

Feb 2nd- Feb 8th
2025

The Underground Lou

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Issue
#118

Last Week to Nominate in This Year's 4th Annual Black Owned Business & Excellence Awards

A Celebration of Innovation, Achievement, and Community

Nominations close this week for the 4th Annual Black Owned Business & Excellence Awards (BOBEAWARDS) celebrating some of the remarkable achievements of black-owned businesses and individuals who contribute significantly to the community. The BOBEAWARDS honors those driving change, building generational wealth, and creating resources. To date, nearly 200 businesses have been highlighted through this initiative with over 35 categories each year ranging from health and wellness, education, finance and more.

BOBEAWARDS weekend takes place Friday February 21st – Sunday February 23rd and includes the following:

Friday 2/21 Kick off with a networking mixer, bringing together like-minded professionals and entrepreneurs location and time TBA

Saturday 2/22 4th Annual BOBEAWARDS including red carpet interviews, live music, dinner, vendors located at the African American Heritage Center

Sunday 2/22 Wrap up the weekend with the highly anticipated BOBEAWARDS brunch located at the Presley Post

For more information including on BOBEAWARDS weekend, nominations, tickets, sponsorships or volunteering please visit www.bobeawards.com, email info@bobeawards.com or contact 502.878.6531.



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What to Do in the Lou

2/5 Boots & Beats Line Dancing Night 7PM 21st in Germantown 1481 S. Shelby St 502.654.7221

2/5 Battle for the Lantern 5:30PM Roots 101: African American Museum 124 N. 1st Street www.roots-101.org

2/5 The Connect Networking Event 6PM-8:30PM Hotel Genevieve 730 E. Market St

2/5 African American History Maker: Innovation in Healthcare Panel 11:30AM-1PM KY Science Center 727 W. Main St www.ventureconnectors.org

2/6 Tamika D. Mallory Book Signing 5PM Norton Healthcare Sports & Learning Center 3000 W. Market St. www.nortonslc.ticketbud.com

2/6 Artist Talk: Kathia St. Hilarie 5PM-6:30PM Speed Art Museum 2035 S. 3rd St. www.speedartmuseum.org

2/6 True Story Cocktail Night 5PM-9PM The Louisville Cigar Co. 967 Baxter Ave 502.384.0226

2/6 Entrepreneur Vision Board Party 6PM-7:30PM The Bakery 901 S. 15th St. 502.784.7070

2/6 Jaz Thursdays at Nulu 7PM-10PM Whiskey Thief Distilling Co. 610 Nanny Goat Strut Aly www.whiskeythief.com

2/6 The Price is Right Live Stage Show 7:30PM Louisville Palace 625 S. 4th St. www.ticketmaster.com

2/7 Free Co-Working Day: Creative Friday 12PM-5PM The Presley Post 734 W. Main St. 502.916.2013

2/7 Beats & Belonging 6PM-9PM The Rosetta Chappel 112 N

2/7 Emo Nite Headliners Music Hall 1386 Lexington Rd. www.emonite.com

2/8 Diva's - Celebrating Black History Month: Drag Brunch 10:45AM-3:30PM Le Moo 2300 Lexington Rd. www.lemoodragbrunch.com

2/8 Black Author Book Tasting 11AM-1PM Blak Koffee 1219 W. Jefferson St

2/8 Galentines Boss Babe Brunch & Content Day 11AM-3PM D.McCauley Content Studio 930 Mary St. www.makeupbysuperjaz.com

2/8 The Flea Valentine Market 11AM-6PM Story Louisville 828 E. Market St. www.thefleaoffmarket.org

2/8 Change Today Change Tomorrow Board Recruitment Informational Meeting 2PM Lou Lou on Market

2/8 Louisville Cardinal Men's Basketball vs. Miami Hurricane 2PM KFC Yum! Center 1201 W. Main St. www.ticketmaster.com

2/8 Prom Dress Donation Drive & Networking Event 3PM-6PM Waa Street Suites 424 Wall St. Jeffersonville, IN 502.262.1404

2/8 Shakespeare in Love Gala 7pM-11PM 21C Museum Hotel Louisville 700 W. Main St. www.kvshakespeare.com

2/8 Vitamin String Quartet: The Music of Taylor Swift, Bridgerton and Beyond 8PM The KY Center 501 W. Main Street www.kentuckyperformingarts.org

2/8 Society Speed Dating 8PM-10PM Hi Wire Brewery 642 Baxter Ave. www.eventbrite.com

2/8 Salsa Night 9PM-1AM Hotel Louisville 120 W. Broadway louisvillesalsa@gail.com

2/9 W.O.W's Galentine's Bash 11AM-5PM Mellwood Art Center 1860 Mellwood Art Center www.womenownedwallet.com

2/9 Movement in the Museum: Creative Dance 12PM-1PM Speed Art Museum 2035 S. 3rd St. www.speedmuseum.org

2/9 Louisville Cardinals Women's Basketball vs. Stanford 12PM KFC Yum! Center 201 W. Main St. www.ticketmaster.com

2/9 Puppy Bowl Viewing Party 1PM-4PM PG&J's Dog Park Bar 800 Baxter Ave www.pgjdogbar.com

2/9 orKIDStra: Free Dance Party 3PM Old Forester's Paristown Hall 724 Brent St. www.louisvilleorchestra.org

2/10 Jefferson County KFTC Chapter Meeting 5PM-7:30PM Jefferson County KFTC 735 Lampton St. www.kftc.org

2/11 Voting Rights Rally & Lobby Day 8:30AM KY State Capitol 700 Capital Ave Frankfort, KY www.kftc.org

2/22 4th Annual BOBEAWARDS 5PM Center for African American Heritage 1701 W. Muhammad Ali www.bobeawards.com



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Apply Now for KYDAD Academy: Spring 2025

The KYDAD Academy is now accepting applications for its Spring 2025 session. This fellowship program is designed for fathers who are committed to personal and professional growth while embracing their roles as leaders in their families and communities. Through healthy involvement and engagement, participants will become ambassadors for fatherhood and catalysts for positive change. The KYDAD Academy is an intensive, immersive experience that not only fosters personal development but also equips fathers to create meaningful impacts on their families and communities. The program values lived experience, recognizing the wisdom and insights gained from navigating life’s challenges. Fathers who have had experiences with social services, the Department of Corrections, the Department of Justice, the recovery community, or other state agencies—and who have transitioned from crisis situations to stable or thriving lives—are especially encouraged to apply. Their journeys hold valuable lessons that can inspire and benefit fathers across the Commonwealth.

Participants can earn up to \$1,500 including \$100 per session and training topics that include self-reflection, parenting/co-parenting roles, men’s physical and mental health, advocacy for self and others and financial stability.

Sessions will be held virtually on Tuesdays and Thursdays from 6PM-7:30PM and will start March 25th-April 7th. Applications are open from through March 1st by visiting www.ccfky.org. All information provided will be kept confidential and used exclusively for internal purposes. To ensure the integrity of the process, the application must be completed by the applicant alone.

If you require assistance with the application, reach out to Tyler Moore, Academy Coordinator, at tmooore@ccfky.org or call 859-440-4001 ext. 2.

Don’t miss this chance to join a program dedicated to empowering fathers and building stronger families and communities. Submit your application today and take the first step toward becoming a KYDAD Academy fellow.

Simmons College of Kentucky Launches Symposia Series on Controlling Air Pollution in Louisville

Simmons College of Kentucky is proud to present the SCKY Symposia Series: Controlling Air Pollution in Louisville, a virtual educational event designed to explore the critical issue of air pollution and its impacts on the Louisville community. This free, online series will be held on Thursdays from 6–8 PM starting January 30th and continuing through April 24th via Zoom.

Offered in collaboration with the Louisville Metro Air Pollution Control District, the series is an invaluable resource for Simmons students, faculty, staff, and the wider Louisville community. It aims to deepen understanding of air pollution’s hazards and discuss efforts to address these challenges through regulation, public policy, and community-driven action. Special attention will be given to areas such as West Louisville, where residents face disproportionate exposure to pollutants from the Rubbertown industrial complex. The series will also examine the health disparities experienced by Black residents, including significantly higher rates of respiratory illnesses such as asthma. This focus underscores the intersection of environmental and racial justice, emphasizing the need for equitable solutions to these pressing issues.

The series is sponsored by several Simmons College initiatives, including Environmental Justice Studies, Martin Luther King Legacy Studies, Public Policy & Social Change, and the Climate Racial Justice Project, alongside the Reverend Jesse L. Jackson Sr. Center for Racial Justice. This program is free and open to the public, encouraging participation from all who are passionate about creating a healthier, more equitable Louisville. To register, visit tinyurl.com/sckysymposium or scan the QR code provided in the event materials.

For more information, contact Dr. Stewart Burns at sburns@simmonscollegeky.edu or call 413-663-4885. Join us for this important conversation and be part of the effort to create a cleaner, healthier future for all.

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
- Black Jockey’s Lounge 630 S. 4th Street

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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

THE WORLD IS OURS

46th Annual YMCA Black Achievers Awards Celebration

February 15, 2025

Keynote Speaker: Jeff Jenkins
Travel Journalist and host of National Geographic's "Never Say Never"

BLACK OWNED BUSINESS & EXCELLENCE Awards

Center for African American Heritage
 1701 W. Muhammad Ali Blvd
 Louisville, KY 40203

2/22 7PM

NOMINATIONS ARE OPEN!!

WWW.BOBEAWARDS.COM

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!

2025 Art Meets Activism Grant

Are you an artist or organization who sees art as a powerful way to make a difference in the lives of women, girls, and femme presenting people in Kentucky? Would you like to be with others who share your vision? If so, please join us for this free interactive workshop! Artists from all art forms (literary, media, performing, and visual) are welcome.

- Learn about our Art Meets Activism grant application and other opportunities.
- Meet KFW grantees as they discuss their experience with applying for and receiving KFW grants!
- Get to know feminist artists who are also working toward positive social change for people in Kentucky.

We will be looking at the application for the 2025 Art Meets Activism grant.

The application deadline is Monday, February 24th at 5 pm

Email Leah Wright, Grant Program Manager, at leah@kfw.org or call 502.562.0045

Now Hiring?

Park Duvalle Community Health Center
www.pdchc.org

- APRN (Adult, Women's Health & Pediatrics)
- Licensed Professional Counselor (LPC)
- Clinical Site Coordinator (LPN or RN)
- Medical Assistant
- Dentist
- Dental Hygienist
- Expanded Duties Dental Assistant (EDDA)
- Dental Registration Clerk
- Medical Registration Clerk
- Experienced Medical Biller

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

Keep Going Scholarship in Honor of Travis Nagdy

The Keep Going Scholarship in Honor of Travis Nagdy was established by Cities United, incubating partner of Russell: A Place of Promise, and Youth Resistance Collective LC, a Kentucky limited liability nonprofit company, utilizing a grant from the Public Welfare Fund, a component fund of the Foundation, to honor the life of Travis Nagdy, a 21 year-old social justice leader in Louisville who lost his life in late 2020. Travis was beloved by the community. His optimism and motivational activism, highlighted in his signature motto "Keep Going!" was vital to the social justice uprisings in Louisville and across the country in 2020. This scholarship recognizes his fight for justice and the continued pursuit of justice by Louisville youth. Specifically, this Fund is designed to provide scholarship assistance in the form of grants to help defray college or university expenses of black students from West Louisville, Kentucky.

Eligibility

- Resident of West Louisville
- Black student 17-24 years old
- Demonstrated interest and/or pursuit of social justice and advocacy
- Applicants who meet the criteria of this scholarship will be required to complete an additional essay

Four \$2500 scholarships will be distributed over the course of five years. The money can be used for the full cost or any portion of the following: tuition, books, academic fees and room and board expenses for on-campus housing made through the post-secondary educational institution

Apply by Feb 28, 2025 at www.cflouisville.org/scholarships/

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>

South Louisville Writers' Gathering: A Community for Creativity and Connection

Are you a writer looking to connect with others, find inspiration, or share your work? The South Louisville Writers' **Gathering** is the perfect space for writers of all genres and experience levels to come together in a welcoming and supportive environment. Located at The Rosewater Bookstore (4634 S. 3rd Street), this gathering fosters a sense of community, creativity, and collaboration. The South Louisville Writers' Gathering is an intentionally queer-affirming space that welcomes everyone. It is a place where writers can feel safe, inspired, and supported, no matter their background or identity.

Writer's Gatherings are held every third Wednesday of the month at 6PM and is casual time to write in community, connect with fellow writers, and explore creative prompts (optional). Whether you're crafting poetry, prose, essays, or screenplays, this gathering is an opportunity to nurture your creativity. Workshop Circle are held the first Monday of the month at 6PM and is a space to share your work, receive constructive feedback, and grow as a writer. The workshop circle is designed to help writers refine their craft in a supportive, collaborative environment. Writing can often be a solitary endeavor, but these gatherings provide an opportunity to write and connect with others who share your passion. Sharing your work and hearing the perspectives of others can help you hone your skills and see your writing in a new light. From the prompts provided to the stories shared, you'll find plenty of ideas to fuel your creative journey. For more information, email southlouwg@gmail.com.

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 dish, 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 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.

Taurus 4/20-5/20 The 4 of Cups signals that you have been feeling unfulfilled and craving some kind of change in your life. Perhaps you are looking around and seeing what others have, longing for those things that aren't a part of your own life. It might also be that you feel unmotivated in your present circumstances. While it's nice to aspire, it's easy to get caught up in an unhealthy cycle of desire. This week try to address the root cause of these feelings. Is the grass really greener on the other side, or do you just need to spend time watering your own grass?

Gemini 5/21-6/20 If you've been waiting for a sign to get started on an idea you've had, this is it! The Page of Swords indicates you're filled with energy and excitement about a new project or venture. The question is, can you sustain this boundless enthusiasm once you get going? No matter which direction you choose in life, there are always going to be hurdles you're going to have to overcome -- but don't let that deter you. Know that by following your passions, you will be able to keep up this momentum.

Cancer 6/21-7/22 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.

Leo 7/23-8/22 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.

Virgo 8/23-9/22 The 6 of Cups is about the past impacting the present. This week, you're being called to examine whether or not you're tethered to your past in some way. While it's true we sometimes need to look in the rearview mirror as a way of informing current or future decisions, we can easily become stuck living in the past if we're not careful. Don't let nostalgia or distorted memories prevent you from making progress and appreciating what's happening in the here and now. Allow your past to be a source of improvement rather than a source of stagnation.

Libra 9/23-10/22 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.

Scorpio 10/23-11/21 This could be the week you finally release something that has been hanging over you for far too long. The 6 of Swords serves as a reminder that, although it may be difficult, sometimes we have no choice but to move on from a challenging situation. What have you been holding onto that has prevented you from creating a brighter future for yourself? Now is the time to let this go once and for all. This won't be an easy task, but ultimately, it is the right thing to do.

Sagittarius 11/22-12/21 You're going to learn that life is a balancing act this week! The 2 of Pentacles represents achieving harmony with opposing forces. Have you been called in different directions recently? Are what you want and what you need conflicting? Has work taken time away from your personal life or vice versa? This card wants you to take a step back and figure out where your priorities are. By knowing where you want to spend your time and energy, you can come up with a solution that sets you up for long-term success in all areas of your life.

Capricorn 12/22-1/19 The Page of Pentacles represents enthusiasm for new beginnings and new ventures. This week, you are being encouraged to express your creative talents in some way. Have you been thinking about starting something but haven't taken the first steps to get it off the ground? This card wants you to take those imaginative ideas you've been toying with and start working toward manifesting them. By remaining focused and applying a strong work ethic, you give yourself the ability to turn your dreams into a reality.

Aquarius 1/20-2/18 The 4 of Pentacles wants you to focus on your relationship with money this week. Are you saving your money, while also still indulging in life's little luxuries? Or are you hoarding every penny you have because you're afraid you're going to lose everything? Examine what is driving this mindset. Don't allow your feelings around finances to distract you from effectively managing your wealth and setting yourself up for long-term success. You can have fun now, while still having security later.

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. *Tarot.com*