

Dec 8th- Dec 14th
2024

The Underground Lou

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Issue
#114

Amped Advanced Technology Training Accepting Applications

Paid Technology Training & Job Placement



Amped is offering a free 12-week paid training program that leads to industry-recognized certifications and entry-level jobs in IT that typically offer annual salaries of \$40,000-\$45,000 per year. Students can receive up to \$7,050 in stipend pay during the course of their Amped training.

During the program, you will receive in-depth training and a chance to obtain up to two essential certifications: MS-102 certification in Microsoft 365 Administrator and AZ-900 certification in Microsoft Azure Fundamentals.

Upon completion, you'll be equipped with the skills and certifications needed to pursue a variety of roles in the IT industry, including help desk support, field tech support, operations analysts, network analysts, and more!

Classes meet from 9am-4pm each weekday, and students are paid up to \$450 per week (\$15/hour). Students are also eligible for stipend bonuses once they pass their certification exams.

Attendance requirements at Amped's training is strictly enforced, and all students selected for the cohort must pass their MS-102 certification within the first six weeks of the program in order to remain through weeks 7-12. Benefits of (cont. on page 2)

What to Do in the Lou

12/11 9th Annual Building Lives Breakfast 7:30AM-9AM Mellwood Art Center 1860 Mellwood Ave www.blueprint502.org

12/11 Saint Agnes Spirit Night 4PM-9PM Paristown 731 Brent Street 502.458.2850

12/11 Sippin' w/the Grinch 6PM-8PM Brew & Sip 2860 Packerland Way Suite b & C 502384.2300

12/12 MHC's 2024 State of Metropolitan Housing Report Release 3PM-4PM Louisville Free Public Library 301 York Street 502.384.6368

12/12-14 Shuler King Live 9:45PM Louisville Comedy Club 110 W. Main Street www.louisvillecomedy.com

12/13-15 Christmas Gift and Décor Show KY Expo Center 937 Phillips Lane www.louisvillechristmasshow.com

12/13 Louisville Strong Women Strong Coffee 10AM-11:30AM Visionaireum 1205 E. Washington Street www.eventbrite.com

12/13 Ratchet Bingo 8PM Hilton Garden Inn 2735 Crittenden Drive www.theratchetbingoshow.com

12/14 Mariah Christmas: Drag Brunch 10:45AM-3:30PM Le Moo 2300 Lexington Road www.lomoodragbrunch.com

12/14 Santa's Symphony Spectacular 11AM Louisville Palace 625 S. 4th Street www.ticketmaster.com

12/14 The Official Christmas Bar Crawl 4PM-12AM Atomic Sound Club & Gameyard 1125 Bardstown Road www.crawlwithus.com

12/14 Frank & Paula Pops Series: Holiday Pops 7:30PM Louisville Palace 625 S. 4th Street www.ticketmaster.com

12/14 Salsa Night 9PM Hotel Louisville 120 W. Broadway louisvillesalsa@gmail.com

12/15 Lights on Main Free Family Day 10AM-2PM Frazier History Museum 829 W. Main Street www.fraziermuseum.org

12/15 Christmas PJ Party Silent Disco 2PM-5PM TEN20 Craft Brewery 1020 E. Washington www.eventbrite.com

12/15 Exquisite Consignment Shopping Experience 2PM-7PM 5433 Bannon Crossings Drive 502.500.6960

12/15 Holiday Healing w/Soul Santa 3PM-6PM Norton Healthcare Sports & Learning Center 3029 W. Muhammad Ali Blvd 502.916.8251

12/15 West Louisville Performing Arts Academy 35th Annual Awards Dinner 6PM Hyatt Regency Downtown 320 W. Jefferson Street 502.581.1234

12/15 Good Stand Up Comedy 7PM & 9PM Kaiju 1004 E. Oak Street www.kaijubar.com

12/16 Gardens Aglitter Sensory Friendly Night 5:45PM-8:45PM Botanical Gardens 1435 Frankfort Ave www.gardensaglitter.com

12/18 Poetry & Karaoke 7PM-9PM Art Portal 1512 Portland 502.878.6531

12/19 Lights on Main Late Night Thursday: Classic Christmas 5PM-8PM Frazier History Museum 829 W. Main Street www.fraziermuseum.org

12/29-30 Louisville Kwanzaa Festival 2024 Roots 101: African American Museum 124 N. 1st Street give21stcentury@gmail.com 502.345.0587

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In This Week's Issue!

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DAY 5 PURPOSE
LOUISVILLE KWANZAA FESTIVAL 2024
Roots & Reflection Pt. 2
Nia
To make our collective vocation the building and developing of our community in order to restore our people to their traditional greatness.
December 30
This day offers participants an educating presentations, workshops and demonstration's. A panel discussion on mental health and wellness. Self-Love/care presentation. An Afro-Fashion Review, Caribbean Cuisine and Afro Drumming and Dance.
Seeking Models, Vendors & Volunteers 3:30 PM - 9 PM - Roots 101 Museum
Contact : Dr. Angela Jackson-Brown, GIVE Founder/Director
502-345-0587, Give21century@gmail.com

DAY 4 COOPERATIVE ECONOMICS
LOUISVILLE KWANZAA FESTIVAL 2024
Roots & Reflection Pt. 1
Ujamaa
To build and maintain our own stores, shops and other businesses and to profit from them together.
December 29
This day centers around building economics and cultural solidarity. Showcasing a vendor market of local Black owned businesses and artists, alongside a fashion show by Costume/Fashion Designer: SANGO RONKE INFI Designs that celebrates self-expression as a form of community resilience.
Seeking Models, Vendors & Volunteers 3 PM - 8:30 PM - Roots 101 Museum
Contact : Dr. Angela Jackson-Brown, GIVE Founder/Director
502-345-0587, Give21century@gmail.com



Editor's Note: "Choose to look at the glass half full rather than half empty."

(cont. from page 1) this training includes full-time 12-week in-depth course covering various tech material. The training sessions will be held in Downtown Louisville and/or West End Louisville, Monday through Friday, from 10:00 AM to 4:00 PM. Training to include experienced instructors providing hands-on immersive training, networking opportunities with Louisville Companies and all Certification Exams paid for during the program. There will also include one on one support with resume writing and interview skills and employment opportunities w/local corporations and companies.

Participants must be 18 years of age, or older, and pre-work must be completed prior to the start of the course. Orientation and interview must be completed as part of the application process. Available Orientation Dates Include: Tuesday, December 10th, 2024 – 4:30PM, Thursday, December 12th, 2024 – 4:30 PM. Monday, December 16th, 2024 – 11:30 AM and Wednesday, December 18th, 2024 – 4:30 PM. All Orientations will be located at 1219 W. Jefferson Street Suite 206, Louisville KY 40203. Classes are in person with a strict attendance policy. Eligibility criteria include Louisville residents age 18 or older who want to start a career in IT Support regardless of previous tech experience. Priority participation will be given to low-income residents from low-income zip codes in Jefferson County which especially include 40202, 40203, 40208, 40209, 40210, 40211, 40212, 40215, and 40216 as well as portions of 40213, 40218, and 40219.

Once the application is filled out, the participant will be notified what the next steps will be. In general, the application process includes an orientation, pre-assessments, interview, and pre-work. Students will have to attend a mandatory orientation prior to the start of the class. This cohort training will be 12 weeks. The next cohort class will start on February 3rd, 2025. Up to 25 seats available in this class. Visit www.ampedlouisville.org.

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.

www.UofLcolorlab.com/RED

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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A Miracle on Hope Street A Holiday Joy with We Care

In partnership with We Care, you're invited to come out for a festive celebration that promises to warm your heart and brighten your holiday spirit.

Mark Your Calendars for Saturday, December 14th from 11:30AM – 3:30PM at Goodwill, 2820 West Broadway.

This family-friendly event is packed with holiday cheer and fun activities for all ages. Here's what you can look forward to:

Delight the little ones with a chance to receive toys and exciting holiday prizes. Nothing brings joy like a special surprise under the tree! Savor the flavors of the season with tasty holiday treats that are sure to satisfy your sweet tooth.

Discover helpful resources and services available for families during the holiday season and beyond and get ready for laughter and fun with engaging activities and games that bring the holiday spirit to life. You'll be able to capture the magic of the season with a visit from Santa himself! Don't forget your cameras to snap a photo with the jolly man in red.

This event is more than just a celebration; it's a chance to connect, share joy, and create cherished memories with your loved ones and neighbors. Whether you're coming to enjoy the festivities or to spread holiday cheer, A Miracle on Hope Street is the perfect way to celebrate the season together.

This event is free and open to the public. Contact 502.316.7100 for additional information.

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!

Breast Cancer Screening...
MAMMOGRAMS
FOR WOMEN 40 YEARS AND OVER

Peterson Dumesnil House
301 S. Peterson Ave.
Louisville, KY 40206

Wednesday, December 11th
8:30am - 3:30pm

Call to schedule an appointment.
502-852-6318

All insurance filed with University of Louisville Hospital
Proper ID and Insurance Card required.
Financial assistance for uninsured patients who qualify.
All COVID guidelines followed.

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WWW.LMHA1.org for more information.

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BLACK OWNED & EXCELLENCE Awards 2024

**NOMINATIONS ARE
NOW OPEN!!**

WWW.BOBEAWARDS.COM

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Legs and glutes focused class for all fitness levels

Wear your holiday workout gear

Cost: \$15.00

Location:
Studio Hustle
131 St. Matthews Ave
Louisville, KY
2nd flr of bike shop

Sign up

KMDFit.com/events



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



Canned Sardine Pasta Dinner

Serves: 4-5 Est. cost: \$10.00

Est. cost per serving: \$1.70

Ingredients:

- 1 each 4oz can of sardines
- 2 tbsp cooking oil (e.g. olive oil, canola oil, etc.)
- 2-3 cloves garlic, chopped
- 1 each onion chopped
- 1-2 stalks celery, chopped
- 1 tbsp oregano, fresh or dried
- ½ lemon, juiced
- salt & pepper to taste
- 1 box pasta, cooked



Optional: parmesan cheese

Equipment: Can opener, knife, clean / sanitized cutting surface, sauté pan, pot for cooking pasta

Directions:

1. Cook pasta according to box directions and set aside.
2. Cut sardines in half, remove any bones and create chunks of meat. Discard bones.
3. In a sauté pan, warm oil over medium heat. Add onions, celery, garlic, and a pinch of salt. Sauté 3-5 minutes or until translucent.
4. Add sardines, oregano, and lemon juice and cook until the onions are golden brown.
5. Taste and adjust seasonings with salt, pepper, or more lemon.
6. Add to fresh cooked pasta and serve with optional parmesan cheese for garnish.

Nutrition Facts

Serving Size		1 full recipe
Amount Per Serving		
Calories	236.7	
		% Daily Value*
Total Fat	9.3 g	12 %
Saturated Fat	2.7 g	13 %
Trans Fat	0 g	
Cholesterol	58 mg	19 %
Sodium	190.8 mg	8 %
Total Carbohydrate	17.4 g	6 %
Dietary Fiber	4.6 g	16 %
Total Sugars	5.5 g	
Added Sugars	0 g	0 %
Protein	23.8 g	
Vitamin D	3.9 mcg	19 %
Calcium	257.9 mg	20 %
Iron	4 mg	22 %
Potassium	777.5 mg	17 %

Health Benefits:

Sardines are an excellent source of protein, vitamin B12, vitamin D, calcium, potassium and iron. Plus, canned sardines contain almost 100% of the recommended daily intake of omega-3 fatty acids.

Oregano is rich in antioxidants, supports digestive health, supports immune health, and may reduce inflammation

References: Angelina Andriacchi

Horoscopes

Aquarius 1/20-2/18 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!

Pisces 2/19-3/20 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.

Aries 3/21-4/19 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.

Taurus 4/20-5/20 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.

Gemini 5/21-6/20 Keep an open heart and an open mind this week! The Page of Cups is urging you to go back to the time in your life when you were more childlike, more fearless, more idealistic. It could be that past or recent circumstances have made you more cynical and closed off as a way to shield yourself from getting hurt. While this approach can certainly help you avoid more pain, it may also prevent you from experiencing life's pleasures. Don't let your past dictate your future in this way. Learn to trust again.

Cancer 6/21-7/22 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.

Leo 7/23-8/22 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.

Virgo 8/23-9/22 You could find yourself approaching the finish line this week! The 9 of Wands recognizes the persistence and dedication you've put into a personal goal you've been working toward. Your initial goals and ideas were planted and have grown, and you are so close to finally reaching your destination. While the road may have been long and weary at times, this is no time to give up. Resilience is your greatest asset right now, so put on your battle armor and keep moving forward no matter what life may throw your way.

Libra 9/23-10/22 You're being encouraged to tap into your potential this week! The Magician is recognizing that the entire world is at your fingertips because you have everything needed to get what you want. This week you are being called to align this powerful source of inner magic with your goals -- anything can truly happen! Looking for a new job? Trying to form a romantic connection? Trying to improve your cash flow? Don't be afraid to go for it, because you are a manifestation machine right now!

Scorpio 10/23-11/21 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.

Sagittarius 11/22-12/21 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.

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