

Sept 8th- Sept 14th
2024

The Underground Lou

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Issue
#103

West on Wednesday's Tino's Taste of Heaven

Join LIBA on September 18th for West on Wednesdays, an event series highlighting some of West Louisville's best locally owned restaurants. The series is a way to support entrepreneurs while circulating the dollar back into the community helping it to grow.

Come out to Tino's Taste of Heaven located at 1800 W. Muhammad Ali from 12PM-2PM and fellowship with the community! Enjoy a boxed lunch that includes chips, drinks and your choice of the following:

Sandwich choices

- Hamburger
- Smoked chicken salad sandwich
- Deep fried turkey sandwich
- Veggie burger

Dessert choices

- Lemon cake
- Honeybun cake

Tickets are \$15 can be purchased at www.keeplouisvilleweird.com or by scanning the QR code below.



Give for Good Louisville is September Thursday 12th!

Help support AMPED this year by scanning the QR code below! View a full list of participants at www.giveforgoodlouisville.org.



What to do in the Lou

9/5-15 Jeffersontown Gaslight Festival www.jtowngaslight.com 502.267.1674

9/10 Making Your Dreams a Reality: Starting Your Own Business 6PM Louis & Lee Roth Family Center 2821 Klempner Way www.jfclsouville.org

9/10 Soulbrations 6: Open Mic Series 8:30PM-11PM Halligans Bar 1170 Manchesters Street Lexington, KY \$7 cover www.kingtucky.com

9/11 The Connect Networking Event 6PM-8:30PM Hotel Genevieve 730 E. Market Street info@louisvillescoop.com

9/11 Top Shelf Wednesday: Teachers Appreciation Night 6PM-10PM The Biscuit Lounge 120 S. 10th Street www.thebiscuitlounge.com

9/11 Wellness Wednesday 6:30PM 1318 Bardstown Road www.themonarchmac.org

9/12 2024 Art of Bourbon 6PM-10PM Speed Art Museum 2035 S. 3rd Street www.artofbourbon.org

9/12 Poetry & Parlays Open Mic w/Robin G (Every Thursday) 8PM-11PM Derby City Gaming Downtown: Fascinator Bar 401 W. Market Street *Free

9/12 Evolve Women's Network 11:30AM-1PM Cyril Allgeier Community Center 4101 Cadillac Center 4101 Cadillac Court www.eventbrite.com *Free to the public

9/12 Twilight Thursday 4PM-9:30PM Churchill Downs 700 Central Ave www.churchilldowns.com *Thursdays in Sept.

9/12 Inside the Lines Tee Off Reception Fundraiser 5PM-9PM Shawnee Golf Course 460 Northwestern Pkwy www.itltraining.org/events

9/12 Free Yoga in Christy's Garden 6PM-7PM Christy's Garden 720 Brent Street 502.439.6899

9/12 8th Annual Smoketown Neighborhood Celebration 6PM-8PM 760 S. Hancock Street *Free to the public 502.242.7458

9/13 The Bishops Table (Every Friday) 9AM-10PM Gospel Missionary Church 3226 Vermont Ave *Free

9/13 Bourbon and Boxing 8PM Caesars Southern Indiana 11999 Casino Center Drive Southeast Elizabeth, IN www.eventbrite.com

9/13 CupcakKe: Dautless Manifesto Tour 8PM Mercury Ballroom 611 S. 4th Street www.ticketmaster.com

9/14 St. Matthews Farmers Market 8AM-12PM 4100 Shelbyville Road www.smfarmersmarket.com *Every Saturday

9/14 South End Community Market 8AM-12PM Iroquois Park 2120 Rundill Road southendcommunitymarket@gmail.com

9/14 Kaleidoscope Family Festival 10AM-4PM Waterfront Botanical Gardens 1435 Frankfort Ave www.waterfrontgardens.org

9/14 Douglas Hills Fall Festival 11PM-3PM Warren Walker Park 501 Gatehouse Lane www.cityofdouglashills.com

9/14 Louisville Pride Festival 11AM-10PM Bardstown Road (Longest Ave-Grinstead Ave) www.louprideky.org 502.498.4298

9/14 Logan Street Market Jazz Festival 2PM-10PM Logan Street Market 1001 Logan Street www.eventbrite.com

9/14 The Black Nurse Practitioners of Louisville Annual Scholarship Gala 7PM The Plaza at Wright Tower 6100 Dutchmans Lane www.eventbrite.com

9/14 The Last Dance 10PM-2AM The Local Seltzery 828. E. Main Street *Free entry

9/15 Tyler Park Jazz Festival 5PM-7PM Tyler Park 1363 Tyler Park Drive www.tylerpark.org *Every Sunday in September

9/16 Mindful Monday 5:30PM-8:30PM The Presley Post 734 W. Main Street Suite 106 www.legacyweek.com

9/17 West on Wednesdays 12PM-2PM Tino's Taste of Heaven 1800 W. Muhammad Ali Blvd. www.keeplouisvilleweird.com

9/18 Business Luncheon 11:30AM-1PM KY Science Center 727 W. Main Street www.stmatthewschamber.com 502.899.2523

9/21 4th Annual 21st Night of September 7PM-9:30PM Goodfellas Pizzeria 642 Baxter Ave www.itsdjbroc.com

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Career & Training Opportunities

Digital Literacy Train the Trainer

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- 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

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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



www.etfashions.net

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

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

Norton West Louisville Set's Official Opening Date



Norton Healthcare Announces the Opening Date of Norton West Louisville Hospital as Monday, Nov. 11, 2024. Located

at 850 S. 28th Street, Norton West Louisville Hospital is under construction on the Norton Healthcare Goodwill West Louisville Opportunity Campus. The campus was formed in partnership with Goodwill Industries of Kentucky to bring wraparound services and health care to a single location. Goodwill's Opportunity Center will be part of the campus and will serve as its headquarters. The center also will provide social services with various community partners.

When it opens on Nov. 11, the hospital will include a 24/7 emergency department; inpatient treatment; operating rooms; laboratory services, imaging services, including X-ray, ultrasound, CT and MRI; and a retail pharmacy. Outpatient office space will include adult and pediatric primary care; women's services, including obstetrics and gynecology; cardiology; orthopedics; diabetes care; behavioral health services; and more.

Based on community feedback, Norton West Louisville Hospital also will have a centralized check-in area, community room, outdoor green space and a food pantry. In addition, work from local artists will be featured in the facility.

Any remaining open positions for Norton West Louisville Hospital are posted online at NortonHealthcare.com/NWLH-Jobs.

On October 26th join Norton Healthcare and Goodwill Industries of Kentucky for a block party to celebrate the Goodwill West Louisville Opportunity Center and the upcoming opening of Norton West Louisville Hospital.

The festivities will include the unveiling of a historical monument featuring health care pioneers who served the area west of Ninth Street. The monument will be unveiled at 11 a.m., followed by the block party from noon to 4 p.m.

Sponsorships Now Available for This Year's Black Owned Business & Excellence Awards

The fourth annual Black Owned Business and Excellence (BOBE) Awards is being held Saturday December 7th, 2024. Nominations start up this week! Visit www.bobeawards.com to look out for nominations. Sponsorships are available! Email info@bobeawards.com or contact 502.878.6531 for pricing and additional information. Follow us @bobeawards on IG and @BlackOwnedBusinessAndExcellenceAwards on Facebook!

THANK YOU Rivulet Liqueur for being this year's first official sponsor! Black owned and locally made! Visit www.rivulet.com to order a bottle near you.

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. 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
- Black Jockey's Lounge 630 S. 4th Street

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Registration is Now Open for Amped's FREE Music Academy

Fall semester starts Monday August 12th and ends Thursday December 12th 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.coursetorm.com or by calling 502.822.1953 for more information.



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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!



KSU, KCTCS Announce Tuition-Free Bachelor's Degrees for Community College Associate Degree Holders, Transfer Students

Kentucky State University (KSU) and the Kentucky Community and Technical College System (KCTCS) announced a new scholarship that guarantees a tuition-free bachelor's degree for Pell-eligible KCTCS associate degree earners and transfer students still working on a two-year degree.

The Kentuckians Pathway Scholarship is a renewable, last dollar and non-refundable scholarship program for students transferring from KCTCS. The scholarship covers fall and spring college tuition after federal and state aid and external awards have been applied.

To qualify, students must be Pell-eligible, enroll full-time in a bachelor's program, file a FAFSA and submit a scholarship application. Scholarship applications for the spring semester opened Sept. 1 and close Nov. 15.

"We are very excited to offer the Kentuckians Pathway Scholarship to support incoming KCTCS transfer students. KSU is committed to removing barriers and expanding opportunities in higher education and we see that this scholarship has the potential to positively change students' lives," said KSU President Dr. Koffi C. Akakpo. "We see our partnership with KCTCS and this scholarship as a necessary investment in our future leaders and world changers by ensuring Kentuckians have access to affordable postsecondary education."

Today's scholarship development grew out of a transfer agreement last October between the two institutions. The agreement called for investments in education opportunities, such as grants and scholarships, to reduce financial barriers for students transferring to KSU with an associate degree from the state's 16 community colleges.

"We know education opens doors to opportunities that change lives forever. We also know that we have to do all that we can to make higher education affordable for Kentuckians," said KCTCS President Ryan Quarles. "While not every student needs to attend a four-year institution to be successful, many of our students will continue their education after earning their associate degrees. "This partnership with Kentucky State University is a great opportunity to further invest in our students who will go on to earn bachelor's and advanced degrees and to support the future workforce of Kentucky," added Quarles. "My mom taught at KSU for nearly 30 years, and I'm proud to strengthen our partnership."

Most KCTCS associate degree earners receive Pell grants, a need-based federal aid program to help lower-income students pay for tuition and specific college expenses. According to KCTCS data, 63% or 5,630 of associate degree earners received a Pell grant during the 2022-23 academic year. In addition to the scholarship, KSU faculty and staff are working collaboratively with KCTCS students, faculty and others to provide institutional and financial aid support services to students transferring from KCTCS to KSU. These services include financial aid counseling, academic advising, and mentorship programs.

To learn more about transferring from KCTCS to KSU, visit Kentucky State University | KCTCS.

To apply for this scholarship, visit Kentuckians Pathway Scholarship.

FREE YMCA Memberships Through the Most-Fit Challenge

Using Skills to Keep Your Cool

The YMCA is offering a FREE 10-week session for kids in grades 5th-12th and their families who reside in West Louisville. 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 and avoiding confrontations that lead to gun violence.

Families who complete the 10-week session will receive a complimentary 6-month family community-wide YMCA Membership. Sessions will begin July 23rd through September 27th on Tuesdays and Fridays from 6PM-8PM at the Republic Bank Foundation YMCA at 1720 West Broadway. Scan the QR code, stop by the front desk at the Republic Bank YMCA or contact 502.935.9622 for more information.

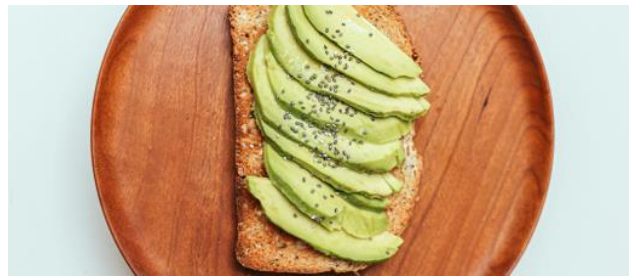


Healthy Recipes



Avocado Toast

Serves: 1 Est. cost: \$4.00 Est. cost per serving: \$4.00



Ingredients:

- 1 slice bread, toasted
- 1/2 Avocado, sliced
- 2 oz (1/4 cup) protein of choice (e.g. boiled egg, canned sardine, tuna, salmon)
- 1 small tomato, sliced
- 1 pinch dried rosemary or other herb
- 1 pinch salt
- 3 tbsp sprouts (optional)

Optional

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

Equipment: Cutting Board Knife Toaster, optional

Directions:

1. On the toast, layer avocado, protein, and tomato.
2. Season with herbs and salt.
3. Top with sprouts and enjoy!

Health Benefits:

Avocado: Avocados contain healthy fats, anti-aging, disease fighting antioxidants, and nearly 20 vitamins and minerals, making them highly nutritious.

Avocados contain vitamins E, C and K, potassium, magnesium, and folate, and magnesium

Sardines: Not only are they an excellent source of protein, vitamin B12, vitamin D and calcium (containing more than 20% of the Daily Value), but they're also a good source of iron (containing more than 10% DV). Plus, canned sardines contain close to 100% of the recommended daily intake of omega-3 fatty acids

References: Recipe from Angelina Andriacchi, 2024



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 • Voter registration
 • Increase turn-out
 • Community engagement
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Avocado Toast		
Nutrition Facts		
Serving Size	1 full recipe	
Amount Per Serving		
Calories	267.3	
		% Daily Value*
Total Fat	14.3 g	18 %
Saturated Fat	2.4 g	12 %
Trans Fat	0 g	
Cholesterol	15.9 mg	5 %
Sodium	204.6 mg	9 %
Total Carbohydrate	25.1 g	9 %
Dietary Fiber	7.6 g	27 %
Total Sugars	2.9 g	
Added Sugars	1.5 g	3 %
Protein	12.9 g	
Vitamin D	1.1 mcg	5 %
Calcium	105.9 mg	8 %
Iron	2.2 mg	12 %
Potassium	656.1 mg	14 %

* 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.

Full info at cronometer.com

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Horoscopes

Aquarius 1/20-2/18 You don't need to be Sherlock Holmes to get to the heart of the matter. Today, though, you may feel like a detective as clever Mercury slips into your intriguing 8th house, magnifying your talent for reading between the lines and ferreting out anything that's hidden from others. This can be very useful for dealing with any important negotiations or agendas, because you should be able to identify the fine details more quickly than usual. There's no pulling the wool over your eyes.

Pisces 2/19-3/20 Working together is the way to go, Pisces. Mercury is moving into your 7th House of Associations, assisting your efforts to improve all of your most important connections -- and develop a few new ones to boot. This can be terrific for romantic relationships as well as professional or platonic partnerships. As long as the two of you can form a dynamic duo, the specific nature of the connection doesn't matter. Two heads are better than one right now, so don't resist collaboration.

Aries 3/21-4/19 Get your head in the game, Aries! Fortunately, it should be easy as pie to focus on the work in front of you and get it done in the blink of an eye as Mercury leaps into your capable 6th house. During this cycle, you can make leaps and bounds at work while simultaneously improving the flow of your daily life. Center your energy around improving your health and wellness routines, even if just with a small tune-up here and there.

Taurus 4/20-5/20 The universe is handing you the microphone today. That's good, because you've likely got a lot to say in one way or another with Mercury soaring into your 5th House of Originality. This is an opportune time to step onstage and make your presence known! Even the shyest of wallflowers will have something to contribute right now, so make an effort to put any shyness on the back burner and let your talents display themselves. You deserve recognition as much as anyone else.

Gemini 5/21-6/20 Formidable energy is smoldering in your hearth. Your sign's ruler, logical Mercury, is bouncing into your domestic sector for the next couple of weeks. This transit can smooth any prickly concerns within your four walls -- as long as you've got patience. It's a great moment to handle repairs and renovations, though maybe you'd prefer to work on recent issues with a roommate or relative. You may also feel like entertaining at yours more during this cycle. If so, start sending out invites!

Cancer 6/21-7/22 Get ready to pick up the pace! Loquacious Mercury is entering your talkative 3rd house, a sector it is very suited to inhabit. Here, Mercury can speed up your daily life by offering engaging pursuits and exciting conversation partners. It'll be easier than ever to while away the day's hours. This can be a really exciting, fun cycle, but do your best to maintain a sense of your goals as well, or else this phase may fly by without getting anything done.

Leo 7/23-8/22 Your mind is on the money! There's rarely been a better time to focus on your finances as Mercury enters your 2nd House of Budgeting, reminding you to consider the monetary possibilities available to you. This is the perfect moment to look for modern ways to increase your net worth, whether by adding a side hustle to your current routine or exploring different ways of investing your hard-earned cash. With a little extra effort, you can find amazing ways to benefit yourself.

Virgo 8/23-9/22 Put on your thinking cap, Virgo. Your ruler Mercury is arriving in your sign for its annual visit, cutting through the cosmic fog and any recent confusion in order to reach a place of greater clarity and healthy understanding. This cycle can help you express yourself more easily, especially if you've got a message to share with people. Don't shy away from picking up the bullhorn and letting people know what you've got going on, because they could become a rapt audience.

Libra 9/23-10/22 You can clock out without worry. There is an emphasis on taking things nice and easy as Mercury slips into your 12th House of Contemplation, giving you the green light to move into the slow lane and take life at whatever pace you please. Things can seem rather foggy with the messenger planet in this hidden sector, so avoid careening into new projects or hopping on any eccentric bandwagons that come your way. You'll make better decisions when Mercury soon enters your sign.

Scorpio 10/23-11/21 Everyone is calling your name to run free and play. You're entering one of your most sociable times of the year as messenger Mercury arrives in your connected 11th house, reminding you that no person is an island. Whether this means joining a club or organization or simply spending more time with your friend group (and perhaps strengthening your bonds with a few acquaintances along the way), the connections you make now should become very fulfilling down the line. Get out and circulate!

Sagittarius 11/22-12/21 Set your sights a little higher, Sag. You can think up some brilliant methods of improving your professional standing as Mercury arrives in your 10th House of Authority, showing you a better approach to your ambitions. This is an opportune time to have conversations about your goals with VIPs and other supervisors who can offer you sound advice, so don't be shy about initiating discussions. Any projects conceived at this time could prove especially promising to your long-term success, so start brainstorming.

Capricorn 12/22-1/19 Don't be shocked if the world seems to come with subtitles or a translation guide all of a sudden. You're entering a decidedly global phase as Mercury alights in your 9th House of Philosophy, encouraging you to broaden your horizons in your search for mental stimulation and emotional satisfaction. Start sending out feelers to see what opportunities may be available beyond your everyday limitations! If you've been looking for a chance to travel or further your education, this is the perfect window to do so. Tarot.com