

June 23rd - June 29th
2024

The Underground Lou

www.theundergroundlou.com

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Issue
#95

River City Drumbeat Sunday Showcase

Free Community Day at The Speed Art Museum

Sunday, June 30, the Speed Art Museum is hosting a free community day with the theme: Louisville's Thriving Black Traditions. At 12:30 pm River City Drumbeat will perform at the Speed Cinema free of charge for all ages, directed by Marlon Johnson and Anne Flatté.

"The film listens for the community's heartbeat, finding it's steady pulse just as expected: healthy and strong." -Teo Bugbee, The New York Times. River City Drumbeat is a multigenerational story of music, love, and legacies in Louisville.

Edward "Nardie" White devoted his life to leading the African American River City Drum Corp (RCDC) he co-founded with Zambia Nkrumah three decades ago. Together they inspired youth from their West Louisville neighborhood to thrive by connecting them with the art and cultural traditions of their African ancestors.

Their work has been extremely rewarding witnessing many children succeed, and sobering when others fall into traps born out of systemic racism and generational socio-economic circumstances. Through determination and loving mentorship, RCDC remains resilient under its founders' vision.

RCDC is far more than just a musical entertainment group; it is an organization that provides its members with a blueprint for success in life. Each young drummer makes his or her own drum, using recycled materials.

Members learn how to manage all aspects of their performance schedule—not just drum. Students actively build skills needed for personal, academic and social success. They are responsible for scheduling, performance itinerary, and



ensuring effective communications between staff, students, and staff members where they perform. When White decides it's time to step down leader of the organization, Albert Shumake, whose destiny was shaped by the drumline, must take up the mantle for the next generation. Meanwhile, student drummers Imani, Jailen, and Emily navigate adolescence and life changes as they approach the end of high school.

River City Drumbeat follows this creative community of mentors, parents, and youth making their way in a world where systemic forces raise obstacles to fulfilling their dreams. A selection of the DOC NY Film Festival and the Miami Film Festival and a New York Times Critic's Pick. The entire event is from 12:30pm-4pm. Contact 502-634-2700 for additional information.

What to do in the Lou

6/26 Wine Down Wednesdays 5pm-10pm Happy Endings 713 S. 4th Street 502.533.5217

6/27 Trash Talk: Stop Dumping in West Louisville 6:30pm-8pm 2600 W. Broadway Suite 205 www.tinyurl.com/memberplay

6/27 Just Move! Body Movement Block Party 7pm-9pm Stellas Venue 1348 River Road www.eventbrite.com

6/28 D'Angelo Russell Day 5pm-9pm Algonquin Park 1614 Cypress Street www.a-oneallstars.com

6/28 Fashion Fridays (Every Friday) 10pm-2am Happy Endings 723 S. 4th Street 502.821.7074 30 and up 502.821.7074

6/29 Books & Breakfast Louisville 10am-12:30pm Catholic Enrichment Center 3146 W. Broadway *Free to the public/Family friendly chadgolden87@gmail.com

6/29 St. Mathews Farmers Market (every Saturday) 8am-12pm 4100 Shelbyville Road www.thearrowfund.org

6/29 Flyover Film Festival Preflight Party 6pm-9pm 21 C Museum Hotel 100 S. 7th Street www.louisvillefilmsociety.com

6/30 West End Farmers Market 4pm-8pm 2339 Date Street www.eventbrite.com

6/29 Louisville Wine Walk 1pm Fourth Street Live 411 S. 4th Street 502.584.7170

6/30 River City Drumbeat at Speed Cinema 12:30pm-2pm Speed Art Museum 12:30pm 502.634.2700

6/30 Murder at Disco Lounge 3pm & 6:30pm Mellwood Art Center 1860 Mellwood Ave 502.381.0609 www.lesliepryorproductions.com

6/30 The Havana Rooftop Day Party 5pm-10pm Ice House 226 E. Washington Street www.goodtimersentertainment.com

7/27 The Underground Lou's 100th Issue and 2 Year Anniversary Celebration! 6pm-9pm Roots 101: African American Museum www.eventbrite.com 502.878.6531

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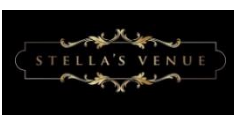
www.theundergroundlou.com



www.etfashions.net

Inside the Derby Park Flea Market
2900 S. 7th Street #56

Saturday 11am-4pm
Sunday 11:30am-4pm



Educational Session on Nutrition, Farmers Markets and More!

Louisville metro government and Americorps are bringing you a live cooking demo with local chef Rhonda Bowles Kamar with Feed Louisville and Co-owner of Ramsi's Café on the World. There will also be educational sessions on Farmers Markets and senior nutrition.

This program is open to any Louisville Metro RSVP volunteer or seniors in the community who want to know more about Louisville's Farmers Markets. A general overview will be done along with an insightful perspective on healthy foods and nutritional eating as well as a cooking demo by Chef Kamar using Farmers market produce.

The event will take place Thursday June 27th from 10am-2pm at the Thrive Center located at 204 E. Market Street. If interested please RSVP by calling 502.574.1530.

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Career & Training Opportunities

Digital Literacy Train the Trainer

University of Louisville: Digital Transformation Center



- Earn digital skills
- Earn \$500 stipend upon completion of program
- Learn conversational, AI, Form Data Gathering & Data Analytics
- Earn four or more micro-credentials
- Become a community trainer

For more information contact sherry.duffy@louisville.edu

SummerWorks Internship

- Ages 16-21
- Shadow a supervisor in one of many departments
- Perform task that provide value to the organization
- Work in an office, on-site, at a facility, or at a professional development session

www.kentukiannaeams.com
Tim Moran 502.678.8126

SummerWorks Communication Intern

- Ages 16-21
- \$15 per hour
- 30 hours per week
- Transportation recommended but not required

June 17, 2024 - July 26, 2024

www.tinyurl.com/CTCTSW24
changetodaychangetomorrow@gmail.com

MOMS & DADS MATTER!

Participate in our study and show us how!

WHAT: Parenting Teens Project (primary investigator: Dr. Chelsie Temmen)

HOW: We are looking for teens ages 13-18 and their mother and father to complete an online survey. Teens must be living with both their parents to qualify for participation.

WHY: We want to learn how mothers and fathers are involved in their teens' lives.

WHEN & WHERE: All surveys can be completed on your computer or mobile device. Parent surveys take 15-20 minutes. Teen survey takes 25-30 minutes.

Each family will receive a \$40 Amazon gift card after completing the survey.

For more information about the Parenting Teens Project or to sign up, call (502) 694-0650 or email temmenyouthlab@gmail.com



Scan this QR code for a copy of this flyer.

UNIVERSITY OF LOUISVILLE

Pick-Up Locations!

- Dynamic Nutrition 1561 Bardstown Rd
- Xquisite Nutrition 2631 S 3rd Street
- Small Business Administrative 600 M. L. King Jr. Pl.
- Franco's 3300 Dixie Hwy
- Pocket Change 1510 Crums Lane
- Tim Pages 2922 Taylor Blvd
- AMPED 4425 Greenwood Ave
- KY AAHC 1701 W. Muhammad Ali Blvd
- Urban League 1535 W. Broadway
- AMPED RTBI 1219 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
- House of Earlisious 4925 Poplar Level Road
- 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
- Julees Mocha 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
- Afrokanza 1578 Bardstown Road
- Wing Station 2119 Crums Lane
- Hair La Flaire 1859 Berry Blvd
- Discount Tint & Auto 1857 Berry Blvd
- Wags Hair 801 W. Broadway
- Mahogany Salon 1860 Mellwood Ave
- 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
- Southern Hospitality 3402 W. Broadway
- Health Daddy Wow 1806 Ralph Ave
- Health Daddy Wow 1806 Ralph Ave
- Black Jockey's Lounge 630 S. 4th Street

Let us know where you'd like to see the Lou by emailing us:
advertise@theundergroundlou.com

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NOW HIRING SALES REPRESENTATIVES!!

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Email us at advertise@theundergroundlou.com or by phone at 502.878.6531
Donations: [spcimediaandco](http://www.spcimediaandco.com)



Dare to Care Food Bank Now Recruiting Neighborhood Focus Groups

\$100 incentive!

- Will take place at various locations throughout the summer
- Signing up does not guarantee a spot in a focus group, you will be contacted if you are selected
- Eligible to those who use food banks

Contact 502.244.6600 or mmorton@iqsresearch for information

FREE HAIRCUTS!!

January 8th-June 30th

Brought to you by Thoughts Out Loud mental health and prevention program.

Available to black boys and men ages 14-24 who participate in *Pivot to Peace*. Locations include **The Lab Professional Barbering Services** at 1169 Eastern Parkway 3 Mondays a month from 5pm-7:30pm and **New Era Barbershop** at 1000 W. Whitney Avenue every Friday from 5pm-7:30pm.

For information on Pivot to Peace or additional questions contact 502.574.5699.

Rivulet Liqueur

Celebrating 10 Years!

"We believe that our Rivulet Artisan Pecan Liqueur is best sipped and savored neat, but we also know that it mixes incredibly well in handmade cocktails. Not only does Rivulet mix well with Bourbons, Vodkas and Tequilas, but it also lends a profile all its own to other flavored spirits to create one of a kind cocktails you will suddenly love. Mixologists everywhere have created some beautiful cocktails. We hope you'll find one you love."

www.rivulet.com



Rivulet 7th & Main



- 1 1/2 oz Rivulet Liqueur
- 1 oz bourbon
- 1/2 oz Campari

Glass Type: Martini Glass

Instructions: Combine ingredients in shaker tin over ice. Shake and strain into martini glass.

Garnish: Orange peel

Visit www.rivulet.com to order yours today!

Take a trip to the Muhammad Ali Center for FREE for your summer camp program!

- Must be a registered Kentuckiana 501(c)3
- Ticket request must be received at least one month in advance

<https://form.jotform.com/AliCenter/youth-program-admission-tickets-req>
502.584.9254

Free Business Counseling Services

Business Coaching
One-on-one coaching will focus on business fundamentals - business plan development, LLC establishment, business registration, business banking, etc.

Sign Up Today!
lul.org/blackbusiness
502-586-4622

SBDC RUSSELL CRIPED

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- Rewarding career

VAN DRIVERS NEEDED!
UP TO **\$27,200**
ANNUAL STARTING RATE
NO CDL REQUIRED TO DRIVE A JCPS VAN!

APPLY TODAY

Questions? Contact the JCPS Welcome Center:
(502) 486-3370 | JCPS.WelcomeCenter@resources.jcpschools.ky.gov

P.Y.O.A. Arts and Culture Summer League

FREE PROGRAM

JUNE 20TH - JULY 12TH
1029 S JACKSON ST
LOUISVILLE, KY 40203

LEAGUE DETAILS
GRADES 1ST - 8TH
MON - FRI 8:30AM - 3:30 PM
BREAKFAST, LUNCH AND SNACKS SERVED DAILY

MUCH FUN ACTIVITIES!

- Tour Local Museums
- Learn Video Production
- Creative Writing
- Creative Expression
- Arts & Crafts
- STEM
- And Much More!

LIMITED SPACE! REGISTER NOW!
www.PYOA.org

PROMINENT YOUTH OF AMERICA

June 25
6 - 7:30PM

TAKING CARE OF BUSINESS TUESDAYS
SMART Goals

This month's presentation will focus on mastering SMART Goals. This course will walk you through the importance of formulating clear, concise, and relevant goals that are easy to measure and achieve for your Business's success.

LUL Center for Entrepreneurship
1535 W Broadway, Louisville KY 40203
business@lul.org

Louisville Urban League Presented in partnership with AMERICA'S SBDC NETWORK



The Uninsured Goddess Health

was designed to support women without health insurance who need access to quality and affordable health care. This subscription based plan is designed as a membership of sorts with a low monthly premium (\$75 per person per month) that provides the following:

- Personalized Healthcare
- One free preventive visit (annual exam) per year with basic labs
- Self pay discount for additional labs/testing
- \$30 copay for any additional visits

Contact us today to sign up or for more details!

For More Information
502-425-7659

1169 Eastern Parkway
Suite 200 Louisville, KY 40217

www.AthenaHealthandWellness.com

LOUISVILLE DIRT BOWL WEEK 3

SATURDAY JUNE 22 vs SUNDAY JUNE 23

HEADHUNTERS VS HUNTSVILLE	WE THEM 1'S VS WILLENNIUM
BREVAY WARRIORS VS BOOGIE NOT BANGERS	MYMBA MENTALITY VS REDEMPTION
KINGS VS WHITEHATS	CHURCH LEAGUE VS ALL FOR 1
HOOBURN PALS VS APES	TRAE BLAZERS VS GODS OF THE COURT
BLAZERS VS HOME TEAM	DOWN TO WIN VS NEW ORLEANS
SIMMONS VS RUFFIN TUFF	CHOW TIME VS EAST END

LOUISVILLE MIMOSA FESTIVAL PRESENTS

Wine Down PART 2

SUNDAY | JUNE 30TH | 3-8PM | \$25

STELLA'S VENUE | 714 E. MARKET | 21+

LIVE MUSIC | FOOD | DRINKS

SOUNDS BY: REV RON & BBW BAND AND DJ CARRIETHACURATOR

@LOUMIMOSAFEST

Paid Training Opportunity in the IT Industry

Free 12-Week Program Leading up to \$40,000 Per Year



AMPED Technology Workforce Development is now enrolling for the next 12-week program. The program will provide training and skills needed to advance in the technology industry such as help desk support, field tech support, operations analyst, network analyst and more.

All training and certifications are free of charge with up to 3 certifications offered: MS-900 certification in Microsoft, CompTIA A+ Training for software/hardware support and CompTIA Network for network administration, development and support. Hours to complete are 40 per week Monday through Friday from 9am-5pm. Each participant will receive a weekly stipend up to \$500 per week.

There is no experience needed and you must be at least 18 years of age. The certifications and training acquired will prepare each participant for employment with an average pay of \$40,000 a year. The next class starts July 15th and has only 20 seats available. Early registration is suggested.

Visit www.ampedlouisville.org, call 502.513.6119 or scan the QR code below for more information and to apply.



Healthy & Helpful

Mixed Green Pesto Sauce

Ingredients:

- 4 cups greens/herbs
- 1 ea clove garlic, minced
- 2 tbsp lemon juice
- 1/3 cup toasted nuts or seeds
- 1/3 cup parmesan, freshly grated (optional)
- 1/2 tsp salt
- 1/8 tsp freshly ground black pepper
- 6 tbspn extra virgin olive oil
- Greens/Herbs: Spinach, mixed green
- blend, arugula, swiss chard, kale, basil, cilantro, parsley, and mint.

Nuts: Pine nuts, walnuts, pecans, almonds, pistachios, and sunflower seeds

Equipment: cutting board, knife, cheese grater, food processor or blender

Directions:

1. Place the greens, garlic, lemon juice, nuts, parmesan (optional), salt, and pepper into the food processor or blender, and process until chopped (after a few blends down the sides for an equal mix)
2. Add the oil into the food processor until well combined, and at a desired consistency.
3. Taste and adjust the seasoning as necessary. Pesto sauce can be frozen for later or stored in the fridge for up to a week.

Nutrition Facts

Serving Size: 1 Serving		
Amount Per Serving		% Daily Value*
Calories	304.7 kcal	15 %
Total Fat	30.5 g	47 %
Saturated Fat	4.7 g	23 %
Trans Fat	0.1 g	
Cholesterol	7.2 mg	2 %
Sodium	175.1 mg	7 %
Total Carbohydrate	6.1 g	2 %
Dietary Fiber	1.3 g	5 %
Sugars	1.2 g	
Protein	5 g	10 %
Vitamin A	58 %	Vitamin C 31 %
Calcium	11 %	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.

Full info at cronometer.com </>

scrape

Health Benefits:

Lemon: One lemon contains 51% of the recommended daily intake of vitamin C. Vitamin C is not only great for helping to boost your immune system, it also helps to increase the body's absorption of iron.

Garlic: To receive the most benefits from garlic, wait up to 10 minutes after chopping before you use it. This allows activation of an enzyme in the garlic called, Allinase, which helps to break down Allicin, that absorbs many health benefits properly, including it being an antibacterial, antiviral, and anti fungal.

Serves: 4 Cost: \$8.25 Cost per serving: \$2.75

Recipe by: LA Dixon, 2024



Horoscopes

Aquarius 1/20-2/18 Confrontation may occur close to home. You're tuned into your own program as the Moon moves through your sign, but the lunar square to Uranus in your domestic 4th house could create drama with a roommate or relative, requiring you to play peacekeeper. The physical structure of your home may also require attention – watch out for leaky faucets, dented walls, and cracked glass! Maintaining a sense of peace and calm won't be easy, but you can manage it if you try.

Pisces 2/19-3/20 You may feel like you're missing something obvious. Overlooking certain signals can happen in an instant while the Moon drifts through your sleepy 12th house. Plus, it's shocking square to Uranus in your communications sector could leave you scratching your head as you try to figure out what is truly going on. Other people may have an agenda that goes against your needs, so think twice before hopping on the first bandwagon you see. Avoid sudden decisions and wait for clearer skies.

Aries 3/21-4/19 A generous impulse doesn't always work out for the best. You may be in the mood to cover a friend's lunch or make a charitable donation on a whim as the Moon in your humanitarian 11th house aligns with Uranus in your financially focused 2nd house. However, the angle between these two luminaries is not an easy one, and could leave you with cause for regret if you're not cautious. Make sure you don't wind up with a case of giver's remorse.

Taurus 4/20-5/20 The simplest approach isn't necessarily the most exciting one. It could be difficult to resist the urge to act out or show off as the Moon in your reputation sector squares off Uranus in your feisty sign, making it easy to go too far. There's nothing wrong with expressing yourself and even enjoying a little bit of shock value, but make sure you're not doing so in a way that could reflect upon you poorly. Important eyes may be watching (and remembering) your actions.

Gemini 5/21-6/20 An unexpected event or moment may shake up your plans at any moment. The Moon in your adventurous 9th house is grousing at Uranus in your hidden 12th house, which could bring rapid changes or curveballs from out of left field. It's never easy to know what's coming when Uranus is involved, so the best way to deal with this aspect would be to brace yourself for any and all eventualities. Going with the flow will be the simplest way to get where you're going.

Cancer 6/21-7/22 People may want your attention, but that doesn't mean you're happy to give it. There is a tough angle between the Moon in your private 8th house and Uranus in your outgoing 11th house, so watch out! Even if you planned to spend the day dealing with personal business behind closed doors, it probably won't turn out that way. Work, pleasure, whatever – someone is practically bound to ask you to play your part in the group. Hiding away isn't really an option.

Leo 7/23-8/22 An unexpected work matter may get in the way of any previously established plans. The Moon in your people-pleasing 7th house yanks rebel Uranus in your professional 10th house into a square. Ready yourself for something like a boss calling on you at the last minute to handle an important project. You may also spot a surprising opportunity and need to drop everything in order to pursue it. Just make sure you do so politely so no one feels left hanging.

Virgo 8/23-9/22 No matter how much you prepare, life can still surprise you. You may have everything all planned out with the efficiency of a drill sergeant as the Moon marches through your responsible 6th house, but its square to Uranus in your boundless 9th house could distract you to no end. Whether it's inner flights of fancy getting in the way or someone else arriving in your life to change things up, expect a detour or two (or three) on the road to your original destination.

Libra 9/23-10/22 You could feel a bit out of sorts at present, Libra. Due to the tense angle between the Moon in your expressive 5th house and Uranus in your secretive 8th house, you could be stuck ping-ponging back and forth between showing off and hiding entirely, depending on which way the wind is blowing. It's alright if you don't entirely know which camp to settle in and keep feeling pulled between the spotlight and the shadowy wings. It's your choice to go where you like.

Scorpio 10/23-11/21 Someone may throw a wrench in your emotional works. The Moon in your sensitive 4th house is poking rebellious Uranus in your personable 7th house, which could result in a particular person meddling with your plans – even if they mean well. Their actions will almost certainly catch you off guard. They could push a few of your more sensitive buttons if you don't establish proper boundaries! Don't let someone else's actions impact you negatively when you're the ultimate authority of yourself.

Sagittarius 11/22-12/21 Don't swim against the riptide, Sagittarius – that would overwhelm and exhaust you. You're already moving along at top speed while the personal Moon and erratic Uranus spar. Their antics may trap you in a cosmic undertow, wherein multiple pressing tasks threaten to drown you. Instead of trying in vain to push through each one in order, consider moving certain things around in order to accommodate all these competing problems. Regardless, be prepared to step up and act like your most diplomatic and responsible self.

Capricorn 12/22-1/19 There are more exciting things on offer than merely tending to your chores. The Moon is pointing your attention toward more basic matters as it paces through your grounded 2nd house, but a square to Uranus in your buoyant 5th house will offer you the chance to throw caution to the wind and go have some fun. Just remember to avoid going overboard in your pursuit of pleasure! Keep one foot firmly in reality, even if the other is skipping away. Tarot.com