

Oct 13th- Oct 19th
2024

The Underground Lou

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Issue
#107

All Together Now: A Shelby Park Block Party

*Creatives, Poetry, Black Owned
Businesses and More*

Join us for All Together Now, a Shelby Park Block Party celebrating Black DJs, creatives, businesses, and the Louisville community! Organized by Dom Haley, E.M.J, Coop le Moderne, and Vashti Proctor, with support from Fund for the Arts this free, all-ages event aims to bring the community together, materially support one another, and spread joy. The event will take place on Saturday, October 19, 2024, from noon to 6 PM at Shelby Park and is free to the public!

At All Together Now, we uplift Black vendors, creatives, artists, businesses, and organizations, reminding attendees of the importance of materially supporting our community—for us, by us. There will be a diverse array of unique offerings—from rare vintage finds, and handmade accessories to one-of-a-kind designer pieces and Better Days Records, one of fewer than 40 Black-owned record shops in the country. There will be something for everyone!

The day will be filled with live music, poetry, bounce houses, and prizes, hosted by Daxia. Enjoy performances by talented DJs, including Quinnette, Benman, MDNGHT HR, DJ DNasti, Shively Boyz, DJ Bombshell, ABX featuring Dom Haley and Coop le Moderne, DND, and DayDreams Radio.



All Together Now is a gathering place where you can bring your whole family, discover your new favorite products, relax on the grass while listening to music, dance like nobody's watching, and express yourself freely. Don't miss this chance to celebrate creativity, community, and culture in the heart of Louisville! Keep up with us at: <https://www.instagram.com/alltogethernow.lou/>.

What to Do in the Lou

10/14 & 10/16 KMD Fit Camp 6PM-6:45PM Studio Hustle 131 St. Mathews Ave www.kmdfit.com *Every Monday & Wednesday

10/15 AIA/CKC October Program: Inaugural CKC Sketch Crawl 5:30PM 323 E. Market Street www.eventbrite.com aiackc@aiaky.org *Free to the public

10/15 West Louisville Trailblazers: WLOU 104.7 5:30PM-7PM The Palm Room 1821 W. Jefferson Street www.keeploouisvilleweird.com *Free to the public

10/16 Building Equity: Women Leading Conservation 9:30AM-2:30PM Bearfruit and Grow Farm 5799 Pendleton Road www.eventbrite.com *Free to the public

10/16 Expungement Clinic 4:30PM-7PM Sis Got Tea 976 Barret Ave info@sisgotteaky.com

10/16 Branch Out w/ Louisville Parks & Recreation 5PM-7PM George Rogers Park 1024 Thurston Ave 502.574.7275

10/16 Rotary Happy Hour at Atomica 5PM Hop Atomica 1318 McHenry Street www.louisvillerotary.org

10/16 Rec & Bingo Louisville 6PM-8:30PM UofL George J. Howe Red Barn 2011 S. Brook Street

10/16 2024 Win in Life Meetup: Equip Expo 6PM Vernon Lanes 1575 Story Ave www.eventbrite.com *Free to public

10/16 Lil Wayne Live in Concert 7PM KFC Yum! Center 1 Arena Plaza (201 W. Main Street) www.ticketmaster.com

10/16 All Together Now 9PM-1AM Noraebars 717 E. Market Street 502.209.8399

10/16 Lil Wayne Concert After Party 10PM-2AM Black Jockey's Lounge 630 S 4th Street 502.587.0526

10/17 Golf Classic: Louisville Hotel Association & Louisville Tourism 10AM-5PM GlenOaks Country Club www.eventbrite.com 10601 Worthington Lane

10/17 Rotary Meeting Feat. Eric Gregory 11:30AM University Club Louisville 200 E. Brandeis Ave www.louisvillerotary.org

10/17 Black Women for Political Education Meeting 6PM Chestnut Street YMCA 930 W. Chestnut Street Rm 412 clest1961@gmail.com

10/17 Louisville WEBA (West End Business Association) Launch 6PM-8PM Banquet Hall 3050 W. Broadway www.eventbrite.com *Free to the public

10/18 & 19 Black Rabbit Live Music 6PM-9PM Black Rabbit 122 Sears Ave 502.897.9721 *Fridays & Saturdays

10/19 South End Community Market 8AM-12PM Iroquois Park 2120 Rundill Road southendcommunitymarket@gmail.com *Every Saturday

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In This Week's Issue!

(Pg. 1) All Together Now: A Shelby Park Block Party

(Pg. 2) Career and Training Opportunities

(Pg. 3) Free Weatherization Kits

(Pg. 3) BOBEAWARDS 2024

(Pg. 3) Norton Neuroscience Institute Acquires Groundbreaking Focused Ultrasound Technology

(Pg. 4) What to do in the Lou Cont.

(Pg. 4) Healthy Recipes: Butternut Squash with Ginger

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CHANGE TODAY

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- TUESDAY - 2500 W Broadway Ste 3
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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
During inclement weather, pop up will be at 2500 W Broadway Ste 3

Career & Training Opportunities

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

UNIVERSITY OF LOUISVILLE

Scan this QR code for a copy of this flyer.

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

- ### 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
 - My Hub 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

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



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BLACK OWNED BUSINESS & EXCELLENCE Awards 2024

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Free Weatherization Kits

Weatherization kits and window plastic will be available free of charge to seniors ages 55 and up and individuals with disabilities.

Participants must be residents of Jefferson County.

Items will be available for pickup Saturday November 2nd and Saturday November 9th.

To sign up contact 502.636.9276 or scan the QR code.



BOBEAWARDS 2024

Sponsorships are available for this year's award show! Email us at info@bobeawards.com or call us at 502.878.6531. Over 1,000 black owned businesses are nominated each year! Close to 8,000 participants nominate and vote each year.

Nominations are still open! Visit www.BOBEAWARDS.com to nominate your favorite black owned business or individual in this year's awards!

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!

Norton Neuroscience Institute Acquires Groundbreaking Focused Ultrasound Technology

First in Kentucky with Incisionless Surgery for Essential Tremor, Tremor-Dominant Parkinson's Disease



Norton Neuroscience Institute is the first and only facility in Kentucky to offer MRI-guided high-frequency focused ultrasound for essential tremor and tremor-dominant Parkinson's disease. This life-changing treatment has been shown to dramatically improve tremor symptoms for patients starting on the day of treatment. The technology was purchased with \$2.8 million in funding through the Norton Healthcare Foundation.

High-frequency focused ultrasound is expected to be operational at Norton Neuroscience Institute in fall 2024.

"This procedure is a game changer for our ability to treat patients with essential tremor and tremor-dominant Parkinson's disease," said Abigail J. Rao, M.D., stereotactic and functional neurosurgeon with Norton Neuroscience Institute. "Acquiring this technology advances our mission of giving patients the best possible outcomes, while further establishing Norton Neuroscience Institute as the regional leader in advanced neurological care."

The treatment is an incisionless surgery, by which several ultrasound beams are focused down to millimeter accuracy, carefully creating a small lesion in a specific part of the brain. The patient lies in an MRI scanner that allows frequent scans to monitor the location, size and temperature of the lesion being created. During that process, the patient wears a helmet-like device filled with cool water that has more than 1,000 ultrasound transmitters, while the surgeon also tests the patient's tremor and neurologic function. The newly created lesion provides immediate and dramatic relief of hand tremor and other symptoms of movement disorders, allowing for better motor control for life's daily tasks or hobbies, as well as better quality of life.

The surgery does not require any anesthesia or hospital stay.

"This is truly groundbreaking technology that will allow us to help so many people in new ways," said Lynn Meyer, R.N., Ed.D., FAHP, CFRE, senior vice president and chief development officer, Norton Healthcare. "As focused ultrasound progresses, we hope to see its benefit in treating other conditions."

The focused ultrasound surgery has been approved by the U.S. Food and Drug Administration since 2016 and is backed by years of data, which has shown most patients experience immediate, significant relief from tremor symptoms. The most common side effects include imbalance and numbness, but these usually subside within a few weeks.

To qualify for the treatment, a patient must have a confirmed diagnosis that is not adequately controlled by medication. The patient's anatomy is carefully studied, and the surgery is planned, with CT and MRI scans taken prior to the day of the procedure. After the procedure, the patient receives a follow-up MRI to evaluate the lesion.

Patients can schedule an appointment by calling (502) 671-9489, emailing FocusedUltrasound@nortonhealthcare.org or visiting NortonHealthcare.com/FocusedUltrasound.



What to do in the Lou (Cont. from page 1)

- 10/17 *The Organic Hour Halloween Costume Party* 7PM Noraebar 717 E. Market Street 502.209.8399
- 10/18 *After Hours at the Speed* 5PM-10PM Speed Art Museum 2035 S. 3rd Street www.speedmuseum.org
- 10/18 *UofL 2024 NPHC Step Show* 7PM Brown Theatre 315 W. Broadway www.kentuckyperformingarts.org
- 10/18 *UofL Homecoming WKND Official After Party* 10PM-2AM Number 15 121 W. Main Street 502.526.5691
- 10/19 *All Together Now: A Shelby Park Block Party* 12PM-6PM Shelby Park 600 E. Oak Street *Family friendly/Free to the public
- 10/19 *Grown Vibes Only* 8PM-1AM Waters Edge Winery & Bistro of Etown 114 S. Mulberry Street Elizabethtown, KY www.eventbrite.com
- 10/19 *10PM in Louisville* 10PM-3AM Number 15 121 W. Main Street 502.526.5691
- 10/25 *MELANNaire Grand Opening/Ribbon Cutting Day* 11AM Mall St. Matthews 5000 Shelbyville Road www.melannaire.com
- 10/19 *Paristown Flea* 10AM -5PM Paristown 731 Brent Street www.paristown.com

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Healthy Recipe



Butternut Squash with Ginger

Serves: 8 Est. cost: \$4.00 Est. cost per serving: \$1.00

Ingredients:

- 1 large butternut squash
- 1 tbsp ginger, fresh, grated
- 1/3 cup water
- 1 tbsp oil (coconut, olive)
- 1/2 tsp salt
- 2 tbsp fresh herbs (chives, parsley, etc.)
- To taste: black pepper salt



Equipment: cutting board, sharp knife, large skillet with lid

Directions:

1. On a cutting board, carefully slice your squash in half, cross-wise, separating the longer thin piece towards the stem from the round bottom piece.
2. Remove the skin from the squash using a knife or a vegetable peeler.
3. Place the cut side of each squash flat on the cutting board, and cut each piece in half. Remove any piths or seeds from the squash's center then chop the squash into cubes (approximately 1 inch).
4. In a large skillet, over medium heat, add diced squash, ginger, water, oil, and salt, and bring them to a boil.
5. Cover and steam for 5-10 minutes or until squash is brightly colored and tender.
6. Remove the lid and cook until the liquid evaporates.
7. Turn off the heat, add herbs, and pepper, and serve warm. Enjoy.

Health Benefits:

Butternut Squash is high in potassium, butternut squash is a good food to eat if you need help controlling your blood pressure. Also, like all orange foods, this vegetable contains beta-carotene and lutein, good for your eyesight and immune health.

Ginger is an amazing source of antioxidants; ginger is fantastic for immune health by helping the body fight off inflammation-causing agents. It is also used to reduce nausea and for healthy digestion flow

Nutrition Facts

Serving Size: 1 full recipe

Amount Per Serving		% Daily Value*
Calories	309.6 kcal	15 %
Total Fat	14 g	22 %
Saturated Fat	11.3 g	57 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	2377.7 mg	99 %
Total Carbohydrate	48.9 g	16 %
Dietary Fiber	14.8 g	59 %
Sugars	9.1 g	
Protein	4.4 g	9 %
Vitamin A	170 %	Vitamin C 120 %
Calcium	19 %	Iron 16 %

* 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 </>

References: Recipe by Reneatta Perkins, 2023

Horoscopes

Aquarius 1/20-2/18 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.

Pisces 2/19-3/20 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.

Aries 3/21-4/19 The High Priestess is primarily a card about intuition. This week, you're being called to work on your perceptive skills, so that you can fine-tune your ability to hear your inner voice and receive messages from your unconscious mind. Have you been out of balance in a certain area of your life? Are you unsure if you're on the right path regarding a specific situation? This card is encouraging you to connect with your internal wisdom, because the answer you're seeking is already inside of you.

Taurus 4/20-5/20 The possibilities are truly endless for you right now! The 3 of Wands is signaling that you will have an abundance of opportunities to expand your horizons in some way. Look beyond your current circumstances for a moment and consider your future. What is it that you envision for yourself? Now is not the time to think small. Your potential is limitless, so take advantage of these opportunities as they present themselves to you. The greatest successes lie beyond your comfort zone.

Gemini 5/21-6/20 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.

Cancer 6/21-7/22 An opportunity could present itself to you this week, and the King of Wands is acknowledging that you have the strength and fortitude to accept it! Have you shied away from leadership roles in the past? Have you felt overwhelmed by taking on more responsibilities? Now is the time to stand firm in your power and own the visions you have. The key to success is becoming very clear about where you want to go and setting realistic goals that will help you get there. Go out there and grab the brass ring!

Leo 7/23-8/22 Receiving the Hanged Man could indicate a major shift in perspective is coming this week. Alternately, it may mean that some sort of sacrifice is needed. The process The Hanged Man wants you to undergo in the days ahead may feel uncomfortable, but it can lead you to a much-needed release of negative past patterns that are no longer serving you. What have you been holding on to, and how have these beliefs held you back? This week you're being encouraged to let go of them once and for all.

Virgo 8/23-9/22 It's time to celebrate! The 4 of Wands recognizes you've been putting forth great effort toward your goals. While it's tempting to keep charging forward, it's nice to pause and simply appreciate all that you've achieved so far. Allow others to share in this commemoration of your success. This can be anything from hosting a small celebratory dinner to throwing a raucous party. Remember, you can still strive toward your goals while stopping every once in a while to enjoy the fruits of your labor.

Libra 9/23-10/22 The Ace of Pentacles is signaling that an abundance of new opportunities in your material world is emerging for you this week. Have you been feeling stalled in your career? Has an investment not paid off the way you thought it would? Have you been unable to make money from an idea you had? That could all change now! Keep your eyes and ears peeled as a new beginning in any of these areas could be just around the corner. Whether you decide to take advantage of it is up to you, but the option is certainly there.

Scorpio 10/23-11/21 Success is within your grasp! The King of Pentacles is indicating you've got what it takes to create financial abundance in your life, and now you just need to move forward with whatever ideas you may have been contemplating. Have you been considering starting a new business venture or investment of some kind? This could be the signal you've been waiting for to go for it -- but don't just charge ahead. Coming up with a plan and getting all your ducks in a row will ensure you see the most fruitful outcome possible.

Sagittarius 11/22-12/21 The 7 of Wands is urging you to stand your ground this week. Receiving this card indicates you're experiencing some kind of opposition or roadblock in your life right now. Your initial instinct may be to retreat, giving into whatever challenge is standing in your way. However, it's important to stand up for what you believe in. Setbacks are inevitable but giving up is not. Put on your emotional armor and draw upon your courage and inner strength as you tackle this obstacle, so you can eventually overcome it.

Capricorn 12/22-1/19 The 5 of Pentacles acknowledges that you've fallen on hard times recently. Have you suffered a job loss? Are finances not flowing as easily as you'd like them to? These kinds of struggles don't just take a toll on your pocketbook -- they can become emotional, mental, and spiritual burdens as well. Don't shoulder the weight of the world by yourself. This week you're being encouraged to call out to your friends and family for help. All difficult periods pass eventually, but they pass much more easily when you have support.

Tarot.com