

June 30th - July 6th
2024

The Underground Lou

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Issue
#96

Celebrate Alberta O. Jones Park Day A Free Family Festival in Louisville

Mark your calendars for Saturday, July 13, 2024, as Alberta O. Jones Park opens its gates for a day of celebration, community, and fun. This annual family-friendly festival, known as Alberta O. Jones Park Day, promises an afternoon filled with music, delicious food, and a variety of activities for kids. Best of all, the event is completely free!

Date & Time:

Saturday, July 13, 2024, from 2:00 PM to 7:00 PM EDT

Location:

Alberta O. Jones Park, 744 S 23rd St, Louisville, KY 40211, USA

The festival aims to bring the community together and promote a healthy, sustainable environment. Community partners will be on-site, offering information and engaging activities to educate and entertain attendees. It's also a great opportunity for park-goers to share their ideas and suggestions for future programs at Alberta O. Jones Park.

Bernheim Forest Pop-Up Free Play Space is set for 2:00 PM - 6:00 PM. One of the highlights of the day is the Bernheim Forest's Children at Play Network (CAPN) pop-up play space. This area will be equipped with natural loose parts, allowing children to build forts, create their own games, and enjoy the wonders of free play. Play Facilitators from both the community and Bernheim Forest will be present to support and guide children in their creative pursuits. Additionally, this event provides practical experience for those who participated in the Free Play Facilitator Training, helping them to achieve CAPN certification.

Redline Performing Arts, in partnership with Actors Theatre of Louisville, will present the world premiere of "Who Killed Alberta Jones?" from 6 pm-7 pm. This original drama, written by playwright Larry Muhammad, delves



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into the extraordinary life and tragic death of Alberta Jones, a pioneering Louisville attorney and civil rights advocate. The performance is set to be a powerful and moving tribute to her legacy.

Whether you're looking for a fun day out with the family, interested in community initiatives, or eager to experience local art and culture, Alberta O. Jones Park Day has something for everyone. Don't miss this opportunity to connect with your community, enjoy free activities, and be part of something special in Louisville.

For more information and to RSVP, visit www.theundergroundlou.com. We look forward to seeing you there!

What to do in the Lou

7/3 *Wine Down Wednesdays (Every Wednesday)* 5 pm-10 pm Happy Endings 713 S. 4th Street 502.533.5217

7/3 *Last Comic Standing: Eric Kimbrough* 6pm Louisville Comedy Club
www.louisvillecomedyclub.com

7/6 *St. Mathews Farmers Market (every Saturday)* 8 am-12 pm 4100 Shelbyville Road

7/6 *2024 Fleur De Flea: Outdoor Vintage Markets* 10 am-5 pm Waterfront Park Plaza
231 Witherspoon Street www.thefleurdeflea.com

7/6 *Grown Vibes Only* 9 pm Derby City Gaming 401 W. Market Street 502.417.6791

7/7 *ILYBNLILM: The Encore* 1 pm Speed Art Museum 2035 S. 3rd Street
www.speedmuseum.org

7/9 *Women in Networking Monthly Meeting* 11:30 am-2:30 pm Kosair Shrine
Center 4120 Bardstown Road www.win6louisville.com

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

7/12 *90's Hip Hop Silent Disco at TEN20* 8 pm-12 am TEN20 Craft Brewery
1016 E. Washington Street www.eventbrite.com

7/13 *Beyonce Brunch at Le Moo* 10:30 am-3:30 pm Le Moo 2300 Lexington
Road www.lemoodragbrunch.com

7/13 *2024 Nulu Summer Fest* 12 pm-12 am 732 E. Market Street 855.395.5286

7/14 *KPF Presents: Family Day Out* 10 am-5 pm The Louisville Zoo
www.louisvillezoo.org

7/13 *McFalls Academy Open House* 2 pm-3:30 pm McFalls Academy 3548
Taylor Blvd 502.777.3365 www.mcfallsacademy.com *Free to the public/Family friendly

7/18 *Music in the Park Series: Alberta O. Jones Park* 11 am- 1 pm 744 S 23rd St 502.398.4490

7/19 *After Hours at the Speed* 5 pm-10 pm Speed Art Museum 2035 S. 3rd Street www.speedmuseum.org 502.634.2700

7/19 *Downtown Drive-In* 8 pm-11 pm Waterfront Park Brown Theatre Amphitheater 1301 River Road *Free entry/Family
friendly www.louisvilledowntownlou.org

7/20 *The Bakery Outdoor Market* 11 am-3 pm 901 S. 15th Street www.thebakery.world/upcomingevents

7/20 *Butterflies & Bee's* 7 pm-10 pm Queens Lounge 935 W. Hill Street 502.216.0315

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



You are cordially invited to a celebration of creativity, innovation and community

July 27th | 6-10 PM | Ice House- 226 E. Washington Street

Join AMPED for our annual gala: Dream Maker Awards

A special evening dedicated to fundraising \$110,000 for Amped's programs, celebrating our Class of 2024 high school senior Music Academy participants and the work and compassion of individuals, businesses, and organizations that have helped make their dreams come true. \$100 tickets: Guests will experience a Heaven Hill Brands sponsored Cocktail Reception, signature Hors d'oeuvres & main course, live music, silent auction where all proceeds support Amped, and an after-party!!

Dress code: Business casual or the best fit in your closet. To purchase tickets please visit:

<https://one.bidpal.net/amped/welcome>. Is cost a barrier? Make a monthly donation of \$20.14, to mark our 10-year anniversary and you are covered visit www.ampedlouisville.org. Sponsorship opportunities are available. Please contact Erika Samuels for more information at esamuels@ampedlouisville.org

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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

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

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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.

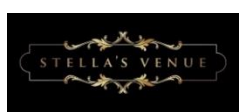
WHEN & WHERE: All surveys can be completed on your computer or mobile device. Parent surveys take 15-20 minutes. Teen survey takes 25-30 minutes.

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

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Scan this QR code for a copy of this flyer.



Community Visioning Event: Rebuilding the Sparrow House!

Come out to a special community visioning event as part of the inspiring journey to rebuild The Sparrow House! This nonprofit initiative is currently in the exciting phase of reconstruction following a recent demolition. The mission is to foster economic empowerment, collaborative development, and food security, ultimately creating a vibrant space for community engagement and partnerships with local businesses and organizations.

The Sparrow House has long been a cornerstone in the community, serving as a hub for various activities and support services. As this new chapter begins, involving community members in the planning and development process is key. This event is your opportunity to contribute to the transformation of the Sparrow House and help build a stronger, more connected neighborhood while sharing your ideas and vision for the future of the Sparrow House. Your input is crucial in shaping the direction of this project, ensuring it meets the needs and aspirations of our community. You will be able to participate in surveys designed to gather detailed insights into what our community needs most. Your feedback will directly influence the programs and services offered at the newly rebuilt Sparrow House.

This event is an excellent opportunity to forge new partnerships and strengthen existing ones, fostering a sense of unity and shared purpose. Through various initiatives and programs, the goal is to provide resources and opportunities that promote financial stability and growth for individuals and families in our community. The Sparrow House will focus on addressing food insecurity by offering community gardens, food drives, and educational workshops on nutrition and sustainable living.

The event takes place Wednesday July 24th from 12 pm-2 pm at 1518 Prentice Street. Visit www.thesparrowhouseca.org for additional information.

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!

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Questions? Contact the JCPS Welcome Center (502) 486-3370 | 2024.WelcomeCenter@jcps.kyschools.us

2024 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!

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www.PYOA.org

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- 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



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www.AthenaHealthandWellness.com

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

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 Business Counseling Services

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

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502-585-4622

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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 scrape 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 </>

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 You have the potential to make decisions that will benefit you and your loved ones further down the line. Thinking ahead is especially wise at this time -- no matter how blessed you currently are, harder times may come in the future. The planets are supporting your preparations. You can use this opportunity effectively by considering which beneficial projects or investments will strengthen your long-term sense of security. That being said, don't forget to enjoy this moment in the present, too.

Pisces 2/19-3/20 Your head and your heart are spinning in sync. You might have felt a bit all over the place previously, but your emotions and thoughts are walking hand-in-hand, making it easier to know what you want. You're more equipped to take charge and say whatever's on your mind, in addition to feeling more in charge of your destiny. You could have received some encouragement that boosted your overall confidence, so consider paying it forward and making someone else feel good about themselves!

Aries 3/21-4/19 New abundance may be coming through for you, Aries. You're likely able to bring in another source of revenue or build a positive home situation. That said, you will need to put in some sweat equity to find these opportunities. Security is key at present -- you can create it by working hard to achieve your goals, then creating balance to make sure that you can follow through and stay consistent. After all, once you receive abundance, you have to use it wisely!

Taurus 4/20-5/20 You can learn a lot today -- if you know who your friends are. The focus is on you, potentially more than you know! Other people might be looking to you as an example, for better or for worse. Some don't want to intrude, while others want to see what you will do when presented with opportunities versus obstacles. Instead of getting caught up in those who are on the outside looking in, seek support and guidance from true friends for best results.

Gemini 5/21-6/20 Your spiritual life might be calling out for order! You could be a little disorganized when it comes to your spiritual routines, but there's no need for fear. Things that are meant to be are currently inclined to fall into place. In particular, your spiritual alignment could happen much more easily than you were expecting. You may feel like you need a solid answer before releasing something that no longer is in alignment with you, but truthfully, letting go may usher in that security you're seeking.

Cancer 6/21-7/22 Your dreams might begin materializing right before your eyes! While you may not quite be receiving an award or reaching the pinnacle of your career, you are ready to take a step that should further your progress toward a lofty personal goal. There's no shame in aiming high and believing that you can reach the top -- after all, someone's going to be there, so why shouldn't it be you? Leave your fears of leaving your comfort zone in the past.

Leo 7/23-8/22 Everyday operations can run like well-oiled machines at this time. You might not see any substantial growth yet, but there are positive talks likely going on behind closed doors. When it comes to work, superiors or coworkers have potentially been paying attention to your performance recently -- they may already want to support you! If you're not focused on career growth right now, then your reputation and public image can be improved, providing you with more confidence to step into the limelight.

Virgo 8/23-9/22 You're learning how to move sensibly throughout your daily life. Everyone makes mistakes in life -- even you, Virgo. On the other hand, perhaps you've learned to avoid certain issues altogether by seeing missteps that others have made in the past. You're capable of learning from multiple different sources and applying that knowledge. Of course, it's impossible to avoid all struggles or complications, but you're ready to act with wisdom instead of reacting with impulsiveness. Do your best to consider any potential repercussions.

Libra 9/23-10/22 What you hide can't be appreciated. There may be a talent of yours or even a completed work or project that you are proud of, but keep hidden. When your creative expressions are trapped collecting dust, you are giving in to fear when you should be embracing yourself. Protecting a sentimental memento would be understandable, but if you're more afraid of backlash or criticism, that can be overcome. It's time to let your joy come from yourself, not from the opinions of others.

Scorpio 10/23-11/21 What do the people around you have to teach you? Matters of love, travel, and learning are taking center stage, and those whom you surround yourself with are likely going to be the ones who support you the most. Close contacts have a galactic spotlight on them. You're meant to allow them to teach you about their experiences and ways of dealing with difficult situations. While it might not all be relevant for you, there should be some gems in their words.

Sagittarius 11/22-12/21 Hard work yields more positive opportunities for partnerships. Career moves are more favored under these stars -- you've absolutely got a chance to bring in more revenue or, at a minimum, positive energy from friends or past colleagues if you reach out to them. You might also be hiring at this time, and if you're hiring, then the person working for you should be well-suited to get the job done. Whatever you do, make sure that you hold up your end of any bargains.

Capricorn 12/22-1/19 Creativity and connections with others rule the day. You can expect your day to be filled with fun opportunities to indulge your creative side -- or even your romantic one. Specifics aside, you're probably drawn to indulge your passions rather than handle your responsibilities. That's natural! Make a point of setting aside time in your busy schedule to be creative and spread your wings. Once you're in that mode, the opportunities for socializing and growing positive bonds with others could seem endless. Tarot.com