

Nominate outstanding Kentucky education support staff for the 2026 RISE Award

Gov. Andy Beshear’s Office, in partnership with the Kentucky Department of Education, has opened the nomination window for the 2026-2027 Kentucky Education Support Staff Professional Award. The top two nominees also will be considered for the national 2027 Recognizing Inspirational School Employees (RISE) Award. Enacted by Congress in 2019 and overseen by the U.S. Department of Education (USED), the RISE Award recognizes classified school employees who have displayed exemplary service to students in pre-kindergarten through high school. From driving students to school or preparing their meals, to working with partner agencies to ensure essential needs are met, classified employees serve in a variety of vital – and often overlooked – roles.

Eligible candidates must work in any of the following occupational specialties: paraprofessional, clerical and administrative services, transportation services, food and nutrition services, custodial and maintenance services, security services, health and student services, technical services and skilled trades. The nomination period will close at 11:59 p.m. ET on Oct. 9. Each nominator can submit up to two candidates for consideration by contacting jennifer.ginn@education.ky.gov.

Norton Children's opens Kentucky's first dedicated fetal care center, expanding specialized care for families across the commonwealth

New center designed for mothers and babies facing complex fetal diagnoses



Norton Children's has opened a new center for expectant families needing complex medical care.

Norton Children's Fetal Care Center will be a regional destination for parents when their baby is diagnosed with a serious medical condition before birth. The center, at 601 S. Floyd St. in Louisville, brings together pregnancy and fetal specialists, advanced imaging and family support services in one location. This family-centric care model is designed to help parents and caregivers navigate every step of their journey, from diagnosis during pregnancy through delivery and the child's ongoing care after birth.

Directly across from Norton Children's Hospital, the center includes advanced diagnostic rooms, family rooms, a nourishment room, provider workspaces and meeting space where families can sit down with multiple specialists at one time. With the goal of serving families from across Kentucky and the region, the center also houses technology allowing patients, family members and community physicians to participate in consultations virtually.

The approximately \$1.4 million project was made possible through the Norton Children's Hospital Foundation and Norton Healthcare Foundation with support from Lois B. Wright, the Clark Family Foundation Inc., and an anonymous donor in honor of Campbell Kremer.

"As the first of its kind in Kentucky, Norton Children's Fetal Care Center is about expanding access to care and improving outcomes," said Russell F. Cox, president and CEO, Norton Healthcare and Norton Children's. "Our goal is always to keep families in their own communities. But when a pregnancy requires highly specialized care, we want to create a village of hope for moms and their babies facing the most complex medical cases."

For some families, a routine prenatal ultrasound can reveal a heart defect or other medical conditions requiring specialized treatment before or immediately after birth. The center is designed to make that experience easier by surrounding parents with a multidisciplinary team dedicated to both mother and baby. The team includes maternal-fetal medicine specialists, pediatric subspecialists, genetic counselors, social workers and nurse navigators who can diagnose, develop treatment plans, and coordinate care.

"Receiving unexpected news during pregnancy can be overwhelming," said Tamina R. Singh, M.D., neonatologist and director of Norton Children's Fetal Care Center. "Families need answers, support and a plan. The center brings all of those resources together so parents can focus on what matters most: their baby."



Though statistics are improving, Kentucky still faces maternal and infant health challenges. According to the Centers for Disease Control and Prevention, nearly 12% of Kentucky babies are born prematurely. The commonwealth's infant mortality rate also is higher than the national average.

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
- 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
- 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
- Vines Wine Bar & Spirits Shop 1985 Douglas Blvd.

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SBDC Kentucky free webinars to elevate your business

Stop Wasting Hours: How to Put Your Small Business on Autopilot Date: 9/15/2026 12:00 PM-1:00 PM
Start Smart: Starting A Business in Kentucky Date: 9/15/2026 Time: 7:00 PM - 8:00 PM
Fund Smart: Understanding Business Financing Date: 9/16/2026 Time: 7:00 PM - 8:00 PM
HR Strategies for Building a Strong Childcare Team Date: 9/22/2026 12:00 PM-1:00 PM
Business Launch Training Lab: From Idea to Action Date: 9/22/2026 Time: 6:00 PM-7:30 PM
Entrepreneurship Through Acquisition 9/26/2026 9:30 PM - 12:00 PM St. Matthews Eline Library

Register at www.kentuckysbdc.com Looking for a free business mentor? Sign up on the website!



Upcoming Classes at Norton West Louisville Hospital

Neuro Art of Mindful Living - 6 class series
This series is for anyone living with a neurological disease (i.e. stroke, Parkinson's, MS, memory disorder, epilepsy, migraine, etc.) and a caregiver/guest. Lunch is provided.
Wednesdays (1st of 3rd of each month) starting Sept. 2 - ending Nov. 18
11 a.m. to 1 p.m.
Community Education Center
850 S. 28th St.
Neuro Art of Mindful Living



This program is made possible by Norton Healthcare Foundation. Learn how you can make a difference at www.nortonhealthcarefoundation.com. For more information contact 502.632.8100.

Your \$10,000 grant opportunity is waiting

Don't miss out—Digital Ready's \$10,000 grant opportunities are open now, as part of over \$1M in total funding this year. The application is open all year round, so there's never been a better time to apply.
Apply in two steps: Complete two Digital Ready resources, then submit your application at any point during the year. Once you apply, you remain eligible throughout the year for the opportunity to be awarded a \$10K grant.

Who can apply? Owners of for-profit small businesses based in the United States, Puerto Rico, or the U.S. Virgin Islands who are 18 or older may apply. Owners of multiple businesses may apply for one business only. Register and complete any combination of two free courses or events anytime in 2026 to unlock the grant application. Apply once to remain eligible for \$10,000 grants awarded throughout the year.

Applications will be reviewed monthly from June through December 2026. Each month, 10 small businesses will be selected for grants. If you are not selected in a given month, your application will remain under consideration for the remainder of 2026. All applicants will receive a final decision by January 12, 2027. Visit www.digitalready.verizonwireless.com for more information.

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BUILDING CONFIDENCE, CHANGING LIVES

Adult Swim Lessons

Learning to swim is one of the most important life skills, and can lead to a lifetime of enjoyable activity. Unfortunately, not everyone has had a positive experience. The Y is dedicated to elevating and promoting equity, as well as recognizing and eliminating the barriers to gaining confidence in the water—such as fear, anxiety, trauma or inexperience.

Adults of any age are welcome to come build competency in the water and confidence in themselves through our Adult Swim Lessons. Participants will navigate the basics of swimming with a caring and trained swim instructor.

Learn to build trust in the water and confidence in yourself at any age!

FOR MORE INFORMATION

Sista Strut 10TH ANNUAL BREAST CANCER WALK

LOUISVILLE

Walk with Purpose. Strut with Power.

SEPTEMBER 12, 2026

RALLY STARTS AT 8AM | WALK STARTS AT 10AM

NORTON HEALTHCARE SPORTS & LEARNING CENTER
3029 W Muhammad Ali Blvd
Louisville, KY 40212

REGISTER & RECEIVE!

Your registration includes:

- OFFICIAL SISTA STRUT T-SHIRT
- SISTA STRUT DRAWSTRING BAG
- GREAT SPONSOR GIVEAWAYS!

WHAT IS SISTA STRUT?

Sista Strut aims to heighten awareness about the issues of breast cancer in women of color, as well as provide information on community resources. Studies show that African American women are more likely to get breast cancer at a younger age and have a death rate from breast cancer higher than Caucasian women of the same age.

DID YOU KNOW?

- African American women in the U.S. have a 41% higher death rate from breast cancer than white women.
- African American women are more likely than white women to be diagnosed with breast cancer before age 40 and are more likely to be diagnosed with larger tumors.
- Awareness of these issues will help survival rates with earlier diagnosis.

REGISTRATION FEES

REGISTRATION PERIOD	ADULT (\$15)	YOUTH (\$10)
NOW – JULY 31	\$15	\$10
AUGUST 1 – AUGUST 24	\$20	\$15
AUGUST 25 – SEPTEMBER 12	\$25	\$20

SCAN TO REGISTER!

FOR ADDITIONAL DETAILS visit REAL931.COM

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Farmer’s Markets

- *9/12 St Matthews Farmers Market* 8PM-12PM Beargrass Cristian Church 4112 Shelbyville Rd. *Every Sat.
- *9/12 Old Lou Farmer’s Market* 9AM-12:30PM 1336 S. 6th St. www.oldloufarmersmarket.com 502.640.6971 *Every Sat./EBT SNAP Accepted
- *9/12 Germantown Farmers Market* 9AM-1PM 1101 E. Kentucky St. info@germantownfarmersmarket.net *Every Sat.
- *9/12 Jeffersonville Farmers Market: Food, Drink & Live Music* 9AM-12PM Big Four Station 222 W. Market St. Jeffersonville, IN www.jeffmainstreet.org/farmers-market/ *Every Sat.
- *9/12 New Albany Farmers Market* 8AM-1PM 202 E. Market St. *Every Sat. through Oct. www.namainstreet.org/farmers-market 812.946.6550
- *9/13 Sunday Farmers Market* 10AM-2PM The Train Depot 2230 Buechel Ave. 502.888.3944 thetraindepottlouisville@gmail.com *Every Sun. through Oct.

Community Yoga

*Every Sat. 10AM-11AM Central Park 1340 S. 4th St.
Friends of Central Park
central@olmstedparks.org
www.olmstedparks.org 502.456.8125
*Every Monday Yoga at West Sixth Nulu 6PM-9PM 817 E. Market St. *pay what you

Healthy Recipes



Spinach, Mushroom, and Chickpea Casserole/Pasta

Serves: 9 **Est. cost:** \$9.00-\$12.00 **Est. cost per serving:** \$.88-\$1.00

Ingredients:

- 3 cups spinach (frozen or fresh)
- 2 cups mushrooms, chopped
- 1 ea onion, chopped
- 2-3 cloves garlic, chopped
- 3 (12-oz) cans chickpeas, drained and rinsed

- 1 (16-oz) box pasta of your choice, uncooked
- 3 ½ cups vegetable broth (or water)
- Juice of 1 lemon
- To taste, salt and pepper
- Optional toppings: cheese, basil

*If using frozen vegetables, let them sit out and defrost before using

Equipment: 12x15 baking pan (or casserole dish) with lid, mixing spoon, oven

Directions: *Lentils*

1. Preheat the oven to 400°F
2. Spread the spinach, mushrooms, onion, garlic, chickpeas, and pasta evenly across the casserole dish.
3. Pour the vegetable broth over everything and cover with a lid.
4. Bake in the oven for 20-25 minutes. The casserole should absorb all the water, if there is extra water leftover, place it back in the oven for an additional 5 minutes uncovered.
5. Remove from the oven, let cool for 5-8 minutes, and add the lemon juice and any desired toppings. Enjoy!

Health Benefits:

Chickpeas: Chickpeas are packed with plant based protein, iron, folate, manganese, and fiber. The protein and fiber help to slow digestion and regulate blood glucose levels. As well, chickpeas are high in phytonutrient quercetin, which has anti inflammatory and antioxidant properties. Try chickpeas roasted as a snack, in curry, or mashed in a sandwich.

Garlic: Garlic is packed with medicinal properties and has been shown to reduce the severity of sicknesses, such as colds. As well, garlic is packed with allicin, a phytonutrient that has been shown to reduce the risk of diabetes and atherosclerosis, and reduce cholesterol levels and blood pressure. Try adding garlic to eggs, salad dressings, and soup.

References: Recipe from Kristin Schaefer

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

Equipment: Chef’s knife, Mixing Bowl, Pan, Wooden Spoon

Directions: *Lentils*

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

Nutrition Facts

Serving size: 1 cup	
Servings: 9	
Amount per serving	
Calories	339
	% Daily Value*
Total Fat 5.1g	7%
Saturated Fat 0.6g	3%
Cholesterol 0mg	0%
Sodium 326mg	14%
Total Carbohydrate 57g	21%
Dietary Fiber 13.9g	50%
Total Sugars 8.9g	
Protein 18.1g	
Vitamin D 56mcg	280%
Calcium 94mg	7%
Iron 6mg	32%
Potassium 863mg	18%

*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.



Chicken Salad Sandwich

Nutrition Facts

Serving Size: 1 Serving	
Amount Per Serving	
Calories	214.2 kcal
Total Fat	7.7 g
Saturated Fat	1.5 g
Trans Fat	0 g
Cholesterol	46.8 mg
Sodium	337.2 mg
Total Carbohydrate	17.6 g
Dietary Fiber	2.9 g
Sugars	2.7 g
Protein	18.8 g
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.

Horoscopes

Aries 3/21-4/19 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.

Taurus 4/20-5/20 You can breathe a little bit easier, because relief has arrived this week! The Star is signaling a reprieve after a period of great change or difficulty. While this turmoil has not been easy for you to go through, you have been able to endure whatever challenges life has thrown your way. What lessons have you learned? What were you able to let go of that was holding you back? How will you move forward differently? Now is the time to shed the old you, so you can emerge as the person you were meant to be.

Gemini 5/21-6/20 The Knight of Wands is an impulsive card, indicating feelings of restlessness that can lead to turbulence in your life. This week, you’re being asked to look at a decision you’re facing and consider the consequences of acting in haste. You may have been ready to choose which path to take, but perhaps you should take a second look before you leap. This isn’t an easy thing to do when you’re excited about something, but this card serves as a reminder that a well-laid plan makes for long-term success.

Cancer 6/21-7/22 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!

Leo 7/23-8/22 Get ready to sit high upon your throne this week! The Queen of Swords is incredibly perceptive, embodying an intellectual sharpness and maturity that helps her tune out the noise of emotion and outside opinion. You could be facing a decision now or in the near future, and this card is serving as a reminder to rely on your logic and to look at all the facts before proceeding. You have an abundance of experience and wisdom that you can draw upon, so make sure to utilize it.

Virgo 8/23-9/22 The Strength card is signaling that you have the inner fortitude needed to gracefully navigate a difficult situation in your life. It’s easy to get lost in emotions like anger, sadness, fear, or shame, but you’re being called to rise above that this week and remain calm in this time of adversity. Don’t act on your base instincts. Instead, embrace your more compassionate and forgiving side. This allows you to become a silent warrior who remains in control not only of yourself but the situation as well.

Libra 9/23-10/22 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.

Scorpio 10/23-11/21 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.

Sagittarius 11/22-12/21 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.

Capricorn 12/22-1/19 The 8 of Swords is indicating that you are feeling trapped right now, believing there isn’t a way out of your current circumstances. This week you’re being called to question whether you’re truly stuck ... or if you’re simply in a prison of your own design. Insecurity, fear, and doubt are often feelings that keep us in situations far longer than we need to be. Examine this matter more closely. You may find that self-imposed limitations have been holding you back this entire time.

Aquarius 1/20-2/18 You could be on the verge of a decision that will have a long-lasting impact! You’ve been at this crossroads for a while, unsure of which path to go down. The Judgement card knows the best choices come from the perfect blending of head and heart. This will require you to look to your past for tangible lessons you’ve learned, but you must also connect with your inner self and listen to what your intuition is trying to tell you. This is the week to make your decision -- and you already have everything you need to do so.

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

