

Nov 3rd- Nov 9th
2024

The Underground Lou

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Issue
#110

Free Week of Resources & Community Building

Business, Equity, Arts and Science

APMPED and the University of Louisville have partnered together to connect entrepreneurs, minority business owners, students and creatives to provide resources and community building. Beats Week takes place Monday November 11th through Friday November 15th and is free to the community. The leadership team includes Aaron J. Barnes with UofL College of Business, Brittany Hill-Whitehead with AMPED an Alexandria Howard and Courtney Shareef with University Libraries.

The schedule for Beats Week includes the following:

Day 1 Monday 11/11 Melanin Music 11:30AM-1PM Red Barn Monday

Business showcase and student performances by Ki Carroll, joshjames, Rei and El Stephens. Lunch will be provided.

Day 2 Tuesday 11/12 Brand New: Branding and NIL Panel 6PM-7:30PM College of Business

Learn about personal brand name, image and likeness. Dinner will be provided.

Day 3 Wednesday 11/13 Tap In: Resource Fair & Pitch Competition 12PM-3PM Ekstrom Library

Headshots, resume reviews and creating a video reel to enter to win the ELSB and Forcht Center video pitch competition. Lunch will be provided.

Day 4 Thursday 11/14 Sky is the Limit: From Idea to Profit 4PM-6:30PM FirstBuild

Engage with the stages of business development (idea, discovery, development, profit) and tour of FirstBuild. Dinner will be provided.

Day 5 Friday 11/15 The Outro: After Hours at the Speed 5PM-10PM Speed Art Museum

Music, art and celebration headlined by ray Keys and the Elements and featuring UofL's faculty Septet.



POWERED BY:

\$10 tickets are available for After Hours at the Speed with BEATSWEEK promo code. Attendees have the chance to win free tickets during Beats Week. For more information visit <https://library.louisville.edu/beatsweek> or contact 502.513.6119.

What to Do in the Lou

11/6 **Pebble Party Launch** 6PM Ten20 Craft Brewery 1020 E. Washington Street www.pebbletheapp.com

11/7 **Legacy Breakfast** 7:30AM Hotel Louisville 120 W. Broadway www.networkforgood.com

11/7 **Cheap Skate Wednesdays** 5PM-8PM Champ's Rollerdom 9851 La Grange Road www.skateatchamps.com *Family friendly

11/7 **St. Stephen Small Business Directory Networking Event** 6PM-8PM St. Stephen 1508 W. Kentucky Street www.tinvurl.com/ssdirectory

11/7 **Doing Business w/JCPS** 6PM C.B. Young Center Conference Room 3001 Crittenden Drive 502.309.4799

11/7 **The DJ Pop-Up w/ Karaoke** 9PM-1AM Noraebars 717 E. Market Street www.noraebars.com *Free entry

11/8 **Louisville Thoroughbred Society w/ Maestro J** 6PM Louisville Thoroughbred Society 209 E. Main Street #200 www.itsociety.com

11/8 **SCKY Homecoming Feat. YTB FATT** 6PM Old Forester's Paristown Hall 724 Brent Street www.ticketmaster.com

11/7-9 **YP Unite Summit 2024** KY International Convention Center 221 S. 4th Street www.vpal.org

11/9 **Get Glowing Yoga Class** 9:15AM Logan Street Market 1001 Logan Street www.loganstmarket.com

11/9 **Influencers Night Out** 5PM Hill Street Lounge 1700 W. Hill Street 502.384.0962 *Free to the public

11/9 **Countdown to the Last Dance** 8PM High Horse Bar 1032 Story Ave www.highhorsebar.com

11/9 **38 Hauncho Birthday Celebration** Grand Venue 4205 Cane Run Road 502.438.8110

11/10 **Shake, Paint & Shop** 2PM-6PM Xquisite Nutrition 2631 S. 3rd Street www.eventbrite.com

11/12 **LUL State of Black Louisville 2024** 4PM-6PM Louisville Urban League 1535 W. Broadway Street www.lul.org *Free to the public

11/12 **Erica Banks Cocky on Purpose Tour** 7PM Zanzabar 2126 S. Preston Street www.zanzabarlouisville.com

11/15 **Soul Friday: A Night of Great vibes** 8PM-12AM NTABA Coffee Haus 2407 Brownsboro Road www.ntabacoffeehaus.com

11/15 **A List Saturday** 10PM-2AM Number 15 121 W. Main Street

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In This Week's Issue!

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Shake, Paint & Shop
Fundraiser Event
XQUISITE NUTRITION ANNUAL EVENT
Let's get creative with ideas on Canvas & Pumpkins

- Networking
- Buffet & Treat table (while supplies last)
- Vendors
- Free Samples
- Giveaways
- Mini Cardio
- Best Painted Pumpkin Prize

2631 S. 3rd st
Cash App \$xquisitenu
Eventbrite

Adults \$35
kids \$15
2 for \$20
under 5 free

November 10, 2024
2pm - 6pm
Vendors Needed
www.Xquisite.nutrition22@gmail.com
502-290-2020



Paid UofL COLOR Lab Study

The COLOR Lab at UofL is investigating reactions to stress and use of stress reduction techniques for Black adults (RED Study). If you're interested in helping and receiving up to \$65 in Amazon gift cards, please see the information below.

To be eligible you must

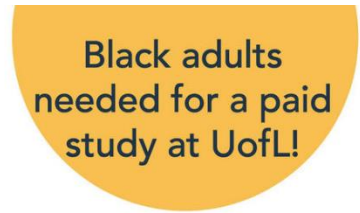
- Be 18 years or older
- Identify as Black
- Be able to complete an in-person study at UofL

Location Part 1: Online, link below Part 2: Davidson Hall at the UofL

Compensation

- You will receive a \$15 electronic Amazon gift card for the online part of the study *Eligibility to complete the entire online portion will be based on responses to initial online items
- You will receive a \$45 Amazon gift card for completing the in person study + \$5 bonus for completing the study during your first scheduled appointment

Contact: Principal Investigator: Dr. Yara Mekawi, PhD yara.mekawi@louisville.edu. Study Coordinator: Maddie Bailey colorlab@louisville.edu. Link to begin the online portion of the study: www.UofLcolorlab.com/RED



To be eligible you must:
 A) Be 18 years or older
 B) Identify as Black
 C) Be able to complete an in-person study at the University of Louisville



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 or themahoganyosalonllc@gmail.com 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



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.



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The Sparrow House exists to carry forward a legacy of trust, leadership, and community engagement, ensuring future generations in the California Neighborhood can grow and thrive.



TAKE ACTION NOW!
Join **Metro United Way** and **Brown-Forman** in investing in our youth.
(Visit thesparrowhouseca.org for details.)

Contact TSH Executive Director:
misty.smith@thesparrowhouseca.org
P.O. Box 19393, Louisville, KY 40259
502-509-6214



The Sparrow House is committed to creating lasting impact through its **B.L.A.K. (Building Leaders and Kidpreneurs)** program, which provides youth in the California Neighborhood and West Louisville with the tools, mentorship, and skills needed to become leaders and entrepreneurs.



Scan To Donate

Our goal is to raise **\$15,000** by the end of 2024 to continue and expand this transformative program.



@thesparrowhouseca
#dontsellgrandmashouse

www.thesparrowhouseca.org

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!

Goodwill Young Adult Opportunity Campus Create More Options for Those in Need

On Wednesday, October 23rd from 11 a.m. to 1 p.m., Goodwill Industries of Kentucky, joined by Mayor Craig Greenberg, KentuckianaWorks, and other local supporters, celebrated the grand opening of its Young Adult Opportunity Center at 216 W. Chestnut Street. This new center, designed for young adults ages 16-24 facing barriers to employment and self-sufficiency, is an opportunity that provides free career and educational resources aimed at empowering youth who have been affected by justice involvement, homelessness, abuse, or other significant challenges.

The Young Adult Opportunity Center is one of Goodwill's 12 statewide Opportunity Centers, each created to support individuals in overcoming obstacles to economic independence. With a strong emphasis on workforce development, this Louisville-based center offers resources developed in partnership with KentuckianaWorks, the workforce development board for the Louisville region. It will also feature "The Spot" programming, specifically designed to meet the unique needs of young adults in the area.

The center will provide a range of services including:

- Barrier Identification – Working with individuals to recognize and address obstacles to success.
- Soft Skills Training – Building essential interpersonal and workplace skills.
- Educational Assistance – Support for those pursuing high school equivalency or vocational training.
- Behavioral and Mental Health Services – Access to counseling and support services.
- Legal Assistance and Expungement – Resources to help those with justice involvement overcome legal barriers.
- Digital and Financial Literacy Training – Skills to navigate today's digital and financial landscapes.
- Resume Writing, Mock Interviews, and Personal Branding – Job search support to boost self-confidence and marketability.
- Paid Internships and Job Placement – Real-world work experience and job connections to build career paths.

These services aim to help young adults reach their full potential, especially those who face economic and social barriers. Since July 2021, Goodwill's young adult programming has already made an impact, reaching 1,840 individuals. For more information about the center's programming, visit www.goodwillky.org. For more on The Spot, visit www.thespotky.org.



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 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 now closed! Visit www.BOBEAWARDS.com to keep an eye open on voting for your favorite black owned business or individual in this year's awards!



Small Business Credit Survey

The Federal Reserve's 2024 Small Business Credit Survey is now open, and Amped is a partner on this effort. Owners and key financial decision makers of for-profit businesses, share your recent experiences about whether and how you use debt, what financial conditions you face, and more.

Answers to these questions contribute to data that directly inform the Fed, federal government agencies, service providers, policymakers, and others—a public good ultimately benefiting your business and others like yours. The survey is open to businesses currently in operation, those recently closed, and those about to launch. All responses are confidential. The survey closes November 1, 2024. Questions? Contact Hal Martin at hal.martin@clev.frb.org.



Healthy Recipes



Feta Dip / Spread

Serves: 4-5/2 TBSP Est. cost: \$4.10

Est. cost per serving: \$1.10



Ingredients:

- 2 cups yogurt, non-flavored (e.g. Greek, Oat, whole)
- ½ cup feta cheese, crumbled
- 2 tbsp olive oil (canola oil, vegetable oil, ghee)
- 2 tbsp lemon, zest
- ¼ cup kalamata olives, drained, diced small
- ½ cup cucumber, chopped small (substitute: celery)
- To taste, Salt and pepper

Equipment: medium bowl, whisk/spoon

Directions:

1. Whisk Greek yogurt, feta cheese, oil, and lemon zest in a bowl for 1-3 minutes, until creamy.
2. Fold in (thoroughly mix in) olives, cucumber, and optional seasoning.
3. Place on top of roasted vegetables, or use as a dip for your fresh vegetables. Enjoy

Feta Dip / Spread		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	172.5	
		% Daily Value*
Total Fat	12.3 g	16 %
Saturated Fat	2.8 g	14 %
Trans Fat	0.1 g	
Cholesterol	12.5 mg	4 %
Sodium	441.8 mg	19 %
Total Carbohydrate	5.4 g	2 %
Dietary Fiber	0.5 g	2 %
Total Sugars	3 g	
Added Sugars	0 g	0 %
Protein	10.3 g	
Vitamin D	0 mcg	0 %
Calcium	118 mg	9 %
Iron	0.2 mg	1 %
Potassium	141.7 mg	3 %

* 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:

Greek Yogurt has pre-biotic properties which can help support the growth of the good bacteria in the gut while reducing the growth of the bad bacteria. It can also be used to help alleviate gastrointestinal issues including gas and bloating.

Lemon zest is the outside peel of the lemon, that still has beneficial effects, such as providing an antioxidant + anti-inflammatory agent, Naringenin that fights inflammation and a powerhouse for cancer by being an antibacterial and anti-cancer (alkaloids) agent.

References: Recipe provided by LA Dixon, 2024



Horoscopes

Aquarius 1/20-2/18 The 2 of Wands is urging you to spend time in the present planning for what's going to happen in your future. You have a whole world of possibilities in front of you right now, but this isn't the time to act on impulse or instinct. This week you're being called to weigh all your options, carefully considering the pros and cons of each path. But this doesn't mean you should be afraid of going outside of your comfort zone! Uncharted territory can lead to long-term success if you go into it with realistic expectations and a clear plan in place.

Pisces 2/19-3/20 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.

Aries 3/21-4/19 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.

Taurus 4/20-5/20 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.

Gemini 5/21-6/20 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.

Cancer 6/21-7/22 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!

Leo 7/23-8/22 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.

Virgo 8/23-9/22 The Strength card is signaling that you have the inner fortitude needed to gracefully navigate a difficult situation in your life. It's easy to get lost in emotions like anger, sadness, fear, or shame, but you're being called to rise above that this week and remain calm in this time of adversity. Don't act on your base instincts. Instead, embrace your more compassionate and forgiving side. This allows you to become a silent warrior who remains in control not only of yourself but the situation as well.

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 10 of Swords acknowledges you are going through a painful time right now. Perhaps you've been betrayed, or it could be you're experiencing a period of things crashing down on you. These types of experiences are never pleasant to go through, but this week you're being called to focus on the new beginning that this ending can make way for. Even though you may feel like you've hit rock bottom, take solace in the fact that there's nowhere else to go but up. Remember, obstacles can be opportunities in disguise.

Sagittarius 11/22-12/21 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.

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

