Nov 1st-Nov 7th 2026

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Issue #176

The Power of Showing Up



Y-NOW is a 10-month mentoring program for Louisville youth ages 11–15 who have a parent who is—or has been—incarcerated or struggling with substance use. There is no cost to participate. Victoria Coakley (Chance Thee Barber) knows the difference one caring adult can make. She grew up in public housing, experiencing challenges of her own. Participating in youth programs, sports, and having adults who consistently showed up helped open doors. Those experiences carried her through college, trade school, and into entrepreneurship as the owner of Vice Versa Barber Braid Beauty.

Becoming a mentor with Y-NOW Mentoring, part of YMCA Safe Place Services, felt personal. Victoria was matched with Anthony, or "Ant Man." At first, mentoring wasn't easy. There were struggles, frustration, and moments when Victoria questioned whether she was making a difference. With encouragement from Y-NOW staff and other mentors, she kept showing up. Over time, she learned to listen more, guide rather than direct, and build a relationship rooted in trust and consistency.

Together, Victoria and Ant practiced reading and math, journaled about emotions, explored entrepreneurship, ran a 5K, attended basketball games and art shows, and experienced new opportunities

Their journey wasn't perfect, but it was real. And through it, they both grew.

Now, Victoria is back for another year of Y-NOW, this time shepherding two young people through the program. She knows mentorship doesn't require having all the answers. It requires patience, consistency, and a willingness to keep showing up.

Louisville's youth don't need perfect mentors. They need mentors who stay.

Kentucky opera announces songweek november 17-22

Three Programs Explore Women's Lives, Family Memories and History

Kentucky Opera will present SongWeek, a series of three curated programs exploring women's lives, family memories and history through music, November 17-22, 2026, at venues across Louisville. The series includes The Unsung Singer: Winnaretta Singer and A Voice: Mrs. Ada Doss Campbell, culminating in three performances of COTTON, a multimedia song cycle by composer Damien Geter. Tickets for COTTON and information about SongWeek are available at kyopera.org or by calling 502-584-4500.

These programs are connected by the stories of women from the past: a patron whose support helped composers create new music, a Kentucky grandmother whose life is remembered by her family, and an ancestor whose appearance in a dream inspired a photographic exploration of Black American history. SongWeek also includes a collaboration with the University of Louisville School of Music.

"Each of these programs begins with a woman's story and considers how we carry that story forward," said Ben Robinson, General Director and CEO of Kentucky Opera. "Whether we are exploring the influence of a music patron, remembering a grandmother or responding to photographs of cotton fields, song gives us a way to connect with the people behind the history. These performances bring those voices into the present and invite another generation to listen."

COTTON: FROM PHOTOGRAPHY TO POETRY TO SONG

SongWeek concludes with COTTON, featuring Grammy Award-winning mezzo-soprano J'Nai Bridges and baritone Justin Austin, whose credits include performances at the Metropolitan Opera. The artists will appear November 20-22 at the Kentucky Opera Center for Cultural Health.

The work began with Philadelphia artist John E. Dowell, who dreamed of his grandmother calling him to the cotton fields of South Carolina, where his ancestors had likely been enslaved. His resulting photographs explore Black American history, ancestral resilience and the cotton industry's place in American life. Philadelphia's Lyric Fest commissioned eight poets to respond to the photographs, and composer Damien Geter set their words to music.

The approximately one-hour, fully produced presentation places audiences in an intimate setting with live singing amid projections of Dowell's photographs. Recorded video of the poets reading their own work adds another layer to the performance, allowing audiences to experience the progression from image to spoken poem to song. Scored for mezzo-soprano, baritone and piano, COTTON brings music, visual art and poetry together to explore history, memory, resilience and hope.

The eight poets are Nikki Giovanni, Marc Bamuthi Joseph, Lauren K. Alleyne, Charlotte Blake Alston, Trapeta Mayson, Glenis Redmond, Afaa Michael Weaver and Alora Young.

THE UNSUNG SINGER: WINNARETTA SINGER
Presented in collaboration with the University of Louisville School of Music, The Unsung Singer: Winnaretta Singer explores the life of the heiress to the Singer sewing machine fortune and her influence as a patron of music.
The program considers Singer's personality, the works she commissioned and her connections to figures including Cole Porter and Gabriel Fauré. It looks beyond the music to the woman whose support helped make its creation possible.

A VOICE: MRS. ADA DOSS CAMPBELL
A Voice: Mrs. Ada Doss Campbell comes through Kentucky Opera trustee Dr. Reneé Campbell and shares the story of her grandmother, Mrs. Ada Doss Campbell. Her life is remembered through music and ***(cont. pg. 2)***

What to Do in the Lou

11/4 Her: Ladies Night at the Lounge 6PM-10PM Smokeasy 566 S. 5th St. www.smokeasycigarlounge.com

11/5 2026 KY Women in Agricultural Conference 2PM-7PM Holiday Inn Louisville East 1325 S. Hurstbourne Pkwy. www.kwiaconference2026.sched.com

11/5 78 Social : Private Barrel Selection 4PM-6PM Copper & Kings 1121 E. Washington St. copperandkings@copperandkings.com

11/6 Cowork Connect Create: Free Coworking & Coffee 12PM-5PM The Presley Posat 635 W. Main St. www.thepresleypost.com *free

11/6-11/7 Michael Blackson 7PM/9:45PM Louisville Comedy Club 110 W. Main St. www.louisvillecomedy.com

11/7 Holiday Open House 10AM-5PM Work the Metal 1201 Story Ave 502.584.2841

11/7 Recomposed: Vavaldi's Four Seasons 7:30PM-9:30PM The Brown Theatre 315 W. Broadway St. www.louisvilleorchestra.org

11/8 Spin: Kentuckianas Largest Record Show 10aM=5PM Germantown Gables 986 Swan St. www.thefleurdeflea.com

11/9 Rocky Horror Burlesque Show: A Drag & Burlesque Shadowcast Revue 8PM Zanzabar 2100 Preston www.zanzabarlouisville.com

11/12 Black Excellence Expo 6PM-9PM 4000 Buechel Bank Rd. www.kynbmbaa.org

11/13 Moonlight Masquerade: Interactive Murder Mystery Party Elixir 414 W. Oak St. 502.384.2428 www.elixerbarlou.com $15

11/14 Chrisette Michele Live in Concert The Bay Cigar Lounge 901 Eastern Blvd. Clarksville, IN www.eventbrite.com

11/18 Indusrty Workshop: tech that works for your usiness 4:30PM-6PM Amped Tech & Learning Center 1701 W. Market St. www.onelouisville.org registration@onelouisville.org *free

11/20-11/22 5th Annual Holiday Marketplaces Grand Shopping Kickoff Weekend Mall St. Matthews 5000 Shelbyville Rd. www.melannaire.com 502.600.1003

11/20 Jam Session Part 3: Friendsgiving Edition 8PM-12AM 8Up 350 W. Chestnut St. ********

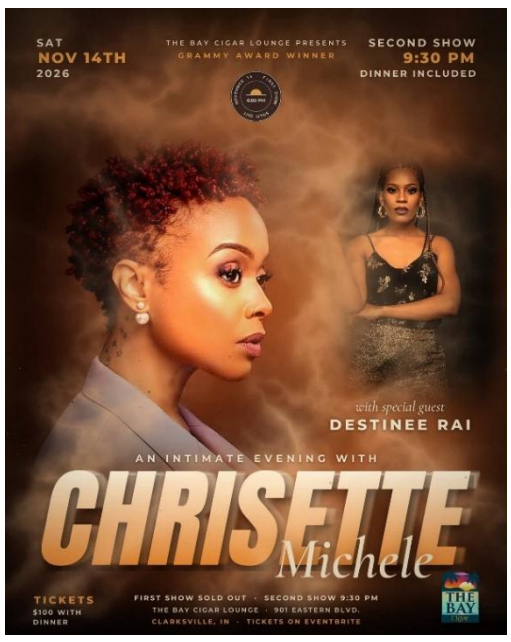
11/22 Trap Testimony Brunch 1PM-4PM 5721 Preston Hwy www.eventbrite.com

11/22 The Nutcracker Tea Party 2PM-4PM 904 E. Main St. New Albany, IN www.eventbrite.com

11/27 Annual All Black Fade 2 Black Thanksgiving Celebration 10PM-3AM Cardinal Stadium 215 Central Ave www.goodtimersentertainment.com

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Editor's Note: *"Controlling your emotions can prevent so many unnecessary issues."*

(cont. from pg. 1) spoken-word reflections by Black American composers and poets, connecting a Kentucky family's history with family and invite others to listen. I hope this program also encourages people to ask about the lives and experiences of the women in their own families."The performance is free and open to the public, with registration required. Seating is first come, first served.

SONGWEEK PERFORMANCE SCHEDULE

The Unsung Singer: Winnaretta Singer
Tuesday, November 17, 2026, at 7 p.m. Malcolm Bird Recital Hall University of Louisville School of Music
Presented in collaboration with the University of Louisville School of Music. Seating is first come, first served. **Admission is free**, but registration is required at kyopera.org.
A Voice: Mrs. Ada Doss Campbell Thursday, November 19, 2026, at 7 p.m. Redeemer Lutheran Church 3640 River Park Drive Louisville, KY 40211
Free admission. Registration is required, with up to four tickets available per person. Seating is first come, first served. Admission is free, but registration is required at kyopera.org.

COTTON Music by Damien Geter Inspired by the photography of John E. Dowell Featuring J'Nai Bridges, mezzo-soprano, and Justin Austin, baritone
Friday, November 20, 2026, at 7:30 p.m. Saturday, November 21, 2026, at 7:30 p.m. Sunday, November 22, 2026, at 2 p.m.
Kentucky Opera Center for Cultural Health 708 Magazine Street Louisville, Kentucky

TICKETS & INFORMATION: Tickets for COTTON, registration for A Voice: Mrs. Ada Doss Campbell and additional SongWeek information are available at kyopera.org/cotton. Kentucky Opera offers **pay-what-you-can ticketing**. Contact the box office at 502-584-4500 or email@kyopera.org for details and accessibility assistance.

SUDOKU ANSWERS

8	2	1	7	4	5	6	3	9
3	4	6	1	9	2	5	8	7
9	7	5	3	6	8	4	1	2
6	8	7	5	1	9	3	2	4
2	1	3	6	7	4	9	5	8
5	9	4	2	8	3	7	6	1
4	5	8	9	2	6	1	7	3
7	3	9	8	5	1	2	4	6
1	6	2	4	3	7	8	9	5

Sis, Let's Talk: Before You Buy Another Supplement, Let's Talk About Your Routine

Dr. Ashley D. Cham @drashleydcham

Sis, be honest: how many bottles are sitting on your kitchen counter or in your cabinet right now?
Something for energy. Something for sleep. Something for stress. A vitamin. Something for your hormones. And that supplement you bought because a woman on social media said it changed her life.

Meanwhile, lunch was whatever you could grab between responsibilities, your water bottle is still full, and bedtime keeps getting pushed back because everybody needs something.

I understand the appeal. When you're tired of feeling tired, buying something feels like taking action. You want relief, and you deserve support. But before you add another bottle to your cart, let's look at the life that supplement is being asked to support.
As a Women's Health Nurse Practitioner who incorporates holistic approaches into care, I believe supplements can have a meaningful place in an individualized plan. They can help fill certain nutritional gaps, but they don't replace the variety of foods your body needs. The right choice also depends on your health, medications, and what you already take.

That's why I want us to ask more than, "What should I take?"

Let's also ask, "What does taking care of myself actually look like on an ordinary Tuesday?"

Have you made room to eat?
Some women have a detailed supplement schedule and no plan for lunch.
You deserve an actual meal and time to eat it. Start with something manageable: pack leftovers, keep a few easy options available, or put a lunch break on your calendar. A meal with protein, produce, and foods you enjoy can be simple.
If your schedule regularly leaves you eating for the first time late in the afternoon, that deserves attention alongside whatever is in your supplement cabinet.

Is rest getting a place on your calendar?
We say we want more energy, but sleep often gets whatever time is left after work, laundry, children, emails, and scrolling.
Some seasons make rest difficult. Shift work, caregiving, and symptoms can complicate even your best intentions. Still, look for one thing you can change. Could you close the laptop earlier? Ask someone to take over one evening task? Give yourself a consistent time to begin winding down? Rest needs room in your routine.

What kind of movement fits your real life?
If you're waiting for an uninterrupted hour and the perfect workout outfit, you may be waiting a while.
Try a walk during a break. Dance while dinner cooks. Schedule a short strength session you can realistically repeat. Give yourself a starting point that works with your current responsibilities.

Where are you carrying too much?
Sometimes the wellness conversation needs to include the group chat, the overflowing calendar, and the responsibilities nobody thought to share. What could you delegate? What commitment could you reconsider? Where could you ask for help before you reach your breaking point?
Your daily routine includes the demands placed on you—and the support available to you.
None of this means persistent symptoms are your fault. You don't have to perfect your habits before you deserve care. If you continue feeling unwell, bring that concern to your clinician rather than assuming you need more discipline or another product.
This week, give yourself a simple assignment: notice your routine for three days. Write down when you eat, sleep, move, and get a moment to yourself. Then choose one change that would make caring for yourself easier.
If you'd like support putting those pieces together, my **Hormone Lifestyle Boot Camp runs November 9–13**. We'll make space to talk about the everyday choices that belong in your hormone wellness plan.

Sis, you're already willing to invest in your health. Let's make sure that investment includes time, nourishment, and care for the woman taking all those supplements.

Healthy Recipes

MUIH

Spanish Pork & Rice



Serves: 4 **Est. cost:** $3.20 **Est. cost per serving:** $.80

Ingredients:

- 1 tbsp oil (e.g. grapeseed, avocado, olive)
- ½ cup onion, chopped small
- 1 cup brown rice, soaked overnight and drained well
- 1 ea (14 ½ oz can) diced tomatoes, undrained
- 1/8 tsp cumin, ground
- 1 tsp salt
- 1 tbsp fresh garlic, minced
- 2 ½ cup low-sodium chicken broth
- ½ cup peas
- 1 ea (14 ½ oz can) canned pork, drained

Spanish Pork & Rice

Nutrition Facts

Serving Size: 1 Serving

Amount Per Serving		% Daily Value*
Calories	448.9 kcal	22 %
Total Fat	17.4 g	27 %
Saturated Fat	4.8 g	24 %
Trans Fat	0.1 g	
Cholesterol	52.6 mg	18 %
Sodium	891.5 mg	37 %
Total Carbohydrate	46.1 g	15 %
Dietary Fiber	5.1 g	20 %
Sugars	3.8 g	
Protein	27.5 g	55 %
Vitamin A	13 % • Vitamin C	27 %
Calcium	7 % • Iron	17 %

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

Full Info at cronometer.com

Equipment: Medium saucepan with lid large spoon, knife, cutting board, measuring cup, measuring spoon, can opener, large bowl

Directions:

1. In a medium saucepan, warm oil over medium high heat. Add onions and sauté for 2-3 minutes until lightly browned.
2. Add rice, diced tomatoes, cumin, salt, garlic and chicken broth and bring to a boil.
3. Cover and reduce heat to low and simmer for 20-30 minutes until liquid is absorbed and rice is fluffy.
4. Remove from heat and keep covered for 10 minutes. Stir in peas and pork.
5. Enjoy!

Health Benefits:

- *Brown Rice* has a low glycemic index, which can help to reduce insulin spikes and helps with the stabilization of blood sugar levels. It is also an unrefined carbohydrate, which means it takes longer to break down in the body and keeps you feeling fuller longer.
- *Tomatoes* are a great source of lycopene, an antioxidant that helps to fight the free radicals that can damage your cells and immune system. Lycopene can also help lower the risk of developing certain cancers. *Recipe provided by: LA Dixon, 2023*

PICKUP LOCATIONS

Franco's 3300 Dixie Hwy
Tim Pages 2922 Taylor Blvd
KY AAHC 1701 W. Muhammad Ali Blvd
Molo Village 1219 W. Jefferson St. #204
Vines Wine Bar & Spirits Shop 1985 Douglas Blvd.
Southern Express Soul Food 418 W. Oak Street
W.E.B. DuBois Academy 3901 Atkinson Sq. Dr.
D'Luxe Hair & Cuts 3707 Bardstown Road
My Hub 2900 W. Broadway inside the NIA Ctr
Goodwill West Louisville 2820 W. Broadway
The Fish House & Grill 2124 W. Broadway
Wing Station 2119 Crums Lane
Hair La Flaire 1859 Berry Blvd
Main Library Louisville 301 York Street
Smokeasy Lounge 566 S. 5th Street
Double Deuce 2529 W. Broadway
Good Vibes Smoke Shop 2710 Rockford Lane
Opportunity Corner 636 S. 18th Street
Shawnee Library 3912 W. Broadway
Bates Memorial Baptist Church 620 E. Lampton
G Starks Realty 1219 W. Jefferson Suite 107
UofL Campus 2030 S. 4th Street
Smoketown Family Wellness Center 760 S. Hancock St.
AMPED 1701 W. Jefferson Street Suite 206
AMPED 4425 Greenwood Ave
Urban League 1535 W. Broadway
The Presley Post 635 W. Main Street Suite 200
The Gruv 434 W. Market St.
Roots 101: AA Museum 124 N. 1st Street
SKS Accounting 812 Lyndon Lane
Russell Neighborhood Health Ctr 1425 W Broadway
Nia Center 2900 W. Broadway
Chestnut Street YMCA 930 W. Chestnut Street
Republic Bank Foundation YMCA 1720 W. Broadway
Greenwood Grocery Store 4501 Greenwood Ave
Discount Tint & Auto 1857 Berry Blvd
Wags Hair 801 W. Broadway
Mahogany Salon 1860 Mellwood Ave
Smoke & Vape 2113 W. Broadway
Zoe's Tattoos 1161 S. 4th Street
Omar's Liquors 331 E. Oak Street
Ahrens Educational Resources 546 S. 1st Street
Blak Koffee 1219 W. Jefferson St.
Pro Nails 801 W. Broadway #2
Mashup Food Hall 750 E. Jefferson St. Suite 101

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Aries 3/21-4/19 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.
Taurus 4/20-5/20 The 10 of Swords acknowledges you are going through a painful time right now. Perhaps you've been betrayed, or it could be you're experiencing a period of things crashing down on you. These types of experiences are never pleasant to go through, but this week you're being called to focus on the new beginning that this ending can make way for. Even though you may feel like you've hit rock bottom, take solace in the fact that there's nowhere else to go but up. Remember, obstacles can be opportunities in disguise.
Gemini 5/21-6/20 The 3 of Swords wants to recognize the grief or heartbreak you may be suffering from currently. Perhaps you've been betrayed, or it could be that you're experiencing some sort of mental anguish. This week, this card is asking you to persevere and stay in control of your emotions so that you can move forward without falling apart. Just be sure that you don't become permanently detached in your efforts to remain strong. If you remain in touch with your emotional side, you could come out on the other side of this situation capable of loving even more deeply.
Cancer 6/21-7/22 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.
Leo 7/23-8/22 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.
Virgo 8/23-9/22 You're being encouraged to tap into your potential this week! The Magician is recognizing that the entire world is at your fingertips because you have everything needed to get what you want. This week you are being called to align this powerful source of inner magic with your goals -- anything can truly happen! Looking for a new job? Trying to form a romantic connection? Trying to improve your cash flow? Don't be afraid to go for it, because you are a manifestation machine right now!
Libra 9/23-10/22 An opportunity could present itself to you this week, and the King of Wands is acknowledging that you have the strength and fortitude to accept it! Have you shied away from leadership roles in the past? Have you felt overwhelmed by taking on more responsibilities? Now is the time to stand firm in your power and own the visions you have. The key to success is becoming very clear about where you want to go and setting realistic goals that will help you get there. Go out there and grab the brass ring!
Scorpio 10/23-11/21 Your theme for the week is successful application of strength -- or, more specifically, emotional fortitude. The King of Cups is a person of insight and is very emotionally balanced and in control. Receiving this card is a reminder to harness your emotional maturity as you deal with a curveball life has thrown at you recently. Your initial instinct may have been to repress any emotions you had about this situation. Conversely, you could have let your emotions get the best of you. This card is urging you to use your heart AND your head as you navigate this personal challenge.
Sagittarius 11/22-12/21 You're being encouraged to choose your battles wisely this week. The 5 of Swords signals that a conflict is currently brewing in a particular area of your life, and a confrontation could take place soon. When it does, you may be tempted to win the argument at all costs -- but have you considered what those costs are? In your attempt to prove you're right, you may say or do things you regret later, as well as sabotage your relationship with the other person (or people). Before going to battle, consider how winning in the moment could lead to a long-term loss.
Capricorn 12/22-1/19 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.
Aquarius 1/20-2/18 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.
Pisces 2/19-3/20 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. *Tarot.com*