

Nov 24th- Nov 30th
2024

The Underground Lou

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Issue
#112

Stellar Snacks Announces \$137 Million Investment

*350 Jobs Coming to West
Louisville in the Next*

Stellar Snacks, the first woman-owned pretzel manufacturer in the United States, announced its plans to establish a \$137 million industrial pretzel bakery in the West Louisville. Joined by Mayor Craig Greenberg, Governor Andy Beshear, and state and local leaders, Stellar Snacks revealed that the project will create 350 full-time jobs over the next decade, marking the largest economic development investment in west Louisville in over 20 years.

The new facility, set to open at 1391 Dixie Highway, will occupy a 434,000-square-foot building and include state-of-the-art production capabilities. Jobs will include positions for pretzel makers, engineers, mechanics, technicians, and administrative roles, with wages averaging \$30 an hour.

“This is a major announcement for our community,” said Mayor Craig Greenberg. “Stellar Snacks’ commitment to innovation, sustainability, and diversity aligns perfectly with our city’s values. Together, we are building a brighter future for Louisville.”

Governor Andy Beshear highlighted the project’s importance, saying, “This investment is not only creating hundreds of quality jobs but is also giving a significant boost to a community that has long awaited such opportunities. Stellar Snacks is a perfect fit for Kentucky, and I am excited to see its growth and impact.”

The project prioritizes local hiring, particularly from the West Louisville area, which includes nine neighborhoods. Incentives through the Kentucky Economic Development Finance Authority will provide additional support for job creation and workforce development, including rail access for the facility.

(Cont. page 2)



What to Do in the Lou

11/27 Retro Wednesday How the Grinch Stole Christmas/Elf 6:30PM/8:15PM Sauerbeck Family Drive-In www.sauerbeckfamilydrivein.com

11/27 Friendsgiving Thanksgiving Eve Kick-Back 7PM-11PM The Biscuit Lounge

11/27 2nd Annual Industry Friendsgiving 7PM Tartan House www.tartanhousebar.com

11/27 Thanksgiving Pre-Game Bash 7PM Flanagans 934 Baxter Ave www.flanagansalehouse.com

11/27 Eric Kimbrough’s Pre-Thanksgiving Comedy Show 7:30PM Louisville Comedy Club 110 W. Main St www.louisvillecomedy.com

11/27 Thank Me Later 10PM Number 15 121 W. Main St www.eventbrite.com

11/27 Thanksgiving Eve 11PM Gerstles 3801 Frankfort Ave

11/28 Members Giving After Dinner Sip & Smoke 8PM-1AM Speakeasy Private Lounge 566 S. 5th Street www.smokeasycigarounge.com

11/29-12/1 Holiday Garage Sale 10AM Speed Art Museum 2035 S. 3rd St www.speedartmuseum.com

11/29-30 No Place Like Home 2024: Jack Harlow & The Louisville Orchestra Whitney Hall at the KY Center 501 W. Main Street www.louisvilleorchestra.org

11/29 Step into Black Friday 7PM Black Jockey’s Lounge 630 S. 4th Street www.blackjockeylounge.com

11/29 Fired Up Fridays 9PM Sports & Social Club 427 S. 4th Street

11/29 10PM in Nulu 10PM-2AM The Last Refuge 600 E. Market Street

11/29 Goodtimers Fade 2 Black 10PM-3AM Cardinal Stadium Angel Envy Borbon Club www.goodtimersentertainment.com DJ Z Nyce

11/30 UK VS. UofL Watch Party 11:30AM The Palm Room 1821 W. Jefferson Street

11/30 Small Business Saturday West Louisville 3PM-7PM Norton Healthcare Sports & Learning Center 3029 W. Muhammad Ali Blvd www.keoplouisvilleweird.com

11/30 Light Up Jeff 4PM Warder Park 109 E. Court Ave Jeffersonville, IN www.jeffparks.org

11/30 The Upbeats Jazz Combo 6PM-9PM Black Rabbit 122 Sears Ave www.blackrabbitlouisville.com

11/30 CupcakKe Dauntless Manifesto Tour 8PM Mercury Ballroom 611 S. 4th St www.ticketmaster.com

11/30 The Last Dance the Finale 10PM-2:30AM 123 W. Main St Lexington, KY 859.806.8064

12/1 Coco Shamell Beauty Grand Opening 1PM-4PM Coco Shamell Beauty 177 Sears Ave. www.cocoshamellbeauty.com

12/3 2nd Annual Derby in December 9AM-5PM KY Derby Museum 704 Central Ave *Free entry

12/4 MAC Entrepreneurial Retail Academy Launch 6PM-8PM Bates CDC 701 S. Hancock St 502.636.0573

12/4 Jay-Z: A Birthday Musical Tribute 10PM The Lounge 116 W. Jefferson St

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(Cont. from page 1) Stellar Snacks has committed to being a second-chance employer, offering opportunities to individuals facing barriers such as criminal records. As Governor Beshear noted, “Having a job and a second chance is key to repairing families and lives while preventing recidivism.”

Production supervisor Rashod Golden spoke to the local impact: “Many employees can walk to work, and this opportunity is changing lives and building community pride.” Stellar Snacks also plans to collaborate with local community colleges and trade schools to provide real-world experience in engineering and manufacturing. The company will host a job fair on December 16, 2023, with hiring expected to begin in March 2024.

With its dedication to local investment, community partnerships, and creative innovation, Stellar Snacks is not just building a bakery but establishing a foundation for long-term growth and opportunity in west Louisville. For more details on job opportunities, visit www.stellarsnacks.com.

Career & Training Opportunities

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.

Visit www.UofLcolorlab.com/RED for more information.

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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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 themahogansalonllc@gmail.com for more information

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.



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

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Small Business Saturday West Louisville

Saturday, November 30, 3pm-7pm, Norton Sports & Learning Center, 3029 W. Muhammad Ali Blvd.

\$5 spending vouchers for the first 100 adults attending!
Printed picture with Santa voucher for all kids!

Get into the holiday spirit by supporting local businesses in West Louisville and have a merry day with your loved ones! Join us for a day filled with festivities, from shopping local businesses, watching college football on the big screen, enjoying delicious game day snacks, taking a free photo with Santa, entering giveaways, and enjoying activities for the whole family.

This event is proudly brought to you by Republic Bank, Essential Embrace Healing, Metro Council Member Shameka Parrish-Wright (D3) and Districts 4, 6, 8, 9, 10, 12, 14, 15, 17 & 21, LIBA, MELANnaire Marketplace, Russell: Place of Promise, and Louisville Urban League.

25th Annual Thanksgiving Giveaway Highlights Hunger and Food Insecurity

Spreading Holiday Cheer with a Festive Meal for Families in Need

On November 25, 2024 the Louisville African American Think Tank, in partnership with Colors Featured Newspaper, is excited to announce the 25th Annual Thanksgiving Giveaway, scheduled for Tuesday, November 26, at 10 a.m. The organization will be providing complimentary dinners for 100 families, featuring a festive menu that includes turkey or ham, greens, sweet potatoes, and fruit. This event will take place at West Chestnut Street Baptist Church, located at 1725 W. Chestnut Street.

Established in 1999 by Reverend Gerome Sutton, the Louisville African American Think Tank is committed to promoting non-violence and encouraging personal responsibility within the community. Since its inception, the Think Tank has served nearly 5,000 meals to those in need.

CONTACT: 502-536-9584 Email: Lhamptonel@gmail.com

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artisan pecan liqueur
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!

Kentucky State University Honors Tanya Berry as 2024 Small Farmer of the Year

At the 2024 Kentucky Small, Limited-Resource, Minority Farmers Conference, Kentucky State University (KSU) proudly named Tanya Berry as the 2024 Small Farmer of the Year. Tanya, alongside her husband, John, owns and operates Berry Farms, a thriving greenhouse and produce store in Monticello, Kentucky.

Tanya's farming journey began with a modest \$300 greenhouse, which her husband later expanded to a 50-foot structure that served them for 15 years. Over time, Berry Farms has become an essential resource for the local community, providing fresh produce and plants to an area without a grocery store for over 17 miles.

"Where we live in our community, there's no grocery store for over 17 miles east of us, and that helps our neighbors to be able to stop here and get their cucumbers for supper or get their mess of beans for Sunday dinner," Tanya shared. "I love being part of this process."

John Berry shares his wife's passion for constant improvement. "My mind is probably like hers," he said. "I'm always trying to figure out how to make it better and more efficient to help it on her side of growing."

In **2020**, Tanya applied for and received a Small-Scale Farm Grant through KSU, thanks to the guidance of Danny Adams and Glen Roberts from the local KSU extension office. The grant funded the purchase of a 24x60 greenhouse, enabling the Berrys to increase their production significantly.

Today, Berry Farms sells fresh produce and plants through their on-site produce store and at the Wayne County Farmer's Market, further cementing their role as a vital part of the local economy.

"They've both been doing an excellent job of farming here on two acres, putting in the store, the greenhouse, and their high tunnel," said Danny Adams. "One of the things I admire about them is, every year they want to try to do things and try to do them better."

Tanya Berry's dedication to farming, her community, and continuous improvement exemplifies the spirit of small-scale agriculture. Her recognition as the 2024 Small Farmer of the Year highlights her achievements and her commitment to making fresh, local produce accessible to her neighbors.

For more information about Berry Farms or KSU's Small-Scale Farm Grant Program, visit www.kysu.edu. (502) 597-6000 Email: news@kysu.edu



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!



Healthy Recipes



Chickpea, Carrot, Squash & Sweet potato Bake



Serves: 3-4 Est. cost: \$3.30

Est. cost per serving: \$1.10

Ingredients:

- 2 whole carrots, diced medium
- 1 butternut squash, diced medium OR 2 cups pumpkin, diced medium OR 2 large sweet potatoes, diced large
- 2-15 oz cans Chickpeas (garbanzo beans) OR 2 ½ cups garbanzo beans, soaked overnight
- 3 tbsp cooking oil (olive oil, canola oil, ghee)
- ½ tsp sumac
- ½ tsp cumin
- ½ tsp paprika
- 2 cloves garlic, minced OR ½ tsp garlic powder
- ½ tsp black sesame seeds OR toasted sesame seeds
- ½ tsp black pepper
- ½ tsp dried thyme
- ½ tsp coriander
- ½ tsp dried oregano
- ¼ tsp salt

Optional:

- Add 1-2 sweet potatoes, diced medium.
- Replace all dry seasonings with 3 tbsp Mediterranean Za'tar Seasoning
- To taste, sea salt and black pepper

Equipment: medium bowl with lid, spoon, large baking pan, oven

Directions:

1. Preheat oven to 385 F and prepare a sheet tray with parchment paper and set aside.
2. Place all vegetables and chickpeas in a bowl and add oil and seasoning.
3. Thoroughly mix/toss to coat everything with oil and seasonings.
4. Roast for 35-45 minutes, until soft and tender.
5. Remove sheet pan from oven and place on a bed of basmati rice, garlic couscous, or top with feta dip. Enjoy!

Roasted Vegetables - Squash	
Nutrition Facts	
Serving Size	1 Serving
Amount Per Serving	
Calories	458.1
% Daily Value*	
Total Fat	21.9 g 28 %
Saturated Fat	2.9 g 14 %
Trans Fat	0 g
Cholesterol	0 mg 0 %
Sodium	324.4 mg 14 %
Total Carbohydrate	57.8 g 21 %
Dietary Fiber	17.5 g 63 %
Total Sugars	11.5 g
Added Sugars	0 g 0 %
Protein	13.2 g
Vitamin D	0 mcg 0 %
Calcium	272.9 mg 21 %
Iron	4.6 mg 26 %
Potassium	904.4 mg 19 %

* 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:

Orange Vegetables have an abundance of carotenoids, that provide endocrine regulating activities and support the reproductive system / sacral chakra.

Squash/ Pumpkins are filled with Beta-carotene – which is a precursor for Vitamin A, helps muscle growth, and prevents inflammation, supporting eye health and a healthy immune system. These can also be found in carrots, sweet potatoes, and orange squashes.

References: Recipe provided by LA Dixon, 2024

Horoscopes

Aquarius 1/20-2/18 Someone is going to need a little extra TLC this week! The Queen of Pentacles is a true provider – she's the one who makes sure everyone is fed, the home is tidy, and that she's giving enough time and attention to her loved ones. When she shows up in a reading, it's a signal that someone may need more support than usual. Is someone you know struggling, or is it you who could use a shoulder to lean on? If you are feeling in over your head, don't be afraid to seek out help. Resources are out there, and it's OK to ask for what you need.

Pisces 2/19-3/20 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.

Aries 3/21-4/19 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.

Taurus 4/20-5/20 This week you're being called to separate yourself from a disappointing situation or unfulfilling relationship in your life. The 8 of Cups acknowledges that this split will be painful, especially since you've devoted so much time and energy to it. In fact, this could be one of the reasons you haven't moved on already. Rather than focusing on what the situation could have been or hoping things will change, accept reality for what it is. Remember, leaving will hurt you temporarily, but staying could hurt you more in the long run.

Gemini 5/21-6/20 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.

Cancer 6/21-7/22 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.

Leo 7/23-8/22 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.

Virgo 8/23-9/22 The 3 of Swords wants to recognize the grief or heartbreak you may be suffering from currently. Perhaps you've been betrayed, or it could be that you're experiencing some sort of mental anguish. This week, this card is asking you to persevere and stay in control of your emotions so that you can move forward without falling apart. Just be sure that you don't become permanently detached in your efforts to remain strong. If you remain in touch with your emotional side, you could come out on the other side of this situation capable of loving even more deeply.

Libra 9/23-10/22 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.

Scorpio 10/23-11/21 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.

Sagittarius 11/22-12/21 Your theme for the week is successful application of strength -- or, more specifically, emotional fortitude. The King of Cups is a person of insight and is very emotionally balanced and in control. Receiving this card is a reminder to harness your emotional maturity as you deal with a curveball life has thrown at you recently. Your initial instinct may have been to repress any emotions you had about this situation. Conversely, you could have let your emotions get the best of you. This card is urging you to use your heart AND your head as you navigate this personal challenge.

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