

July 5th–July 11th
2026

The Underground Lou

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Issue
#163

Park DuValle Opens Indoor- Outdoor Farmers Market and Wellness Center

*Advancing Health and Economic
Opportunity in West Louisville*

A vision years in the making became reality as residents, community leaders, healthcare professionals, elected officials, and neighborhood partners gathered to celebrate the grand opening of the Park DuValle Indoor-Outdoor Farmers Market and Wellness Center, a landmark investment designed to improve food access, promote healthier lifestyles, and stimulate economic development in West Louisville.

The new center, located at 3044 Wilson Ave, combines a year-round indoor farmers market with seasonal outdoor vendor space and wellness center that will provide nutrition education, cooking demonstrations, preventive health screenings, fitness classes, chronic disease management programs, and community events.

"This is much more than a farmers market," Dr. Swannie Jett, Park Duvalle CEO said during the ribbon-cutting ceremony. "This is an investment in the health, prosperity, and future of our community. When families have access to fresh food, education, preventive healthcare, and economic opportunity, we create healthier neighborhoods and stronger generations."

The farmers market and wellness center became possible in part through a \$4.8 million unrestricted grant awarded to Park DuValle Community Health Center in 2023 through Yield Giving, the philanthropic initiative established by MacKenzie Scott with close to 3.4 million in renovation and building purchase.

The project was also developed through collaboration among Park DuValle Community Health Center, local farmers, neighborhood associations, healthcare partners, community organizations, educational institutions, Louisville Metro Government, and



business leaders committed to expanding equitable access to healthy food and wellness resources.

The indoor market will provide local growers and food entrepreneurs with year-round opportunities to sell fresh fruits, vegetables, meats, dairy products, baked goods, and other Kentucky-made products. Seasonal outdoor markets are expected to increase opportunities for regional farmers.

For Dr. Jett, the opening represents another step in fulfilling Park DuValle Community Health Center's mission to improve the health and well-being of every resident it serves.

"We're building more than a market," he said. "We're building a healthier future for west Louisville." Hours of operation are Monday, Wednesday and Fridays from 12PM-4PM. For more information visit www.pdchc.org.

What to Do in the Lou

7/9 Cultured in the Courtyard 5PM-9PM Copper & Kings 1121 E. Washington St. info@culturedcheeseshop.com 502.656.8742

7/8 Happy Hands Sensory 10AM-2PM The Creative Spot 1860 Mellwood Ave www.thecreativespot.co *Free

7/10 Retro Collectibles Summer Estate Sale 8AM-3PM 1614 Ehrler Dr. www.raysestatesales.com raysestatesale@gmail.com

7/11 Old Lou Farmer's Market 9AM-12:30PM 6th and Park info@oldloufarmersmarket.com 502.640.6971 *EBT/SNAP

7/11 Hike at Cherokee Park 10AM Cherokee Golf Course 2526 Alexander Rd. www.louisvillehiking.org

7/11 Sunday Farmers Market 10AM-2PM The Train Depot 2230 Buechel Ave thetraindepotlouisville@gmail.com 502.888.3944 *Every Sunday

7/11 Salsa Night 8PM-1AM Hotel Louisville 120 W. Broadway louisvillesalsa@gmail.com *Lessons 8:15PM-8:45PM

7/11 Utopia 9PM-2AM Noble Funk 922 S. 2nd St. www.utopialouisville.com

7/11 Picnic Lunch + Afternoon Cruise 12PM-2PM Belle of Louisville Riverboats 401 W. River Rd. www.belleoflouisville.org 502.574.2992

7/12 Free Yoga in Shelby Park 10AM-11AM Shelby Park 600 E. Oak St. *Every Sunday 502.456.1623 shelby@olmstedparks.org

7/12 Sunday Funday 1PM-3PM Belle of Louisville Riverboats 401 W. River Rd. www.belleoflouisville.org 502.574.2992

7/12 West End Farmers Market 3PM-7PM California Park 1104 S. 16th St. www.change-today.org

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Kentucky Performing Arts Spaces For All Fund Applications for the 2026/2027 Season open July 1, 2026

In-kind support of between \$1,500 and \$5,000 may be awarded. No cash is awarded. In-kind support will be applied toward venue expenses with the exception of the deposit. Applicants will be asked to communicate the amount of support they are requesting between \$1,500 and \$5,000. Exclusions include social events, political events, set costs, costumes, catering and artist fees. Awards are for a single, arts-based project to be presented in a KPA venue. Artists/organizations must have an operating budget of \$500,000 or less and meet at least one of the following requirements to apply:

- Applicants must have a (no cost, no obligation) hold at a Kentucky Performing Arts venue and begin the estimate process PRIOR to applying for support.
- Be a registered 501(c)3, Be mission based and Represent and/or serve youth or historically underrepresented communities
- Communities served: Greater Louisville area including the following counties: Bullitt, Hardin, Henry, Jefferson, Meade, Oldham, Nelson, Shelby, and Spencer counties in Kentucky; Clark, Floyd, Harrison, Scott, and Washington counties in Indiana
- Present underrepresented art forms and funds must be used by June 30, 2027. For general questions about the program or process, please email spacesforall@kentuckyperformingarts.org or visit www.kentuckyperformingarts.org.

Audaciously Abra: The Audacity to Shift

Written by: *Abra Sickles*

My English teacher once said, "Shift happens."

At the time, it sounded like a clever play on words. But the older I get, the more I realize how true it is. Shifts happen. Sometimes they're planned. Sometimes they're forced. Sometimes they arrive wrapped in disappointment, heartbreak, confusion, or redirection.

Recently, I had the opportunity, or perhaps the assignment, to navigate some weird and hard spaces. The kind of spaces that make you question what you thought you wanted, who you thought you were becoming, and why certain doors didn't open the way you expected them to. As I reflect on this season, I am reminded that endings are often beginnings in disguise, and beginnings are blessings we don't always recognize immediately.

What amazed me most was realizing that some of the things we fight the hardest to keep are actually the very things standing in the way of our growth. We become attached to ideas, people, opportunities, titles, expectations, and outcomes. We convince ourselves they're essential. Then life reveals a hard truth: what we thought we wanted is often the complete opposite of what we truly need.

Holding on to something that no longer serves you does more damage than we expect.

- It limits your growth. • It limits your potential. • It dulls your shine. • It diminishes your confidence.
- It delays your purpose. • It occupies space meant for something better.

The truth is, sometimes the bravest thing we can do is let go. Not because we're giving up. Because we're growing up! Surrendering to what is, instead of obsessing over what could be, has been one of the most liberating things I've done in this chapter of my life. There is freedom in acceptance. There is peace in clarity. There is power in honesty.

I had an epiphany that changed everything: sometimes you have to see situations for exactly what they are, not what you hope they'll become. Seeing shit for shit and not mistaking it for roses was the lesson I didn't know I needed. Growth begins when we stop romanticizing reality. No one tells you that when you finally move out of your own way, things start to move too. Energy shifts. Perspectives change. Opportunities emerge. New relationships form. New doors open. New dreams become visible.

When you stop forcing what doesn't fit, you create room for what does. My formula for **SHIFT** is simple:

- S:** See the Truth
- H:** Have Faith
- I:** Intentionally Move
- F:** Free Up What Doesn't Flow
- T:** Trust Yourself

My SHIFT formula isn't just a framework, it's my pep talk. It's the conversation I have with myself when life doesn't go according to plan. It's the reminder that setbacks are temporary, growth is intentional, and I can navigate whatever comes next. As my dad always told me: *"Kick 'em in the mud, kick 'em in the dirt. Come on, Abra, you ain't hurt."*

As a little girl, I heard those words as encouragement to get back up. Today, I hear them as a reminder that setbacks don't define me. Disappointment doesn't destroy me. Closed doors don't stop me. Life will knock you into the mud. Sometimes it'll leave you sitting in the dirt longer than you'd like. But neither place is where you're meant to stay. The shift happens when you decide to rise.

So when life gets messy, when plans change, when endings force new beginnings, remember: you are not broken. You are not defeated. You are not hurt beyond repair. You're simply being repositioned. Because the audacity to shift is really the audacity to trust that your next chapter may be better than the one you were fighting so hard to keep.

And when doubt creeps in, I say: *"Kick 'em in the mud, kick 'em in the dirt. Come on, Abra, you ain't hurt."* So I get up. I shift. And I keep moving forward.

Live loud. Live audacious.

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
- 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
- Mashup Food Hall 750 E. Jefferson St. Suite 101

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SBDC Kentucky free webinars to elevate your business

- Fund Smart: Understanding Business Financing Date: 7/8/2026 Time: 7:00 PM - 8:00 PM
- Plan Smart: Understanding Business Planning Date: 7/15/2026 12:00 PM - 1:00 PM
- "AI Day" What's New & What's Next With AI 7/16/2026 12:00 PM - 1:00 PM
- Start Smart: Starting A Business in Kentucky Date: 7/21/2026 Time: 7:00 PM - 8:00 PM
- Fund Smart: Understanding Business Financing Date: 7/22/2026 Time: 7:00 PM - 8:00 PM
- HR Strategies for Building a Strong Childcare Team 7/23/2026 12:00 PM - 2:00 PM



Register at <http://www.kentuckysbdc.com/>



Youth Social Action Project Mini-grant Funding Opportunity

Metro United Way is excited to announce the Youth Social Action Project Mini-grant funding opportunity to support youth-serving organizations in engaging young people to create projects that effect positive change in our community.

Funding Amount: Up to \$5,000 **Project Period:** September 2026 through June 2027

- **Application Closes:** Friday, July 17th, 2026 at 11:59 PM
- **Awards Announced:** Friday, August 28th, 2026

To qualify for YSAP, your organization must:

- Be a 501(c)(3) organization or fiscally sponsored by one.
- Serve young people in one or more of Metro United Way's seven county service regions: Harrison, Clark & Floyd Counties in Indiana and Jefferson, Bullitt, Oldham & Shelby Counties in Kentucky.
- Be a youth-serving organization working with young people between the ages of 10 and 24 years.
- Attach a copy of your IRS determination letter or one from the sponsoring 501(c)(3) organization with a letter stating their willingness to be the fiscal sponsor.

Allowable Expenses:

- Food/supplies to support project-planning meetings with youth
- Youth stipends: Metro United Way strongly encourages compensating youth for their time, leadership, and expertise whenever possible.
- Direct project costs (NOTE: no more than 50% of funds can be used for staff personnel costs)

To apply, you must request login credentials through the Metro United Way Grant portal: [Credential Registration Portal HERE](#)

Contact TJ Delahanty at tj.delahanty@metrounitedway.org with questions or requests for additional information.



The Better Angels Lavine Fellowship.

Applications deadline: July 19, 2026 11:59PM

Eligibility:

- Your film must focus on an American historical subject, issue, or person within a time frame occurring at least twenty years prior to submission (prior to 2006) and must present a variety of perspectives grounded in extensive and thorough research. The majority of the film must be historically focused to qualify. We invite submissions employing a broad range of storytelling devices and archival materials, which should be integral to the story.
- Applicants should submit a 20-minute continuous sample; the sample can be from a rough or fine cut of the feature-length project.
- Short films are ineligible.
- Submissions must follow journalistic standards and consider multiple perspectives. Industrial, promotional, "advertorial", advocacy, and instructional films are ineligible. No product placement or paid messaging is permitted. If a submission uses AI, the project must identify when and where AI is used and adhere to the [Archival Producers Alliance's Best Practices for Use of Generative AI](#).
- A film previously submitted to the Library of Congress Lavine/Ken Burns Prize for Film can be submitted to the Fellowship if it was not previously awarded.

[Apply now.](#)



First One's Free: Newcomers can claim a free pro soccer ticket

Louisville's professional soccer clubs are teaming up with Kroger to grow the game through the "First One's on Us" ticket initiative! Fans who have never attended a Louisville City FC or Racing Louisville FC game at Lynn Family Stadium are now able to claim one free ticket to their first game courtesy of Kroger.

To redeem visit www.lynnfamilystadium.com/first/. A representative will be in contact to confirm eligibility and deliver your ticket. Requests are accepted until 5 p.m. the day before games.

Free career training for young adults 18-24

Ready to launch a career in the environmental industry? Your opportunity starts now! Blueprint 502 is now accepting applications for the next Brownfields Training cohort! If you're 18-24 years old and looking to gain valuable skills, earn industry-recognized certifications, and prepare for a rewarding career, this FREE training program could be the perfect fit. Up to 7 federal certifications, 261 hours of hands-on training (6-8 weeks), **Up to a \$500 stipend** upon successful completion, Career pathways with earning potential of \$50,000-\$90,000+ annually and TARC passes available for participants.



Training includes 40-Hour HAZWOPER, CPR/First Aid, EPA Lead RRP, Asbestos Abatement Worker, 8-Hour HAZWOPER Supervisor, CDL License* (Limited spaces available) and DOT Hazardous Materials (*Limited spaces available). Apply today at <https://form.jotform.com/241964838269170> or by scanning the QR code. Questions? Contact Julian McCrary at (502) 208-8548 or Brownfields@Blueprint502.org.

Healthy Recipes



Lemony Kale with Toasted Almonds

Serves: 2-3 Est. cost: \$2.44 Est. cost per serving: \$1.22

Ingredients:

- 2 tbsp sliced almonds, raw and unsalted
- 1 tsp extra virgin olive oil
- 1 bunch curly kale, de-stemmed and roughly chopped
- 1 pinch sea salt
- 2 cloves garlic, minced
- 1 tbsp fresh lemon juice
- 1/2 tbsp coconut aminos (or reduced sodium soy sauce)

Lemony Kale with Toasted Almonds		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving		% Daily Value*
Calories	188.9 kcal	9 %
Total Fat	8.1 g	13 %
Saturated Fat	0.8 g	4 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	263.8 mg	11 %
Total Carbohydrate	24.1 g	8 %
Dietary Fiber	6.5 g	26 %
Sugars	6.6 g	
Protein	11.5 g	23 %
Vitamin A	763 %	Vitamin C 461 %
Calcium	37 %	Iron 20 %

* 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, small skillet, large sauté pan, spoon

Directions:

1. In a small pan, dry toast almonds over low heat for 2-3 minutes. (Continuously shake the pan until almonds become aromatic and not burnt).
2. Remove from heat and set aside.
3. In a large sauté pan, heat oil over medium heat.
4. Add kale and cook for 30 seconds.
5. Add salt, garlic, lemon juice, coconut aminos, and toss to coat. (Continue tossing mixture until kale is wilted, about 2 minutes; Taste kale and adjust flavors with a pinch of salt, lemon juice, or coconut aminos).
6. Remove the kale mixture from the heat
7. Serve in a bowl and garnish with toasted almonds. Enjoy!

Health Benefits:

Kale includes the nutrients potassium and fiber. Both have been shown to reduce blood pressure and cholesterol levels leading to improved cardiovascular health. Almonds are high in unsaturated fats which can help cholesterol levels by lowering LDL and increasing HDL.

Almonds are also a great source of fiber to help you feel fuller longer and control blood sugar levels

References: Recipe from Reanetta Perkins, 2023

Horoscopes

Aries 3/21-4/19 This week you're being called to separate yourself from a disappointing situation or unfulfilling relationship in your life. The 8 of Cups acknowledges that this split will be painful, especially since you've devoted so much time and energy to it. In fact, this could be one of the reasons you haven't moved on already. Rather than focusing on what the situation could have been or hoping things will change, accept reality for what it is. Remember, leaving will hurt you temporarily, but staying could hurt you more in the long run.

Taurus 4/20-5/20 The 4 of Cups signals that you have been feeling unfulfilled and craving some kind of change in your life. Perhaps you are looking around and seeing what others have, longing for those things that aren't a part of your own life. It might also be that you feel unmotivated in your present circumstances. While it's nice to aspire, it's easy to get caught up in an unhealthy cycle of desire. This week try to address the root cause of these feelings. Is the grass really greener on the other side, or do you just need to spend time watering your own grass?

Gemini 5/21-6/20 The Ace of Pentacles is signaling that an abundance of new opportunities in your material world is emerging for you this week. Have you been feeling stalled in your career? Has an investment not paid off the way you thought it would? Have you been unable to make money from an idea you had? That could all change now! Keep your eyes and ears peeled as a new beginning in any of these areas could be just around the corner. Whether you decide to take advantage of it is up to you, but the option is certainly there.

Cancer 6/21-7/22 Receiving The Empress card signals that this week is about receiving the gifts that are all around you. It's easy to get caught up in the frenzied pace of everyday life, but now you're being urged to stop, slow down, and connect with your senses. Eat a nice meal. Stop and smell the flowers. Breathe in fresh forest air. By grounding yourself in this way, you open yourself up to seeing, smelling, hearing, touching, tasting, and truly experiencing all of life's greatest rewards.

Leo 7/23-8/22 Are your beliefs aligned with your actions in the world? Have you been making choices that reflect your highest self? That's the question the Justice card wants you to ask yourself this week. This is especially important if you're facing a major decision right now. What you do could have a long-lasting impact -- either positive or negative -- on both you and the people around you. Connect with your intuition and allow it to be the compass that leads you down the right path, so you can avoid unintended consequences down the road.

Virgo 8/23-9/22 Have you had your head in the clouds recently? The Knight of Pentacles is urging you to come back down to Earth and apply effort to your ideas this week. Maybe you've been suffering from a case of "all talk and no action." Alternatively, you could be putting off your day-to-day responsibilities in favor of more exciting offers. No matter what your situation, you're being encouraged to create a plan of action or stick to a routine, as progress is best achieved through discipline.

Libra 9/23-10/22 Has it felt like you've been shouldering the weight of the world? The 10 of Wands acknowledges an immensely heavy burden you've been carrying around. It's possible you've taken on too much in trying to meet your goals, and now it's essential you ask for help or scale back on what you've committed yourself to. This may be a tough pill to swallow, because there are issues of pride and an unwillingness to delegate at play. However, you've reached a point where your ability to meet your goal is compromised. You deserve to enjoy life, so ask for that helping hand this week.

Scorpio 10/23-11/21 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.

Sagittarius 11/22-12/21 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!

Capricorn 12/22-1/19 This could be the week you finally release something that has been hanging over you for far too long. The 6 of Swords serves as a reminder that, although it may be difficult, sometimes we have no choice but to move on from a challenging situation. What have you been holding onto that has prevented you from creating a brighter future for yourself? Now is the time to let this go once and for all. This won't be an easy task, but ultimately, it is the right thing to do.

Aquarius 1/20-2/18 The Emperor is encouraging you to have total ownership of your true power! Your life experiences have helped you gain valuable wisdom and insight. How can you use this to help yourself? How can you use this to help others? This week you might be asked for guidance or advice from someone close to you -- don't shy away. Alternately, you may be faced with a difficult personal decision. Don't worry, you now have the kind of knowledge and perspective that will help you navigate either of these scenarios with positive results.

Pisces 2/19-3/20 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.

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