

August 11th - August 17th  
2024

# The Underground Lou

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Issue  
#101

## West Louisville Trailblazers Award & Fireside Chat

On Tuesday, August 20, 2024 at 5:30PM at The Palm Room, LIBA West will be hosting its second West Louisville Trailblazers Award and Fireside Chat, honoring Christopher 2X for his outstanding contributions to the community.

For over two decades, Christopher 2X has been a driving force in advocating for a more prosperous future in West Louisville. His non-profit organization, Game Changers, has been at the forefront of implementing innovative and targeted education programs to promote long-term violence reform in the area.

Congratulate Chris 2X in person and connect with other influential figures in the West Louisville community. Enjoy a full buffet, cash bar, and networking opportunities while gaining valuable insight into business resources available in the area.

## The Story of Marcus Garvey: A Documentary

Presented by the Black Panthers in Honor of Marcus Mosiah Garvey

The aim this year is the youth. We are asking all families and community leaders in education to encourage our youth to come sit, listen, and learn about the importance and history of Marcus Garvey. The Panthers understand that a nation can't progress without information about our glorious past.

Our city is in a dire state at the fate of our youth being victims of gun violence. We encourage all to keep the youth safe, and we are creating that safe space filled with knowledge and wisdom. This is our wakeup call to get more involved with studies than the streets. A part of us showcasing the film there will be prizes, Q&A and a light meal. The event is free and open to the public. Contact 502.384.1940 for questions.

Don't miss this opportunity to be a part of an event that celebrates community, growth, and excellence. RSVP for this FREE event by scanning the QR code on the image above or by visiting [www.keeplouisvilleweird.com/trailblazers](http://www.keeplouisvilleweird.com/trailblazers).

## What to do in the Lou

8/13 Women in Networking Monthly Meeting 11:30AM-2:30PM Kosair Shrine Ctr 4120 Bardstown Road [www.win6louisville.com](http://www.win6louisville.com)

8/13 Community Welcome Reception for Devone Holt 4:30PM-6PM Muhammad Ali Center 144 N. 6th Street [www.alicenter.org](http://www.alicenter.org)

8/14 Homeschool Hub 11AM-12PM Bullitt County Public Library 740 Conestoga Pkwy, Shepherdsville, KY 502.543.7675 \*Free

3/14 Black Women for Political Education 6PM The Yearlings Club 4309 W. Broadway

8/14 Littyoke R&B Hip Hop Trap Karaoke 10PM Stella's Venue 1348 River Road

8/15-25 KY State Fair KY Expo Center 937 Phillips Lane [www.kystatefair.org](http://www.kystatefair.org)

8/15 Poetry & Parlays Open Mic w/Robin G (Every Thursday) 8PM-11PM Derby City Gaming Downtown: Fascinator Bar 401 W. Market Street \*Free

8/16 Women, Wealth & Wisdom 8:45AM-10:15AM Goodwill Opportunity Center 2820 W. Broadway 502.267.1674

8/16 The Bishops Table (Every Friday) 9AM-10PM Gospel Missionary Church 3226 Vermont Ave \*Free

8/16 Flava Fridays 4PM-12AM The Biscuit Lounge 120 S. 10th Street \*Free

8/16 After Hours at the Speed 5PM-10PM Speed Art Museum 2035 S. 3rd Street 502.634.2700 [www.speedmuseum.org](http://www.speedmuseum.org)

8/16 R&B Summer Series 8PM-12AM The Biscuit Lounge 120 S. 10th Street [www.thebiscuitlounge.com](http://www.thebiscuitlounge.com) \*Free entry/30 and up

8/17 St. Matthews Farmers Market 8AM-12PM 4100 Shelbyville Road [www.thearrowfund.org](http://www.thearrowfund.org)

8/17 Family Fun Day 11AM-3PM KMAC Museum 715 W. Main Street [www.kmacmuseum.org](http://www.kmacmuseum.org) \*Free/Family Friendly

8/17 The Story of Marcus Garvey: A Documentary 2PM Roots 101: African American Museum \*Free/Family friendly

8/17 Mom's 5th Annual Walk a Mile in Our Shoes 3PM KY Center for African American Heritage 1701 W. Muhammad Ali \*Free/Family friendly 502.583.4100

8/17 Blue Moon Night Market 5PM-8PM Logan Street Market 1001 Logan Street [hello@loganstreetmarket.com](mailto:hello@loganstreetmarket.com)

8/17 Eat & Beats (Every Saturday) 5PM-12AM Black Jockey's Lounge 630 S. 4th Street [www.blackjockeyslounge.com](http://www.blackjockeyslounge.com)

8/17 The Dinner Detective Interactive Murder Mystery Show 6PM-8:30PM Embassy Suites Louisville Downtown 330 W. Muhammad Ali Blvd [www.thedinnerdetective.com](http://www.thedinnerdetective.com)

8/17 Karaoke on the Rooftop 8PM 8UP 350 W. Chestnut Street [www.8uplouisville.com](http://www.8uplouisville.com)

Puttshack w/ DJ Mr. Yeah 8PM-12AM Puttshack 7900 Shelbyville Road [www.puttshack.com](http://www.puttshack.com)

8/17 The Game 10PM-2AM The Local Seltzery 828 E. Main Street [www.thelocalseltzery.com](http://www.thelocalseltzery.com)

8/18 Sunday Pop Out 2PM-8PM Tartan House 1027 E. Main Street [www.tartanhousebar.com](http://www.tartanhousebar.com)

8/18 Louisville Black Chef Showcase 3PM-6PM Mellwood Art Center 1860 Mellwood Art Center [www.eventbrite.com](http://www.eventbrite.com)

8/18 502 Taste B.U.D.S. 6PM-9PM Mid City Mall: Pop Culture Cakes Comics & Canvas 1250 Bardstown Road 502.416.5306

(cont. pg. 4)

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## In this Week's Issue!

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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](mailto:sherry.duffy@louisville.edu)

APPLY HERE



LEARN MORE



### Mahogany Salon Now Hiring Stylist

- Open booth available
- Full or part time
- Must be licensed
- Mahogany Salon at Mellwood Art Center 1860 Mellwood Ave
- Contact 502.895.0123 for more information

### 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.kentukiamaeans.com](http://www.kentukiamaeans.com)  
 Tim Moran 502.678.8126

## Honorable Order of Kentucky Colonels Award 325 Grants Totaling 2.5 Million

### STYC is an Honored 2024 Recipient

LOUISVILLE, KY – Shawnee Transformation Youth Coalition (STYC) is proud to announce that it has received a grant from the Honorable Order of Kentucky Colonels (HOKC) in the amount of \$6,500. This grant will be used to purchase items to prevent injury and premature deaths, including gun safes, medicine lock boxes, and medicine disposal kits, which will be distributed to families.

Through the prevention of substance use and abuse, STYC aims to promote social and economic changes for youth and their families. For the past 10 years, STYC has served all who live, work, play, pray, and/or learn in the 40211 and 40212 zip codes.

This year, HOKC awarded \$2.5 million in grants, supporting 325 non-profits and impacting more than 3.9 million Kentuckians. These grants are made possible through donations from Kentucky Colonels throughout the Commonwealth and around the world, who choose to exercise the honor of being named a Kentucky Colonel in a meaningful way.

The Honorable Order of Kentucky Colonels is a 501(c)(3) entity dedicated to supporting charitable activities throughout the Commonwealth of Kentucky. Governed by an all-volunteer Board of Trustees, the "Kentucky Colonel" commission is an honorary title granted by the Governor of the Commonwealth of Kentucky. Since 1951, the organization has pursued its mission through annual grants totaling \$68 million to more than 1,700 nonprofits. Each grant is thoroughly vetted by the trustees and staff. Though the corporate name is The Honorable Order of Kentucky Colonels, most know it by its long-term trademark, KENTUCKY COLONELS. Visit [www.kycolonels.org](http://www.kycolonels.org) to learn more.

## PICKUP 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
- 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. 18<sup>th</sup> Street
- Shawnee Library 3912 W. Broadway
- Bates Memorial Baptist Church 620 E. Lampton
- Southern Hospitality 3402 W. Broadway
- Health Daddy Wow 1806 Ralph Ave
- Black Jockey's Lounge 630 S. 4<sup>th</sup> Street

Let us know where you'd like to see the Lou!  
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## Louisville Urban League Summer School

Series of educational sessions aimed at empowering the community with knowledge about JCPS systems, policies, and advocacy against harmful legislation. Provide valuable information and resources to support public education and promote racial equity

~~Session 1: 7/29 Introduction to JCPS systems and policies (ended)~~

Session 2: 8/14 House Bill 2/Protect our schools KY

Session 3: 8/21 Jefferson County Board of Education roles and responsibilities

Session 4: 8/28 JCPS panel discussion/community forum

Register at [www.lul.org](http://www.lul.org)

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Keep Your Books  
 BOOKKEEPING & ACCOUNTING





## Registration is Now Open for Amped's FREE Music Academy

Fall semester starts Monday August 12<sup>th</sup> and ends Thursday December 12<sup>th</sup> Students ages 6-18!!!!

Classes Offered:

- Audio Engineering
- Band
- Creative Writing
- Drums
- Guitar
- Music Production
- Piano
- Trumpet
- Vocals



Classes are held at 4425 Greenwood Avenue. You can sign up at [www.ampedlouisville.coursestorm.com](http://www.ampedlouisville.coursestorm.com) or by calling 502.822.1953 for more 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](http://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](http://www.rivulet.com) to order yours today!

## Effects of Short-Term Green Exposure in an Urban Environment Volunteers Needed for Research Study

The environment Institute is inviting healthy adult volunteers come to our site in downtown Louisville for 2 separate visits, to walk within an urban park and surrounding area while wearing mobile cardiovascular and air monitoring devices. The purpose of this study is to understand the impact of greenness of stress in humans. This involves:

- 40 minutes spent in a park or urban location
- Saliva samples
- Urine samples
- Health questionnaire
- Blood pressure and heart rate assessments
- We will also ask to come back in 3 years after a greenning intervention (planting of trees and other greenery)



You must be between the ages of 18-75 and must be able to walk for 20 minutes without limitations. Qualified recipients will receive a \$50 gift card each visit. For additional information contact [envirome@louisville.edu](mailto:envirome@louisville.edu), by phone at 502.215.3786 or scan the QR code above.



**Most-Fit Fitness League**

The Y is offering a FREE 10-week session for kids in grades 5th-8th and their families who reside in the Russell neighborhood. Most-Fit Fitness League will use sports competitions to educate youth and adults in the following areas:

- Physical and mental health and wellness
- Nutrition education
- Conflict resolution
- Positive community interactions
- Avoid confrontations that lead to gun violence

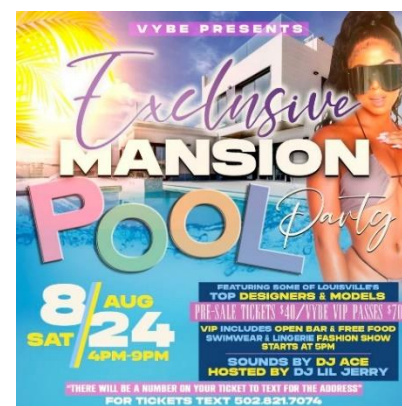
Families who complete the 10-week session will receive a complimentary 6-month family community-wide YMCA membership.





## What to do in the Lou Cont. from page 1

- 8/24 Kids Resource Fair 10AM-12PM Lincoln Bingham Family Life Center 2627 Crums Lane [www.idltraining.org](http://www.idltraining.org)
- 8/24 Saturday's at Stella's Vendor Marketplace 12PM-4PM Stella's Venue 1348 River Road
- 8/24 Mansion Pool Party Fashion Show 4PM-9PM Location TBA w/ticket 502.821.7074
- 8/24 Bone Thugs-N-Harmony 7:30PM Fourth Street Live! 411 S. 4<sup>th</sup> Street [www.axs.com](http://www.axs.com)
- 8/24 Trap Karaoke 7:30PM-12AM Mercury Ballroom 611 S. 4<sup>th</sup> Street [www.trapkaraoke.com](http://www.trapkaraoke.com)
- 8/24 Big Don MJ Ent 27th Anniversary Living Legends Celebration 10PM Number 15 121 W. Main Street [www.eventbrite.com](http://www.eventbrite.com)
- 8/25 West End Farmers Market 4PM-8PM 2339 Date Street [ww.eventbrite.com](http://ww.eventbrite.com)
- 8/25 Jazz in Central Park 5PM-8PM Central Park 1340 S. 4th Street 270.883.2167



## Healthy Recipes



### Ginger Lime Tea

Serves: 3-4 Est. cost: \$4.75 Est. cost per serving: \$1.60

#### Ingredients:

- ½ watermelon, large chunks / cubes OR 3 cups watermelon pieces
- ½ cup mint leaves, fresh and chopped OR Basil / Thyme
- 2 cups water

#### Optional

- 1 cup dark cherries, frozen/pitted
- 1 cup pomegranate seeds
- 2 tbsp lemon / lime juice
- 1 cup fresh strawberries, diced

**Equipment:** Blender, juicer, knife, strainer and pitcher.

#### Directions:

1. Add watermelon, mint, and water into the blender.
2. Blend on medium-high to high, until juice blends.
3. (Optional) Strain the juice into the pitcher.
4. Pour into pitcher
5. Serve cold or frozen as a summer night sweet snack or gazpacho (cold/chilled soup) base. Enjoy!

Watermelon Mint Juice	
Nutrition Facts	
Serving Size	1 Serving
Amount Per Serving	
Calories	25.5
% Daily Value*	
Total Fat	0.2 g 0%
Saturated Fat	0 g 0%
Trans Fat	0 g 0%
Cholesterol	0 mg 0%
Sodium	4.2 mg 0%
Total Carbohydrate	6.2 g 2%
Dietary Fiber	0.8 g 3%
Total Sugars	4.7 g
Added Sugars	0 g 0%
Protein	0.7 g
Vitamin D	0 mcg 0%
Calcium	21.5 mg 2%
Iron	1.1 mg 6%
Potassium	117.5 mg 2%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



#### Health Benefits:

Watermelon is a great fruit for the summer months that promotes hydration, skin health (from the inside out), and is so delicious. Hydration can come in many forms: soups, broths, infused water, juices, and gazpachos (chilled/cold soup). It is important to stay hydrated during the summer months to prevent heat-related illnesses + conditions.



References: Recipe provided by LA Dixon, 2023

### Mustard Cucumber (Celery) Sauce

Serves: 1/4 Est. cost: \$0.35 Est. cost per serving: \$0.35

#### Ingredients:

- 4 tbsp Dijon mustard (e.g., dijon, brown, creole)
- 1 tbsp shallots, minced
- 2 tbsp dill, fresh, chopped
- 2 tsp vinegar (white wine)
- 1 cucumber, diced to taste, salt and pepper

#### Optional:

- Cacao powder
- Vanilla extract
- Nut butter
- Cacao nibs
- Fruit
- Graham crackers
- Coconut Flakes
- Dark Chocolate chips

**Equipment:** small mixing bowl, fork/spoon, container with lid

#### Directions:

1. In a small bowl, mix the ingredients for the sauce.
2. Place in refrigerator until ready to use.
3. Add as a condiment to your favorite burgers or summer entrees. Enjoy!



Mustard Cucumber Sauce	
Nutrition Facts	
Serving Size	1 Serving
Amount Per Serving	
Calories	10
% Daily Value*	
Total Fat	0 g 0%
Saturated Fat	0 g 0%
Trans Fat	0 g 0%
Cholesterol	0 mg 0%
Sodium	132.5 mg 6%
Total Carbohydrate	1 g 0%
Dietary Fiber	0.3 g 1%
Total Sugars	0.2 g
Added Sugars	0 g 0%
Protein	0.2 g
Vitamin D	0 mcg 0%
Calcium	5.2 mg 0%
Iron	0.1 mg 1%
Potassium	27.6 mg 1%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

References: Recipe modified by LA Dixon, 2023, created by Dr. Eleonora Gafton, 2019



## Horoscopes

**Aquarius 1/20-2/18** Your message for the week is one about creating more balance in your life. The Tarot gives you many opportunities to consider this theme, but The World card is quite possibly the ultimate expression of that need. This card is encouraging you to look at every realm of your existence – emotional, physical, mental, and spiritual. Have you been lacking harmony in one of these areas? If so, you're being advised to not only figure out how to achieve that balance, but how to maintain it as well.

**Pisces 2/19-3/20** Someone is going to need a little extra TLC this week! The Queen of Pentacles is a true provider – she's the one who makes sure everyone is fed, the home is tidy, and that she's giving enough time and attention to her loved ones. When she shows up in a reading, it's a signal that someone may need more support than usual. Is someone you know struggling, or is it you who could use a shoulder to lean on? If you are feeling in over your head, don't be afraid to seek out help. Resources are out there, and it's OK to ask for what you need.

**Aries 3/21-4/19** 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.

**Taurus 4/20-5/20** Don't let fear get the best of you! The Moon indicates that lingering hang-ups from a past experience could creep up this week, flooding you with memories you'd just as soon forget. This could be something you tried to stuff down into your subconscious, hoping it would work itself out over time. Instead of attempting to ignore the issue, choose to bring it out of the shadows and heal yourself. It might be painful at first, but keep in mind that the burden you've been carrying has also hurt you over time.

**Gemini 5/21-6/20** 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.

**Cancer 6/21-7/22** You could be facing a major decision this week! This situation may be presenting a moral dilemma for you, and The Lovers card represents the need to develop greater clarity on what your values and beliefs are before determining how to proceed. Do you feel compelled to go a certain direction based on fears or feelings of guilt? Don't let those things become motivating factors. Instead, try to understand that every action has a reaction and decisions such as these are never easy. Stay true to yourself – you can't go wrong.

**Leo 7/23-8/22** You're going to ride the wave of good vibes this week! The Ace of Cups is signaling a time that is overflowing with positive emotional energy. Happiness, creativity, and compassion are yours for the taking. It also signifies the ability to strengthen your existing relationships – and perhaps meet a new friend or lover! If you've felt closed off lately, it's time to open your heart to welcome the love and peace you deserve. This is your chance to sip from the cup of profound spiritual fulfillment, so drink up!

**Virgo 8/23-9/22** If you've been waiting for a sign from the universe about something, this is it! The Ace of Wands represents a new beginning and all the potential that comes with this new venture. This week you are being encouraged to pursue that new path or project you've felt passionately about but haven't acted on yet. Use this time to take your first steps toward manifesting this goal. There's no need to make huge leaps forward – even a small step forward is still a step toward your success.

**Libra 9/23-10/22** 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.

**Scorpio 10/23-11/21** The 2 of Cups recognizes that partnership is going to be center stage for you this week. This partnership could be of the romantic variety, or it might be a something you've built with a platonic or professional ally. Even though the relationship you have with this person is still in the early stages, it has the potential to grow into something that will benefit the both of you long-term. Spend time cultivating this relationship now, while also rejoicing in the fact that your combined forces and mutual admiration will take you both far.

**Sagittarius 11/22-12/21** This week could be all about new beginnings for you! The Fool represents the start of a journey and embracing the unknown. If you've been wanting to move in a brand-new direction, this is your signal from the universe to finally go for it! Yes, exploring uncharted territory can be scary. It's always so much easier to stick with what you know. However, your safety zone is not where the greatest growth and fulfillment happens. Throw out the road map and take a leap of faith. You could end up somewhere better than you expected to.

**Capricorn 12/22-1/19** The Wheel of Fortune reminds you this week that life is full of ups and down. If you've been going through a problematic time in your life, this card could signal an end to this difficult period. If you've been going through a prosperous period, things could soon return to normal. Don't lament this change – it is a natural part of growth and a natural part of life. Every experience you have serves a purpose in your understanding of yourself and your situations. Let this card serve as a reminder to embrace the ebbs and flows of life. Tarot.com

