

Oct 20th- Oct 26th
2024

The Underground Lou

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Issue
#108

Construction Begins for House of Ruth's New, 40-Unit Housing Facility

Supporting Men, Women & Families Living with HIV/AIDS

House of Ruth, the only local organization dedicated to ending homelessness among people living with HIV and AIDS, is elated to announce that site preparation is nearly finished, and construction will begin soon for a new, three-story, 40-unit apartment community being built on the organization's existing property in Shelby Park.

The new housing facility, to be named Red Key Landing, was made possible through a \$6.5 million grant from the American Rescue Plan, awarded to House of Ruth by the City of Louisville to help house and change the trajectory of some of our city's most vulnerable citizens' lives for the better. This is the largest single grant received in House of Ruth's 32-year history in Louisville and will help many citizens make great strides toward becoming financially self-supporting.

The funds awarded will also enable House of Ruth to build a new food pantry; create a maintenance facility; and renovate their few staff offices, which were originally constructed in the early 1900s, as an addition onto a former church.

The 600-square-foot interior of the new apartments in Red Key Landing have been designed with the priority of meeting the needs of men and women aging with HIV, as the majority of people living with AIDS/HIV in our area are now age 50 and older and have mobility differences. Common spaces have been included to create a sense of community, and help combat the isolation and stigma that many long-time HIV survivors face.

"Whenever I talk about House of Ruth, people ask me why there is still a need for HIV services. People tend to think HIV as no longer a problem," said Lisa Sutton, Executive Director of House of Ruth. "But it is still a problem, right here in Jefferson County. The number of new infections continues to rise, and infections are a continuing challenge throughout the Southeast. The reasons for continued infections are complex, but mostly have to do with our clients' struggles to access the medical treatment they need to manage their HIV and to become financially self-supporting." Recent research from the

House
of
Ruth

Red Key Landing



National Alliance to End Homelessness found that each houseless person can cost taxpayers approximately \$35,000 per year from increased use of crisis services, such as hospitals, jails, psychiatric care, and emergency shelters. In contrast, the cost of providing that same person with supportive housing is about half that, at just under \$18K per year. The House of Ruth currently serves 550 HIV-positive people in our area, resulting in an overall savings of \$10 million each year for the Louisville community.

"Beyond the yearly and long-term economic savings for our community as a whole, it's important to consider the impact on the individuals and families who will be living in this facility," said Sutton. "Housing is critical for people with HIV/AIDS. Without a supportive place to live, it's difficult for people to focus on medical care and medication—and sadly, missing only a few doses can have dire consequences or result in overuse of emergency services. Red Key Landing will enable lives to be saved, and you can't put a price tag on that." Projected groundbreaking for Red Key Landing is scheduled for Fall 2024. Visit www.houseofruth.net for more information.

What to Do in the Lou

10/21 & 10/23 KMD Fit Camp 6PM-6:45PM Studio Hustle 131 St. Mathews Ave www.kmdfit.com *Every Monday & Wednesday

10/22 Project 2025: Why Your Vote Matters 6PM-8PM Bates Memorial Baptist Church 620 Lampton Street 502.585.4622

10/24 A Night for DJ K-Dogg 5PM-2AM Atomic 1125 Bardstown Road www.atomiclouisville.com

10/24 Informed Decisions: Do You Trust Black Women? 6PM-9PM The Biscuit Lounge 120 S. 10th Street 859.231.0054 www.eventbrite.com *Free entry

10/24 The Bash at Butchertown 6PM-9PM Copper & Kings 1121 E. Washington Street www.eventbrite.com *Free entry 21+

10/25 Louisville Strong Women Strong Coffee 10:00AM-11:30AM The Biscuit Lounge 120 S. 10th Street 859.231.0054 *Free entry

10/25 MELANaire Grand Opening/Ribbon Cutting Day 11AM Mall St. Matthews 5000 Shelbyville Road www.melamaire.com

10/25 & 26 Black Rabbit Live Music 6PM-9PM Black Rabbit 122 Sears Ave 502.897.9721 *Fridays & Saturdays

10/25 Keep on Dancin': Kayla's Pink Pony 30 Disco 7PM Number 15 121 W. Main Street info@nmbr15.com *Free entry

10/26 South End Community Market 8AM-12PM Iroquois Park 2120 Rundill Road southendcommunitymarket@gmail.com *Every Saturday

10/26 Pitch Competition: Women of Color Entrepreneurs-Leadership Program 10AM-1PM Bellarmine University Hilary's Hall *Free entry www.bellarmino.edu

10/26 Norton Healthcare Goodwill Opportunity Campus Block Party 11AM-4PM Norton Healthcare Goodwill Opportunity Campus 850 S. 28th Street 502.899.6892 *Free entry/Family friendly

10/26 Lipstick Wars Poetry Slam 6PM Actors Theatre of Louisville 316 W. Main Street www.actorstheatre.org

10/27 YPAL Germantown Pub, Spirit & History Tour 2PM-4PM Hop Atomic 1318 McHenry Street www.ypal.org

10/27 Marlon Waynes: Wild Child Tour 8PM Louisville Palace 625 S. 4th Street www.ticketmaster.com

10/29 Taking Care of Tuesdays: Ask the Experts 6PM-7:30PM LUL Center of Entrepreneurship 1535 W. Broadway business@hul.org

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New Products

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KMD Fit Camp

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- TUESDAY - 2500 W Broadway Ste 3 Louisville, KY 40211
- 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

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- 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

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"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!

The Cost of Freedom

By: Wanda Johnson Hall

What does freedom cost you? A vote! Your vote is the cost you pay to free yourself from the rule of others who may not have your best interest at heart. We are often told the wars we involve our troops in are done so to keep our country free, but who keeps us free from those who run our country? We, the people! I know many of you think your vote doesn't matter, but you couldn't be more wrong.

The proof is in the behavior of politicians when they seem to come out of the woodwork during election time. Phone calls, mailers, texts, letters, door-to-door canvassing. They act like your long-lost cousin coming to visit because they need a favor. They want us to trust them, to listen to them, but most importantly, vote for them. Do your own research. Do not wait until election time to vet politicians. Follow their performance during their stint in the office.

Being educated or at least knowledgeable regarding the candidates of your choice will allow you to make a well thought out decision. Be proactive whether you know or realize if or not politics affects your daily life. Don't hide behind "My vote won't matter" because what you're really saying is your life doesn't matter and that is the farthest from the truth. What does freedom cost you? A vote!

Norton Healthcare Goodwill Opportunity Campus Block Party & Historical Monument Unveiling

Join Norton Healthcare and Goodwill Industries of Kentucky to celebrate Norton West Louisville Hospital's upcoming opening and the beautiful Goodwill West Louisville Opportunity Center. An historical monument featuring health care pioneers west of Ninth Street will be unveiled.

Block party activities include:

- Live entertainment
- Health screenings and information by Norton Healthcare
- Kentucky Derby Festival Fun Zone
- Kids Zone
- Trunk or treat - Costumes encouraged
- Food and more!

Mammogram exams will be available at the Norton Healthcare Prevention and Wellness Mobile Prevention Center. Walk-in exams are available, or you can call to schedule an appointment at (502) 899-6892.

Historical monument unveiling 11 a.m. to noon at 28th St. and Garland Avenue. Block Party noon to 4 p.m. at Norton Healthcare Goodwill Opportunity Campus at 2820 West Broadway, Louisville, Kentucky.

Please park at the Norton Healthcare Goodwill Opportunity campus at 2820 West Broadway, Louisville, Kentucky. If there is inclement weather, the event will be held inside the Norton Healthcare Goodwill Opportunity Center.



WRBS Foundation Scholarship

Royal Blues Scholars Foundation Inc.

The 2024-2025 Royal Blue Scholars Foundation, Inc. scholarship application is now open! To apply, please send your completed application and supporting documents to baxzscholarships@gmail.com. The deadline to submit your application is January 15, 2025 at 11:59 pm EST.

If you have any questions or need assistance with the application process, please feel free to contact our Scholarship Committee at baxzscholarships@gmail.com or visit www.betaalphaxizeta.com.



Healthy Recipe



Coconut Curry Rice

Serves: 4 Est. cost: \$5.85

Est. cost per serving: \$1.46

Ingredients:

- 1 cup of rice (basmati, white, or jasmine)
- 1 each 15 oz canned coconut milk
- 2 tbsp water
- 1/2 cup peas, frozen or canned
- 1/2 cup carrots, diced, frozen, fresh or canned
- 1/2 tsp fresh ginger, minced OR 1/2 tsp ginger powder
- 1/2 tsp curry powder
- 1/2 tsp garlic powder
- To taste: sea salt, 1/4 tsp black pepper



Equipment: medium pot with lid, knife, cutting board, strainer

Directions:

1. Rinse rice under cool running water.
2. In a medium pot, add rice, coconut milk, water, peas, and carrots. If using fresh ginger, add it here.
3. Bring to a boil, cover, and reduce heat to low. Simmer until rice is tender (about 20-30 minutes).
4. Check rice for around 18 minutes to estimate additional cooking time. IF the rice starts to look dry, add up to 1/4 cup of water and allow the rice to return to a simmer.
5. Once rice is tender, remove from heat and season with spices.
6. Stir well to combine. Taste and adjust flavors as needed. Enjoy!

Health Benefits:

Curry Powder – contains the compound curcumin which is known for its anti-inflammatory benefits that may support relief from arthritis and other inflammatory conditions. This compound also acts as an antioxidant to help reduce oxidative stress and the risk of disease. protect cells from oxidative damage.

Carrots – rich source of beta carotene that is converted to vitamin A to support eye health and the immune system. Carrots are also a great source of fiber which can help regulate References: digestion and blood sugar.

References: Recipe by Reneatta Perkins, 2023

Coconut Curry Rice		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving		% Daily Value*
Calories	263.2 kcal	13 %
Total Fat	6.1 g	9 %
Saturated Fat	4.3 g	21 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	211.7 mg	9 %
Total Carbohydrate	47.9 g	16 %
Dietary Fiber	2.8 g	11 %
Sugars	2.9 g	
Protein	4.7 g	9 %
Vitamin A	11 %	Vitamin C 7 %
Calcium	3 %	Iron 14 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Horoscopes

Aquarius 1/20-2/18 Receiving the Empress card signals that this week is about receiving the gifts that are all around you. It's easy to get caught up in the frenzied pace of everyday life, but now you're being urged to stop, slow down, and connect with your senses. Eat a nice meal. Stop and smell the flowers. Breathe in fresh forest air. By grounding yourself in this way, you open yourself up to seeing, smelling, hearing, touching, tasting, and truly experiencing all of life's greatest rewards.

Pisces 2/19-3/20 Let the good times flow! The 3 of Cups is a card of celebration and friendship, so you could find yourself in "party mode" this week with those closest to you. Organize a night out on the town with friends. Host a dinner party for family. Gather a few coworkers and hit up a happy hour. This isn't so much about what you do as it is the camaraderie you'll feel with those around you. Life isn't all about responsibilities and commitments, so let loose and enjoy yourself right now!

Aries 3/21-4/19 Your mind is your greatest asset this week! You may be facing a major decision or exploring uncharted territory in a specific area of your life. The King of Swords is encouraging you to use logic and intellect to navigate this situation, rather than allowing yourself to get swept up in emotion. You will only define the right road to go down once you've truly gotten to the heart of the matter, and this can only happen when impartiality is exercised. Give yourself the opportunity to view this through a much clearer lens and you'll see the path appear.

Taurus 4/20-5/20 The 8 of Wands represents high energy and forward momentum, signaling a time of getting things done and making things happen. You might feel as though a lot is coming at you this week, and it could become difficult to figure out what you should pay attention to. Combat these distractions by homing in on a single goal and removing any distractions so you can focus on it. By using this energy to your advantage, you will turn this into a period of great productivity and progress.

Gemini 5/21-6/20 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.

Cancer 6/21-7/22 You're being encouraged to choose your battles wisely this week. The 5 of Swords signals that a conflict is currently brewing in a particular area of your life, and a confrontation could take place soon. When it does, you may be tempted to win the argument at all costs – but have you considered what those costs are? In your attempt to prove you're right, you may say or do things you regret later, as well as sabotage your relationship with the other person (or people). Before going to battle, consider how winning in the moment could lead to a long-term loss.

Leo 7/23-8/22 This week the 9 of Pentacles is inviting you to savor the fruits of your labor. You've been putting your blood, sweat, and tears into your goals, and you are now seeing deserved success as a result of your efforts. This is the time to take advantage of the material comfort you've created for yourself. So, go ahead and book an expensive spa package. Take yourself on a trip. Buy that expensive bottle of wine you've been eyeing. You've more than earned the right to splurge!

Virgo 8/23-9/22 The 8 of Swords is indicating that you are feeling trapped right now, believing there isn't a way out of your current circumstances. This week you're being called to question whether you're truly stuck ... or if you're simply in a prison of your own design. Insecurity, fear, and doubt are often feelings that keep us in situations far longer than we need to be. Examine this matter more closely. You may find that self-imposed limitations have been holding you back this entire time.

Libra 9/23-10/22 You're going to learn that life is a balancing act this week! The 2 of Pentacles represents achieving harmony with opposing forces. Have you been called in different directions recently? Are what you want and what you need conflicting? Has work taken time away from your personal life or vice versa? This card wants you to take a step back and figure out where your priorities are. By knowing where you want to spend your time and energy, you can come up with a solution that sets you up for long-term success in all areas of your life.

Scorpio 10/23-11/21 The Emperor is encouraging you to have total ownership of your true power! Your life experiences have helped you gain valuable wisdom and insight. How can you use this to help yourself? How can you use this to help others? This week you might be asked for guidance or advice from someone close to you – don't shy away. Alternately, you may be faced with a difficult personal decision. Don't worry, you now have the kind of knowledge and perspective that will help you navigate either of these scenarios with positive results.

Sagittarius 11/22-12/21 The 6 of Cups is about the past impacting the present. This week, you're being called to examine whether or not you're tethered to your past in some way. While it's true we sometimes need to look in the rearview mirror as a way of informing current or future decisions, we can easily become stuck living in the past if we're not careful. Don't let nostalgia or distorted memories prevent you from making progress and appreciating what's happening in the here and now. Allow your past to be a source of improvement rather than a source of stagnation.

Capricorn 12/22-1/19 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. *Tarot.com*