M. L. King Jr. Pl.
- Franco's 3300 Dixie Hwy
- Tim Pages 2922 Taylor Blvd
- AMPED 4425 Greenwood Ave
- KY AAHC 1701 W. Muhammad Ali Blvd
- Urban League 1535 W. Broadway
- AMPED Technology Workforce Training 1701 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
- 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
- Smokey 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
- 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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After The Tassel: Hiring Events for the Class of 2026

Your Future workforce is ready before they graduate

- April 23 Career & College Fair: Multi-Industry Opportunities Doss High School 11AM-3PM
- April 28 Industry Hiring Summit: Trades, Engineering, Manufacturing, Construction PRP High School 9AM-12PM
- May 7 Industry Hiring Summit: Healthcare, Hospitality, Education, Public Service Center for Professional Learning 9AM-12PM
- May 12 Hiring Summit: Healthcare, Automotive, Metal, Business Southern High School 9:30AM-12:30PM

For more information contact tosha.ridenour@kentuckianetworks.org.



Celebrate Earth Day all April! Powered by LG&E and KU Foundation

Recycling Weekends

FREE Community Recycling Programs
Recycling from 10 a.m. to 2 p.m.

- April 11 Electronics Recycling with Bluegrass Recycle
- April 12 Cell Phone Recycling with Eco Cell
- April 18 Eyeglass Recycling with Vision First
- April 19 Prescription Drug Takeback with LMPD
- April 26 Document Shredding with Shred-It

Educational Activities

FREE Community Activities

TREE GIVEAWAY

Saturday, April 11 from 10 am. until sold out

NATIVE PLANT SALE

Sunday, April 19 from 10 a.m. to 1 p.m.

Funday Mondays

Free Community Activities

- Monday, April 13 from 10 a.m. to 5 p.m.
- Monday, April 20 from 10 a.m. to 5 p.m.
- Monday, April 27 from 10 a.m. to 5 p.m.

Earth Day Celebration

Discounted admission, free parking and eco-partner displays
Sunday, April 26 from 10 a.m. to 2 p.m.

For more information visit www.louisvillezoo.org/kids/

Myra Jean Friend-Ellis The Organizer of Black Excellence

A Message to Nominees and Participants of the Black Owned Business & Excellence Awards

Unbeknownst to many of you, on March 14th, a silent giant was held in memorial. But, you know of her. You know the ppl who hold the background so you can be loud out front. You know the people who will do the task that's exhaustive to you. You know the clerk that loves when you bring more people to her. You know the folks that provide the service so you can be of service.

Myra Friend-Ellis was a political organizing giant. She was a community organizer who taught us how to stand up when they don't want to hear us. She was the political organizer who taught us that organizing always gets the good.

Myra worked in city hall for 19 years but she still lives through the legislation that make sure you exist. From the babers to the financial servicers. For the many of you who give back and to those of you who want to get started. So when Kesh asked me to say something about what we need now, we need you. All of you. Some of yaw are the next Myra and many of you are because of people like her. The times right now might seem like a time for us not to fight but we have to. We have to fight to keep what you've built here. We need you to keep feeding us-mind body and spirit. We need you to keep taking the pictures, and to keep throwing the parties. When our very existence is under attack, we need you to hold the front line. We need you to lift up and support those silent giants that are fighting for you on the laws and the rules they try to erase. We need to hold community and spaces at any chance we can.

The BOBE Awards are special. So forgive the misspellings and who got out voted! Know that this space is sacred. This space is about us and how we've made it for us. No one else. This space sees all of us where other spaces are willing to erase people. Know that your community sees you. They not only nominated you, shared a link to vote for you but they need you to win for us. We all we got so we all up! Congratulations!!!

-Chanelle Helm






The Holistic Experience

Yoga • Sound Bathing • Meditation • Journaling

VIP fee: \$20
 Date: April 18, 2026 (Saturday)
 Time: 10 am to 1 pm
 Location: The Presley Post 734 W Main Street,
 Ste 106 Louisville, KY

Healthy Recipes



Chicken Salad Sandwich

Serves: 2 Est. cost: \$8.35 Est. cost per serving: \$4.18

Ingredients:

- 6 oz cooked skinless chicken breast, shredded or diced
- 2 tbsp mayonnaise
- 2 tbsp plain non-fat Greek Yogurt (or 4 tbsp yogurt only)
- 2 tsp Dijon mustard
- 2 tbsp red onion, diced
- 2 tbsp celery, diced (optional)
- 4 tbsp fresh parsley, chopped (or cilantro, dill, tarragon, mixed herbs)
- 1 tsp lemon juice
- Sea salt to taste
- Ground pepper to taste
- 4 slices whole wheat bread, toasted if desired
- 1 ea small tomato, sliced
- 1 cup baby spinach



Chicken Salad Sandwich		
Serving Size: 1 Serving		
Amount Per Serving		% Daily Value*
Calories	214.2 kcal	11 %
Total Fat	7.7 g	12 %
Saturated Fat	1.5 g	7 %
Trans Fat	0 g	
Cholesterol	46.8 mg	16 %
Sodium	337.2 mg	14 %
Total Carbohydrate	17.6 g	6 %
Dietary Fiber	2.9 g	12 %
Sugars	2.7 g	
Protein	18.8 g	38 %
Vitamin A	24 %	Vitamin C 16 %
Calcium	9 %	Iron 9 %

* 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: Chef's knife, Mixing Bowl, Pan, Wooden Spoon

Directions:

1. In a medium bowl, combine chicken, mayonnaise, yogurt, mustard, onion, celery, and parsley.
2. Mix well and season with salt and pepper to taste.
3. Adjust ingredients as needed.
4. Top two slices of bread with half of the chicken salad mixture, tomatoes, and spinach.
5. Top with remaining slices of bread. Enjoy!

Health Benefits: Whole Wheat Bread is high in fiber, which can aid in regulating the digestive system and blood glucose levels. Phyto-chemicals such as selenium and magnesium may help reduce the risk of certain cancers.

Spinach is loaded with Vitamin C to support the immune system. Spinach also contains folate which can increase red blood cells and support the growth of nervous system.

References: Recipe from Reanetta Perkins, 2023

Cherry & Hibiscus Sorbet

Serves: 3 Est. cost: \$5.20 Est. cost per serving: \$1.75

Ingredients:

- 2 cups water
- 1 cup hibiscus, dried
- 1 cup dark cherries, frozen
- 2 tbsp sweetener (e.g., agave, honey, maple syrup)

Optional:

- ½ cup coconut milk (milk choice) - Sherbet option
- ½ cup pomegranate seeds
- 1 tsp ginger, fresh and grated

No milk = Sorbet Milk option = Sherbet

Equipment: Blender or food processor, saucepan, bowl, airtight container (freezer-friendly)

Directions:

1. On medium-high heat, place water and hibiscus into the saucepan. Let it steep for 15-20 minutes.
2. The longer the more potent.
3. Strain hibiscus (optional), and place tea into a blender. Add cherries, coconut milk, and sweetener.
4. Blend until creamy and smooth. Add milk for the desired level of creaminess.
5. Place into freezer and chill at least 30 minutes before serving.
6. Top with fresh chopped mint, coconut flakes and/or granola. Enjoy!

Health Benefits: Hibiscus provides an abundant amount of natural Vitamin C, great for hydration and muscle recovery for athletes and active individuals. Cherries provide plentiful vitamins, antioxidants, and natural amounts of magnesium that help with sleep, reduce muscle spasms, and skin promoting properties, as well as help to reduce the risk of colon/prostate cancers.

Recipe provided by LA Dixon, 2023

Move Your Body with Thrive Tribe

Enjoy a FREE weekly workout class in the park with YMCA instructors and explore eco- friendly mindfulness practices for all ages.

Thursdays April-September 6PM-7:30PM
 Alberta O. Jones Park 744 S. 23rd Street
 Register at tinyurl.com/memberplay

Horoscopes

Aries 3/21-4/19 The 7 of Wands is urging you to stand your ground this week. Receiving this card indicates you're experiencing some kind of opposition or roadblock in your life right now. Your initial instinct may be to retreat, giving into whatever challenge is standing in your way. However, it's important to stand up for what you believe in. Setbacks are inevitable but giving up is not. Put on your emotional armor and draw upon your courage and inner strength as you tackle this obstacle, so you can eventually overcome it.

Taurus 4/20-5/20 The Page of Pentacles represents enthusiasm for new beginnings and new ventures. This week, you are being encouraged to express your creative talents in some way. Have you been thinking about starting something but haven't taken the first steps to get it off the ground? This card wants you to take those imaginative ideas you've been toying with and start working toward manifesting them. By remaining focused and applying a strong work ethic, you give yourself the ability to turn your dreams into a reality.

Gemini 5/21-6/20 The 8 of Wands represents high energy and forward momentum, signaling a time of getting things done and making things happen. You might feel as though a lot is coming at you this week, and it could become difficult to figure out what you should pay attention to. Combat these distractions by homing in on a single goal and removing any distractions so you can focus on it. By using this energy to your advantage, you will turn this into a period of great productivity and progress.

Cancer 6/21-7/22 There may be no stopping you this week ... but is that a good thing? The Knight of Swords is a card cautioning against going after what you want at all costs. Yes, it's good to have dogged ambition, but only when you've considered all the challenges and consequences first. Before making your move, examine all the variables. What will you gain? What could you lose? Will you be neglecting those around you in pursuit of your goals? Understanding the fine line between determination and obsession could prevent you from potential headaches down the road.

Leo 7/23-8/22 You could find yourself approaching the finish line this week! The 9 of Wands recognizes the persistence and dedication you've put into a personal goal you've been working toward. Your initial goals and ideas were planted and have grown, and you are so close to finally reaching your destination. While the road may have been long and weary at times, this is no time to give up. Resilience is your greatest asset right now, so put on your battle armor and keep moving forward no matter what life may throw your way.

Virgo 8/23-9/22 The Sun is truly shining down on you this week! This card represents abundance, optimism, success, and the warmth of a happy time in your life. It may be that you've been going through a tumultuous time in your life, feeling as though there wasn't an end in sight. Well, it's always darkest before the dawn – and dawn has arrived! Through these obstacles you've learned a lot about yourself and have gained confidence from knowing that you can weather any storm. Enjoy this period of positivity because you've earned it.

Libra 9/23-10/22 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.

Scorpio 10/23-11/21 The 2 of Wands is urging you to spend time in the present planning for what's going to happen in your future. You have a whole world of possibilities in front of you right now, but this isn't the time to act on impulse or instinct. This week you're being called to weigh all your options, carefully considering the pros and cons of each path. But this doesn't mean you should be afraid of going outside of your comfort zone! Uncharted territory can lead to long-term success if you go into it with realistic expectations and a clear plan in place.

Sagittarius 11/22-12/21 It could feel like you're caught up in conflict this week! The 5 of Wands indicates you've been trying to work toward some type of goal but are being met with obstacles that get in the way of your progress. Perhaps you feel as though your point of view is being challenged, or it could be you're finding it difficult to work with a specific person. Either way, you're being challenged this week to truly listen to others' opinions. You might find that what initially seemed like criticism was actually constructive feedback that will help you in the long run.

Capricorn 12/22-1/19 It could feel like you're caught up in conflict this week! The 5 of Wands indicates you've been trying to work toward some type of goal but are being met with obstacles that get in the way of your progress. Perhaps you feel as though your point of view is being challenged, or it could be you're finding it difficult to work with a specific person. Either way, you're being challenged this week to truly listen to others' opinions. You might find that what initially seemed like criticism was actually constructive feedback that will help you in the long run.

Aquarius 1/20-2/18 Your breakthrough moment has arrived! The Ace of Swords signals that the fog is lifting, and you have greater mental clarity this week. It may feel as though you're viewing the world through a brand-new lens, one that helps you cut through the noise and get to the heart of the matter. Is a situation not what it seems? Has someone been deceiving you? Have you been deceiving yourself? You're being handed an opportunity to clear the air and see things for exactly what they are.

Pisces 2/19-3/20 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. *Tarot.com*

