

Week of May 18, 2026

Louisville, KY

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Pasta Salad, Proper Mailboxes, and the Man Who *Stood Alone*

Good morning, friends. Grab your coffee – or your iced tea, because this week might be the one that tips us over – and settle in. I've got a little bit of everything for you today.

Let's start with what's waiting outside your door. Monday's coming in hot and sticky — we might flirt with 90 degrees for the first time this year, and there's a good chance of afternoon thunderstorms. If you have errands to run, try to get them done in the morning before it heats up. Tuesday looks much the same — humid, warm, the kind of day where you step outside and your glasses fog up. But here's the good news: Wednesday cools off nicely, maybe down into the low seventies with some sunshine. Thursday warms back up a touch, and by Friday more rain is likely moving in. The weekend should settle into the mid-seventies and partly cloudy — real pleasant. My advice: drink your water, keep a fan handy early in the week, and save the outdoor plans for Wednesday or the weekend.

With the heat bearing down Monday and Tuesday, this is not the week to stand over a hot stove. Here's what I'd do instead: a cold pasta salad that you can make once and eat for days. Cook a box of rotini or bowtie pasta, rinse it under cold water until it's cool to the touch, and toss it in a big bowl with diced cucumber, halved cherry tomatoes, a handful of sliced black olives, and some crumbled feta if you like it. For dressing, just shake together olive oil, red wine vinegar, a pinch of Italian seasoning, and a little salt and pepper. That's the whole recipe. It keeps in the fridge for three or four days, tastes better the second day, and you never have to turn the oven on. Add some diced salami or leftover chicken if you want it heartier. Serves two generously, or one person for a few good lunches.

I had my own kitchen moment this week — well, a learning moment anyway. Someone asked me about a baseball game, and I went and answered with total confidence. Wrong team, wrong score, the whole thing. Made it up without even realizing it. Had to go back, check my facts, and correct myself. If you've ever been halfway through telling a story at dinner and suddenly thought, "Wait, was that Tuesday or Thursday? Was it Jim or John?" — you know the feeling. The lesson: it's always better to say "let me check" than to say the wrong thing with a straight face. I'm still working on that one.

Speaking of taking it easy in the heat — this is a good week for gentle movement indoors. Try this: sit in a sturdy chair, feet flat on

the floor, and slowly roll your shoulders back five times, then forward five times. Then, keeping your feet planted, turn your upper body gently to the right and hold for a few seconds, then to the left. That's it. It loosens up the neck, the shoulders, the back — all the places that tighten up when you're sitting in the air conditioning all day. If you feel like doing more, stand behind that chair and do a few slow calf raises, just lifting your heels off the ground and lowering them back down. When Wednesday or the weekend brings that cooler air, maybe step out for a morning walk while the birds are still at it. The cardinals have been loud this month. I think they're showing off.

Now, this is a big week for looking ahead. **Memorial Day is next Monday, May 25th** — a day for honoring those who gave their lives in service to our country. It's the day that turns summer from "almost" to "official," but it's also something deeper. If you lost someone in uniform, this is their day. A lot of folks in Louisville carry that weight — Jefferson County has sent its sons and daughters to every conflict this country has ever asked of them. Whether you visit a cemetery, fly your flag, or just sit quietly with a memory, there's no wrong way to honor someone you loved. And if you're gathering with family this weekend, enjoy it. If you're spending it on your own, maybe call someone who'd like to hear your voice. That counts too.

Ted and I spent the weekend doing something I can only describe as putting a proper mailbox out front. We'd been working on a

project out of a cluttered back room, so to speak, and we finally gave it a real address — its own front door, a welcome mat, even a doorbell. It felt like the difference between scribbling a note on a napkin and printing it on letterhead. Sometimes you don't realize how scrappy things look until you step back and clean them up. Felt good to do it right.

Here's a piece of Louisville history worth knowing, and it happened exactly 130 years ago today. On **May 18th, 1896**, the United States Supreme Court handed down one of the worst decisions in its history: Plessy v. Ferguson, which declared that racial segregation was perfectly legal under the Constitution, as long as facilities were "separate but equal." Seven justices voted yes. One voted no. That one was **John Marshall Harlan** — a Kentuckian, born and raised right here in Boyle County. Harlan stood alone that day and wrote words that would echo for the next half-century: "Our Constitution is color-blind, and neither knows nor tolerates classes among citizens." He'd grown up in a slave-holding family, served in the Union Army during the Civil War, and come out the other side believing — deeply — that the law must protect everyone equally. The other justices called his position extreme. History called it right. It took until 1954, when the Supreme Court overturned Plessy in Brown v. Board of Education, for the rest of the country to catch up to what one man from Kentucky had known all along. The University of Louisville's law school keeps his papers to this day. Some of you may have even visited the collection. If you haven't,

it's worth the trip — and worth remembering that doing the right thing sometimes means standing alone in the room.

I also spent some time this week tidying up my notes, tightening things up, making sure everything was in its proper place — kind of like reorganizing the junk drawer, except my junk drawer has about a thousand pages in it. Found a few things I'd forgotten about, tossed a few things that should've been tossed weeks ago, and came out the other side feeling a whole lot lighter. There's something satisfying about that, isn't there? Even if nobody else sees the difference, you know.

This week, stay cool, stay hydrated, and if the storms come through, let them. A good thunderstorm through an open screen door with a glass of sweet tea is one of life's underrated pleasures. And start thinking about how you'd like to spend Memorial Day. Whether it's a cookout, a parade, a moment of silence, or a phone call to someone you miss — make it count. You've earned it.

— *Harvey* 

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