

Sept 15th- Sept 21st
2024

The Underground Lou

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Issue
#104

An Outdoor Market for the Entire Family

Live Performances, Food Trucks, Vendors & More

The Bakery, a new commercial redevelopment project, is located in the California neighborhood at 901 South 15th Street. The long-term vision for the 108,000 SF project includes a grocery/public market, office suites, a rooftop event space and spacious outdoor greenspace.

The project will be a multi-year effort through 2027 and involves extensive interior and exterior renovations. While construction is pending, the development team is excited to open the facility and grounds this year by hosting a series of Outdoor Market events. The goal of the Outdoor Market events is to welcome neighbors in an environment that prioritizes fellowship, dining and shopping.

The second Outdoor Market event will be held on Saturday September 21st, 2024, 11:00 AM - 2:00 PM. The 'Family Day Party Edition' event will feature a special performance by the Real Young Prodigy's, live DJ, free refreshments, retail vendors and food trucks. The first 50 attendees who participate in a Vendor Passport activity will receive a free fresh produce bundle provided by Ag In The City. The activity will encourage attendees to engage with Be Lavish Boutique, Matters of the Heart Natural Products, Gye Nyame Books & More, Jaci's Poundcakes, Sweet & Juicy Seafood and more great vendors.

To learn more about The Bakery visit www.Thebakery.World. Learn more about the historic property that once housed an A & P Grocery baked goods manufacturing operation, redevelopment vision, current services and ways to get involved with The Bakery project.



What to Do in the Lou

9/16-21 **Legacy Week** 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

9/18 **Top Shelf Wednesdays** 6PM-10PM The Biscuit Lounge 120 S. 10th Street www.thebiscuitlounge.com

9/19-22 **Bourbon & Beyond** Highland Festival Grounds KY Expo Center www.bourbonandbeyond.com

9/19 **Twilight Thursday** 4PM-9:30PM Churchill Downs 700 Central Ave www.churchilldowns.com
*Thursdays in Sept.

9/19 **Summer Movie Series: Giant Monsters All-Out Attack (NR) & Godzilla Vs Hedorah (NR)** 7PM Iroquois Amphitheater 1080 Amphitheater Road 502.368.5865 www.iroquoisamphitheater.com *Free entry

9/19 **Poetry & Parlays Open Mic w/Robin G (Every Thursday)** 8PM-11PM Derby City Gaming Downtown: Fascinator Bar 401 W. Market Street *Free

9/20 **The Bishops Table (Every Friday)** 9AM-10PM Gospel Missionary Church 3226 Vermont Ave *Free to the public

9/20 **After Hours at the Speed** 5PM-10PM Speed Art Museum 2035 S. 3 www.speedmuseum.org 502.634.2700

9/20 **Live Music at 8UP: Carly Johnson** 6PM-9PM 8UP 350 W. Chestnut Street 502.631.4180

9/20 **Summer Movie Series: Robocop (R) & The Rocky Horror Picture Show (R)** 7PM Iroquois Amphitheater 1080 Amphitheater Road 502.368.5865 www.iroquoisamphitheater.com *Free entry

9/20 **Steve Martin & Martin Short: The Dukes of Funytown** 8PM Louisville Palace 625 S. 4th Street www.ticketmaster.com

9/21 **St. Matthews Farmers Market** 8AM-12PM 4100 Shelbyville Road www.smfarmersmarket.com *Every Saturday

9/21 **South End Community Market** 8AM-12PM Iroquois Park 2120 Rundill Road southendcommunitymarket@gmail.com

9/21 **I Am Not Your Black, America** 10AM-3PM Blak Koffee 1219 W. Jefferson Street www.unclemeshom.com

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

9/21 **A Met Gala Dreamscape Beauty & Wellness Awards Gala** 6PM-10PM The Plaza at Wright's Tower 6100 Dutchman's Lane www.royalbeautywellnesselite.com

9/21 **5th Annual Vegan Cookoff** 2PM-6PM Logan Street Market 1001 Logan Street www.eventbrite.com

9/21 **Latin Music Awards KY** 8PM www.latinmusicawardsky.com

9/21 **Karl Denson's Tiny Universe & Friends** 10PM Headliners Music Hall 1386 Lexington Road www.headlinerslouisville.com

9/22 **Wine Showcase** 1PM-4PM Nouvelle Bar & Bottle 214 S. Clay Street www.nouvellewine.com 502.631.9428

9/22 **Tiffani & Co. All White 40/40 Club Celebration Day Party** 4PM-9PM Lynn Station Family Stadium 350 Adams Street www.eventbrite.com

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In This Week's Issue!

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Career & Training Opportunities

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For more information contact sherry.duffy@louisville.edu



Mahogany Salon Now Hiring Stylist

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Legacy Week Annual Health & Wellness Festival

Sept. 16th-21st

Legacy Week is inspired by Founder, Jasmine Presley's vision of seeing Louisvillians whole, healed, and abundant. These aspirations are sought after not only for The Jazz Foundation, a non-profit founded in 2022 to provide mentorship and support for teens that have lost a parent due to mental illness, substance abuse, or gun violence, but are incubated within her premiere coworking venue located in Louisville's Business District adjacent to prized Museum Row.

Entering into the third annual city-wide celebration, attendees have the opportunity to engage in an array of stimulating conversations and cost-free workshops, including holistic wellness activities such as breathwork, yoga, and massage therapy with additional engagement through performing, visual, and culinary arts.

The culmination of Legacy Week includes a private tour experience, followed by a street festival known as Legacy Day on September 21st when the Legacy Award will be presented to a Living Legend making significant contributions to Louisville.

This week-long festival is one of a kind and celebrates the vested community impact of leaders making significant strides while actively carving out their legacies across areas of advocacy, health equity, and wealth creation. Similar to its host venue's unique character, The Presley Post, the festival has become a city-staple drawing crowds across identities, socioeconomic demographics, ideologies, and geographies as far north as Greater Cincinnati while amplifying awareness surrounding mental health and generational wealth. The festivals' vibrant and immersive atmosphere integrates panelists, co-creators, and over forty of Louisville's diverse vendors providing signature heritage and cultural experiences.

The only place you need to be September 16th- 21st is at Legacy Week; check out the week's impeccable lineup below and register today at www.legacyweeklou.com.



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

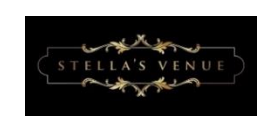
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Our 12-week **Advanced Technology Training program** will equip you with the latest tools and techniques for in-demand tech jobs like IT Support Specialist and Helpdesk Technician. Starting in **October 14, 2024**, the program offers up to \$7,400 in stipend pay (including bonuses). Attendance is strictly enforced, and students must pass the MS-900 certification within the first six weeks to continue through weeks 7-12. Get ready to thrive in a dynamic industry with personalized guidance, hands-on training, and an inclusive learning environment. **Limited spots available—check your eligibility today!**

 12 WEEK PROGRAM Our Immersive Program is located in downtown Louisville. Classes will be from 10AM - 4PM Monday - Friday	 EARN CERTIFICATIONS Opportunity to receive Microsoft 365 Fundamentals, CompTIA A+, and CompTIA Network+ certifications.	 JOB PLACEMENT SUPPORT Job placement support with our employer partners for technical positions starting at an average of \$40,000- \$45,000.
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- WEDNESDAY - 2234 West Muhammad Ali Blvd, Louisville, KY 40212
- THURSDAY - Alberta O Jones 717 South 24 Street, Louisville, KY 40211

Starting at 12 PM until we run out
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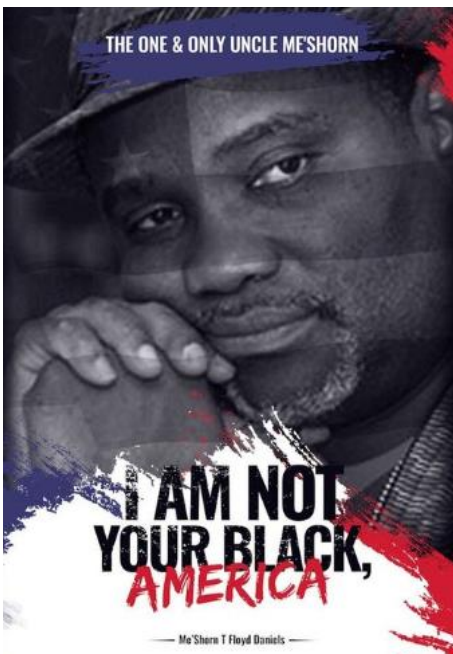
- 1 1/2 oz Rivulet Liqueur
- 1 oz bourbon
- 1/2 oz Campari

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!



Author Meshorn T. Daniels Host Book Signing for "I Am Not Your Black, America"

Author and speaker Meshorn T. Daniels will be at Blak Koffee located at 1219 W. Jefferson Street for the book signing of *I Am Not Your Black, America*. The event will take place on Saturday September 21st from 10AM-3PM. There will be a preview through audiobook played for the chapter *Control*.

Forget every 'Black' book you ever read; this Book is NOT 'your black' book! This is the story of a first-time author, who calls himself 'Uncle Meshorn', as he debunks every label by which "Uncle Sam" has branded him with, including 'Uncle Tom!'

If MeShorn is NOT 'your black', America, then who is he? As soon as you think you can 'box' MeShorn into 'one of yours', you will have to embarrassingly pull him out, as you read the next chapter!

Yet, this book is not just about who he is, rather who you are. His story will force you to, grudgingly 'pull yourself' out of boxes or labels, America has imprisoned you inside, in the name of culture, diversity, community and patriotism! This book is intelligent but is not written by an intellectual. At heart, it is the cry of a child who severely doubted his identity, after being dragged through the muddy life of his gods: his parents, foster parents, and uncles.

As an adult, Meshorn had to wake up to the reality of the community he was raised in, "...The search for identity has alienated them from their true selves; the search for roots has UPROOTED them; the search for a 'colored' God has made them GODLESS." As a US Army Officer, in his travels, he discovered that America in search of an identity, likewise, has sold its soul, in exchange for nostalgia of a supposed greatness in the past.

He does not believe that America was great or is great, but he can see clearly now that it can become as great as it wants to be. And the only way to become great is to never reply as Cain did when he was asked, "Where is your brother? ... "Am I my brother's keeper?!"

I Am Not Your Black, America is available at Target, Walmart, Barnes & Noble and Target. You can grab an audiobook for .99 visit www.unclemeshorn.com to purchase yours today or come out to the book signing this Saturday!

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.



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



One-Pot Chicken Harvest Stew

Serves: 3 Est. cost: \$9.30 Est. cost per serving: \$3.10

Ingredients:

- 2 tbsp cooking oil (e.g. olive, canola)
- 1 each onion, finely chopped
- 2 cloves garlic, minced
- 2 large potatoes, diced
- 2 cups vegetable broth
- 1 can (15 oz) carrots, drained and rinsed
- 1 tsp thyme, dry
- 1 tsp rosemary, dry
- Salt and pepper, to taste
- 1 can (15 oz) peas, drained and rinsed
- 1 can (12.5 oz) chicken, drained and shredded
- Optional garnish: Fresh parsley, chopped



Equipment: Large pot (with lid), wooden spoon, knife cutting board and measuring spoons

Directions:

1. In a large pot, heat the cooking oil over medium heat. Add onions and cook until softened.
2. Add garlic and potatoes to the pot. Stir and sauté for about 5 minutes until the potatoes start to brown.
3. Pour in the vegetable broth, carrots, thyme, and rosemary. Season with salt and pepper, to taste.
4. Bring the mixture to a boil, then reduce the heat to low, cover, and let it simmer for about 15-20 minutes or until the potatoes are tender.
5. Add the peas and shredded chicken to the pot. Cook for an additional 5 minutes until the peas are heated through, and the chicken is warmed.
6. Taste and adjust seasoning if necessary. Garnish with fresh parsley if desired. Enjoy!

Health Benefits:

Health Benefits: This One-Pot Chicken Harvest Stew celebrates the wholesome combination of vegetables and chicken, creating a comforting and flavorful dish. Potatoes and peas are a rich source of vitamins, minerals, and dietary fiber. Their high fiber content promotes digestive health, while the micronutrients contribute to muscle function and overall nutrient balance.



References: outreach@muh.edu | www.muh.edu

Horoscopes

Aquarius 1/20-2/18 Rest, reflect, and recover. That is the message the 4 of Swords has for you this week. You may have faced a difficult situation recently, such as the loss of a job, the ending of a relationship, or issues related to money. This matter took a lot out of you, and now you might be feeling mentally, physically, emotionally, and spiritually drained. Take some time to recuperate and recharge. It's important to give yourself this opportunity to reactivate yourself – it helps you go back into the world with a rejuvenated spirit and a new perspective.

Pisces 2/19-3/20 This could be the week you finally release something that has been hanging over you for far too long. The 6 of Swords serves as a reminder that, although it may be difficult, sometimes we have no choice but to move on from a challenging situation. What have you been holding onto that has prevented you from creating a brighter future for yourself? Now is the time to let this go once and for all. This won't be an easy task, but ultimately, it is the right thing to do.

Aries 3/21-4/19 Have you had your head in the clouds recently? The Knight of Pentacles is urging you to come back down to Earth and apply effort to your ideas this week. Maybe you've been suffering from a case of "all talk and no action." Alternatively, you could be putting off your day-to-day responsibilities in favor of more exciting offers. No matter what your situation, you're being encouraged to create a plan of action or stick to a routine, as progress is best achieved through discipline.

Taurus 4/20-5/20 It could feel like you're caught up in conflict this week! The 5 of Wands indicates you've been trying to work toward some type of goal but are being met with obstacles that get in the way of your progress. Perhaps you feel as though your point of view is being challenged, or it could be you're finding it difficult to work with a specific person. Either way, you're being challenged this week to truly listen to others' opinions. You might find that what initially seemed like criticism was actually constructive feedback that will help you in the long run.

Gemini 5/21-6/20 The 2 of Swords indicates you could be experiencing a bout of indecision at this time. In fact, you may be so unsure of how to proceed that you've actively been putting off facing this matter. This week you're being reminded that no matter how much you try to avoid this situation, it won't simply go away. Instead of focusing on the consequences of making the wrong decision, consider what might happen if you don't make a decision at all. Inaction can often lead to greater issues down the road.

Cancer 6/21-7/22 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.

Leo 7/23-8/22 There may be no stopping you this week ... but is that a good thing? The Knight of Swords is a card cautioning against going after what you want at all costs. Yes, it's good to have dogged ambition, but only when you've considered all the challenges and consequences first. Before making your move, examine all the variables. What will you gain? What could you lose? Will you be neglecting those around you in pursuit of your goals? Understanding the fine line between determination and obsession could prevent you from potential headaches down the road.

Virgo 8/23-9/22 The Page of Pentacles represents enthusiasm for new beginnings and new ventures. This week, you are being encouraged to express your creative talents in some way. Have you been thinking about starting something but haven't taken the first steps to get it off the ground? This card wants you to take those imaginative ideas you've been toying with and start working toward manifesting them. By remaining focused and applying a strong work ethic, you give yourself the ability to turn your dreams into a reality.

Libra 9/23-10/22 You could be on the verge of a decision that will have a long-lasting impact! You've been at this crossroads for a while, unsure of which path to go down. The Judgement card knows the best choices come from the perfect blending of head and heart. This will require you to look to your past for tangible lessons you've learned, but you must also connect with your inner self and listen to what your intuition is trying to tell you. This is the week to make your decision – and you already have everything you need to do so.

Scorpio 10/23-11/21 The 9 of Swords indicates that you are suffering from some kind of loss or disappointment right now. This could have been something you saw coming, or it could have been something sudden and unexpected. Regardless, this stress has been weighing on you, possibly making you feel as though you'll never recover from this situation. Take the time necessary to grieve and heal, keeping in mind that although what you're going through is tremendously difficult, you can move on and grow from this experience.

Sagittarius 11/22-12/21 The Sun is truly shining down on you this week! This card represents abundance, optimism, success, and the warmth of a happy time in your life. It may be that you've been going through a tumultuous time in your life, feeling as though there wasn't an end in sight. Well, it's always darkest before the dawn – and dawn has arrived! Through these obstacles you've learned a lot about yourself and have gained confidence from knowing that you can weather any storm. Enjoy this period of positivity because you've earned it.

Capricorn 12/22-1/19 Lucky you! The 10 of Pentacles represents security, as well as success and accomplishment. Have you not been properly recognized for your professional efforts? Has it felt like the universe has put one obstacle after another in front of you? Has money been tight? Have you felt deflated in matters of the heart? Well, good news has arrived! You could finally see things coming together for you this week in one or more of these areas, rewarding you with a sense of satisfaction for staying the course no matter how tough things were. Tarot.com