

Jan 12th - Jan 18th
2025

The Underground Lou

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Issue
#117

Celebrate Martin Luther King Jr. Day at the Muhammad Ali Center

A Day of Reflection and Inspiration

In honor of Martin Luther King Jr. Day, the Muhammad Ali Center will open its doors to the public free of charge on Monday, January 20th from 10AM to 5PM. This special Community Free Day, sponsored by Passport by Molina Healthcare, offers a special opportunity to celebrate the legacies of two iconic leaders: Martin Luther King Jr. and Muhammad Ali.

Starting at 10AM the Center will screen Dr. King's iconic "I Have a Dream" speech at the top of every hour. This powerful address, which continues to inspire generations, serves as a reminder of the ongoing fight for equality and justice.

At noon, the Muhammad Ali Center Council of Students (MACCS) will present their annual youth leadership panel discussion, titled "Continuing the Dream, Continuing the Legacy." The discussion will feature young leaders sharing their perspectives on carrying forward the dreams of Dr. King and Muhammad Ali.

Community Free Days at the Muhammad Ali Center is designed to reduce barriers to access, ensuring that people from across the region can explore Ali's life, legacy, and message of peace and humanitarianism. This celebration also marks the start of an exciting year at the Center as it gears up for Muhammad Ali's 83rd birthday on January 17th.

This opportunity will teach about Ali's journey from his birth on January 17, 1942, in Louisville, KY, to becoming a world-renowned boxing champion and humanitarian. Explore the Center's exhibits that highlight his commitment to social justice, peace, and cultural understanding.

Celebrate the legacy of Muhammad Ali by planning your visit or making a donation to support the Center's mission of promoting respect, hope, and understanding. Together, we can honor the work of two champions who dedicated their lives to making the world a better place.

For more information visit www.alicenter.org.



What to Do in the Lou

- 1/15 **MLK Day Celebration** 5PM-6:30PM 2500 Montgomery St.
- 1/15 **Valentine Door Hanger Paint Party** 7PM-9PM The B.A. Colonial
- 1/17 **After Hours at the Speed** 5PM-9PM Speed Art Museum 2035 S. 3rd Street www.speedmuseum.org
- 1/17 **Dinner & a Movie: One of Them Days** 7PM 5000 Shelbyville Road www.millennialthoughtspod.com
- 1/17 **Brown Sugar: A Night at the Museum** 8PM-1AM Roots 101: African American Museum 235 N 1st Street 502.384.1940
- 1/18 **Mission Possible: Protecting Freedom, Justice and Democracy** 9:30AM-11:30AM Crowne Plaza Hotel 830 Phillips Lane www.eventbrite.com
- 1/18 **Enforcing the Community Consent Decree for Safer Neighborhoods** 3:30PM Roots 101: African American Museum www.thefamilies-united.org
- 1/18 **2025 Vision Board Party** 5PM-7PM Semonin Realtors Conference 13906 Promenade Green Way www.dreams2keysteam.com
- 1/18 **Vinyl Richie: 80's & 90's Mixtape Show** 8PM Zanzabar 2100 S. Preston Street 502.635.9227
- 1/19 **Hip Hop Roundtable** 1PM-4PM Trellis Brewing 827 Logan Street www.louievolve.com
- 1/19 **Prayer Board Launch** 3PM-6PM The Presley Post 734 W. Main Street www.regmorgandesigns.com
- 1/19 **Keepers of the Dream : Women of the Movement** 5PM The KY Center 502 W. Main St.
- 1/19 **MLK Weekend Day Party** 5PM-10PM Tavern on Fourth 427 S. 4th Street www.goodtimersentertainment.com
- 1/19 **GV Old School Basement Party** 9PM-2AM Dasha Barbour's 217 E. Main Street www.qualityculture502.com
- 1/19 **KMAC Family Fun Day** 10AM-5PM KMAC 715 W. Main St www.kmacmuseum.org
- 1/19 **Atomic Sundays: Meechie, Shively Boyz DND** 10PM-2:30AM Atomic 1125 Bardstown Rd. www.evetbrite.com
- 1/20 **Community Free Day** 10AM-5PM Muhammad Ali Center www.alicenter.org
- 1/20 **Martin Luther King Jr. Dat Grand Marshals Parade Route** 10:30AM King Solomon Baptist 1620 Anderson 502.712.9039
- 1/20 **MLK Day Brunch** 11AM-4PM Dasha Barbour's 217 E. Main St. www.eventbrite.com
- 1/20 **Dr. Martin Luther King Jr. Day Celebration** 4PM-6PM 439 W. Broadway lashon01@louisville.edu
- 1/20 **Community Free Day Muhammad Ali Center**
- 1/22 **LULYP Connect** 6PM Louisville Urban League 1535 W. Broadway www.lul.org
- 1/25 **Soulful Sounds of Derbytown** 7:30PM KY Center for African American Heritage 1701 W. Muhammad Ali Blvd. www.redpintix.com
- 2/22 **4th Annual BOBEAWARDS** 5PM Center for African American Heritage 1701 W. Muhammad Ali www.bobeawards.com

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In This Week's Issue!

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BLACK OWNED BUSINESS & EXCELLENCE

Awards

2/22 7PM

Center for African American Heritage

1701 W. Muhammad Ali Blvd
Louisville, KY 40203

NOMINATIONS ARE OPEN!!

WWW.BOBEAWARDS.COM



Editor's Note: "All generations working together is necessary for change."

Health Daddy Wow
502.938.3388



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KMD
Kiss My Derrere
 Legs & glutes focused class for all fitness levels
 wear your sexy black workout gear

Date: January 25th
Time: 11am

Location:
 Studio Hustle
 131 St. Matthews Ave
 Louisville, KY
 2nd Flr
 (Inside bike shop)

\$20.00

KMDfit/event.com

Career & Training Opportunities

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

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 Flaie 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



BIG FOUR ARTS FESTIVAL
 SEPT 6 - 7, 2025

Big Four Arts Festival Artist Early Application Period Opens
 Jan. 1, 2025 - Artist application period begins
 May 10, 2025 - Artist application deadline @ midnight EST

Sign up at:
<https://bigfourbridgeartsfestival.com/artists-apply/>
<https://www.zapplication.org/event-info.php?ID=12747>



PARKS WITH public Wi-Fi

1 Alberta O. Jones	9 Lannan
2 Algonquin	10 Medora
3 Ben Washer	11 Okolona
4 Boone Square	12 Petersburg
5 Fern Creek	13 Riverview
6 G.G. Moore	14 St. Louis
7 Highview	15 Victory
8 Iroquois	16 Watterson Lake

SCORE Upcoming FREE Small Business Webinars

JAN 14 12 PM- Making Your Plan "Bankable" (Growth Capital)

Gain insights into building credit, crafting a solid business plan, and securing the collateral needed to attract lenders and banks.

JAN 15 11 AM- Getting Started with Social Selling

Discover key drivers of changing buying behaviors and learn to craft a digital sales strategy that meets evolving B2B customer expectations.

JAN 15 1 PM- Growing a Beauty Business in Today's Economy

Explore Anthony Standifer's journey in beauty, sharing insights on building brands with consistency, adaptability and systems for success.

JAN 16 11 AM- Set 2025 Up For Success: Planning Your Marketing Year

Plan your 2025 marketing strategy to save time, boost engagement, and streamline efforts with AI, templates, and impactful content strategies.

Visit www.score.org to register.

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USING SKILLS TO KEEP YOUR COOL
Most-Fit Fitness League
 Republic Bank Foundation YMCA

Most-Fit Fitness League
 The Y is offering a FREE 8-week session for kids in grades 5th-12th and their families who reside in the west end of Louisville. Most-Fit Fitness League will use sports competitions to educate youth and adults in the following areas:

- Physical and mental health and wellness
- Nutrition education
- Conflict resolution
- Positive community interactions
- Avoid confrontations that lead to gun violence

Families who complete the 8-week session will receive a complimentary 6-month family community-wide YMCA membership.

SCAN HERE TO REGISTER or stop by the front desk



January 11-March 1
 Saturdays
 1-3pm
 Republic Bank Foundation
 YMCA
 1720 West Broadway



Goodtimers & PRESENTS
MLK WEEKEND DAY PARTY
01.19.25
 SUNDAY JANUARY 19TH JOIN US 5PM - 10PM

TAVERN
 (INSIDE 4TH STREET)
 427 S. 4TH ST.

MUSIC BY **DJ YK & DJ CAM**

CELEBRATING THE BIRTHDAY OF **DJ YK**

ADVANCE TICKETS AVAILABLE NOW: GOODTIMERSENTERTAINMENT.COM

DRESS CODE STRICTLY ENFORCED

NO SAGGING OR OVERLY BAGGY CLOTHING. NO PURSE LARGER THAN 5x7 CLUTCH. NO ATHLETIC WEAR. NO SOLID OR PLAIN TEES. NO TANK TOPS. NO HOODIES. NO SWEAT SUITS OR JOGGERS. NO TIMBERLANDS. SNEAKERS ARE OK. NO EXCEPTIONS. ALL SALES ARE FINAL.

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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!

New Emergency Shelter to Replace the StrEatery

Following the closure of The StrEatery Food Hall as a temporary emergency shelter, Councilor Betsy Ruhe (D-21) and Councilwoman Jennifer Chappell (D-15) have partnered with Codes & Regulations Director Richard Price to secure an alternative site.

"I'm deeply grateful to Dung Tran, owner of The StrEatery, for stepping up to keep our unhoused neighbors safe and warm during the winter storm," said Ruhe. "Also, a big thank you to the Red Cross for providing cots and blankets. While The StrEatery is no longer available, I'm pleased to announce that a new location has been identified."

With the support of Codes & Regulations, Sojourn Church Carlisle, located at 3548 Taylor Boulevard, has agreed to serve as an emergency shelter. The church will provide a safe and warm refuge for those in need. Codes & Regulations has issued a 30-day permit for use as an overnight emergency shelter and all fees have been waived.

Sojourn Church Carlisle will begin intake for shelter guests tonight at 6 p.m. Intake will be open daily from 6 - 9 p.m. while severe weather conditions persist. Guests are welcome to stay overnight and will be asked to leave the shelter by 9 a.m. each morning. If weather conditions remain severe, guests are encouraged to return for intake at 6 p.m. the following evening.

"We're excited to announce this new warming center, which will serve individuals in need during these cold days ahead," said Chappell. "A huge thank you to Sojourn Church Carlisle for opening its doors for emergency assistance. This effort is a testament to the collaborative work of several departments and organizations coming together for the good of our community. Please help us spread the word."

Looking ahead, Councilor Ruhe plans to work with fellow council members to draft regulations that would allow establishments to operate as short-term shelters during future weather emergencies.

Shelter is located at Sojourn Church Carlisle on Taylor Boulevard. For more information, please contact Councilor Ruhe's office at 574-1121 or Councilwoman Chappell's office at 574-1115.

GET READY TO FEEL LIKE LAUGHING ALL NIGHT!!!
 JOIN US FOR A ONE-OF-A-KIND EVENT BLENDING HILARIOUS COMEDY AND SOULFUL VIBES!!!

FIFTY DEUCE COMEDY
HEADLINER
 WILL MCKENZIE

LAUGH OUT VIBE OUT STRONG!!

ENTRY FEE \$5

HOSTED BY **KESH LOVE**

LAUGH OUT LOUD. VIBE OUT STRONG!

JANUARY 29TH
 ART PORTAL
 1512 PORTLAND AVE
 LOUISVILLE, KY 40203

MUSIC VIDEO: "FEEL LIKE"
 LEE ALI X BRYSON X MAC C
 COME FOR THE LAUGHS, CONNECT, & VIBE 2 THE BEATS!

FOOD TRUCK AVAILABLE

7PM - 9PM

BLACK OWNED BUSINESS & EXCELLENCE Awards*

2/22 7PM

Center for African American Heritage
 1701 W. Muhammad Ali Blvd
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NOMINATIONS ARE OPEN!!

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A CELEBRATION OF *Excellence*

HONORING RAESHANDA LIAS' NAACP IMAGE AWARD NOMINATION

01 25 25

SATURDAY BEGINS @ 7PM

MELWOOD ARTS CENTER PICASSO ROOM
 1860 MELWOOD AVE. LOUISVILLE, KY 40206

RSVP ONLY - TO RSVP NOW VISIT: RAENAACP.EVENTBRITE.COM

BoardReady! Kick Off Event: Your Path to Nonprofit Leadership!

Ready to take your career to the next level while making a real impact? We're excited to invite all YPAL members to the launch of our BoardReady program—your chance to discover what it takes to lead and serve on a nonprofit board. In partnership with the Center for Nonprofit Excellence (CNPE), this informational session will kick off our upcoming three-part BoardReady series. You'll hear from young professionals who are already making waves in the nonprofit sector, as they share their personal stories, challenges, and strategies for balancing board responsibilities with career ambitions and personal passions. Get inspired by their journeys and gain practical tips for navigating board service as a busy professional.

We'll also dive into the details of the BoardReady program, designed to equip you with the skills and confidence to serve on a nonprofit board. Dates for the series are: February 25, March 11, and March 25 from 6:00 PM - 7:30 PM at the GLI office. We'll answer all your questions, provide valuable resources, and help you determine if board leadership is the right next step for you. Whether you're actively seeking board opportunities or just curious about how you can give back, this event is the perfect place to start. This opportunity is available exclusively to YPAL members. Don't miss out on the chance to connect, learn, and take the first step toward becoming a nonprofit leader. The kick-off event is Thursday Jan. 16th at 5:30PM at South Seas 1301 Story Ave. To register visit www.ypal.org.

Healthy Recipes



Cranberry Oatmeal Bar



Serves: 12 Est. cost: \$4.75 Est. cost per serving: \$0.40

Ingredients:

- 1 1/2 cups flour
- 1 tsp baking soda
- 1/2 tsp salt
- 1 tsp cinnamon
- 3/4 cup applesauce
- 1/2 cup honey
- 2 ea. eggs, beaten
- 1 tsp vanilla extract
- 3 cups quick cooking oats
- 1 cup dried cranberries
- 1/4 cup hot water

Cranberry Oatmeal Bar		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving		% Daily Value*
Calories	237 kcal	12 %
Total Fat	2.4 g	4 %
Saturated Fat	0.5 g	3 %
Trans Fat	0 g	
Cholesterol	27.4 mg	9 %
Sodium	215.5 mg	9 %
Total Carbohydrate	50.3 g	17 %
Dietary Fiber	3.5 g	14 %
Sugars	23.1 g	
Protein	5.3 g	11 %
Vitamin A	1 %	Vitamin C 0 %
Calcium	2 %	Iron 10 %

* 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

Equipment: Measuring spoon, measuring cup, large spoon, medium bowl, 9x9, baking dish, parchment paper (optional), small bowl, large bowl

Directions:

1. Preheat your oven to 350°F degrees and lightly spray a 9x9 inch pan with cooking spray. Set aside.
2. In a small bowl, combine dried cranberries and hot water. Set aside for 10 minutes.
3. In a medium bowl whisk together the flour, baking soda, salt, and cinnamon. Set aside.
4. In a large bowl, mix applesauce, honey, eggs, and vanilla extract.
5. Slowly add the dry ingredients to the wet ingredients until mixed.
6. Gently stir in the oats and dried cranberries with liquid. Pour into the prepared baking disk, pressing to fully cover the bottom.
7. Bake for 20 minutes or until edges are golden brown. Allow the bars to cool, then cut and enjoy.

Health Benefits:

Oats are considered a superfood and one of the most nutrient-rich foods to consume. It is high in manganese, phosphorous, magnesium, vitamin B1, and copper.

Cranberries are high in antioxidants, with both anti-cancer and anti-inflammatory effects. They have been shown to help improve gut health, cardiovascular health and kidney/bladder infections.

References: Kelley Robertson

Horoscopes

Aries 3/21-4/19 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.

Taurus 4/20-5/20 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.

Gemini 5/21-6/20 Are your beliefs aligned with your actions in the world? Have you been making choices that reflect your highest self? That's the question the Justice card wants you to ask yourself this week. This is especially important if you're facing a major decision right now. What you do could have a long-lasting impact – either positive or negative – on both you and the people around you. Connect with your intuition and allow it to be the compass that leads you down the right path, so you can avoid unintended consequences down the road.

Cancer 6/21-7/22 The Page of Wands wants you to embrace your more free-spirited side this week! Sometimes it's easy for us to get stuck in our routines or to keep going along with what's most comfortable for us. However, there's so much more to life left to explore! What is that you've been wanting to do but thought you couldn't? No dream is too big or small right now. When you combine your passion with your enthusiasm, the sky will truly be the limit for you.

Leo 7/23-8/22 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.

Virgo 8/23-9/22 The Queen of Cups indicates emotional maturity, compassion, and a nurturing spirit. This week you are being called to express this energy in some way. Perhaps a friend will approach you with relationship troubles, or it could be that a colleague is coming to you for support with a problem they're facing. When this happens, listen from the heart as they speak, but remain emotionally separated from the issue. While it may be tempting to dive head-first into the situation with them, understand that only they can work themselves out of their predicament.

Libra 9/23-10/22 Your breakthrough moment has arrived! The Ace of Swords signals that the fog is lifting, and you have greater mental clarity this week. It may feel as though you're viewing the world through a brand-new lens, one that helps you cut through the noise and get to the heart of the matter. Is a situation not what it seems? Has someone been deceiving you? Have you been deceiving yourself? You're being handed an opportunity to clear the air and see things for exactly what they are.

Scorpio 10/23-11/21 Don't be intimidated by this card! The Death card is one of the more commonly misunderstood cards in the Tarot. It doesn't represent a physical death -- rather, it's about transformation of the self and letting go of the things that are no longer serving us. What have you been holding onto that you need to let go of? Ending this chapter of your life could pave the way for something far greater down the road. This week, notice opportunities to move on from whatever it is that's been holding you back from the future you deserve.

Sagittarius 11/22-12/21 Lucky you! The 10 of Pentacles represents security, as well as success and accomplishment. Have you not been properly recognized for your professional efforts? Has it felt like the universe has put one obstacle after another in front of you? Has money been tight? Have you felt deflated in matters of the heart? Well, good news has arrived! You could finally see things coming together for you this week in one or more of these areas, rewarding you with a sense of satisfaction for staying the course no matter how tough things were.

Capricorn 12/22-1/19 You can breathe a little bit easier, because relief has arrived this week! The Star is signaling a reprieve after a period of great change or difficulty. While this turmoil has not been easy for you to go through, you have been able to endure whatever challenges life has thrown your way. What lessons have you learned? What were you able to let go of that was holding you back? How will you move forward differently? Now is the time to shed the old you, so you can emerge as the person you were meant to be.

Aquarius 1/20-2/18 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.

Pisces 2/19-3/20 Receiving the 9 of Cups could signal that this is the week when your stars will finally begin to align. When this card appears in a reading, it is a signal from the universe that everything in your life is as it should be. This dose of fortunate energy could mean feeling perfectly content in your job, your relationship, your friendships -- your emotional cup could truly runneth over! Take the time to stop and appreciate the abundance of blessings life is offering you right now. *Tarot.com*