

Feb 16th- Feb 22nd
2025

The Underground Lou

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Issue
#119

Adventure Awaits at YMCA Camp Piomingo!

*Registration is Now Open for
Summer 2025*

Get ready for the best summer ever at YMCA Camp Piomingo! Nestled in the scenic beauty of Otter Creek Park in Brandenburg, KY, Camp Piomingo has been creating unforgettable experiences for children and teens since 1938. Registration for Summer 2025 is now open, offering kids ages 5-17 the opportunity to unplug, explore, and grow.

Camp sessions run from June 8 through August 5, with options for both one- and two-week stays. Campers can enjoy a wide range of exciting activities, including a thrilling zipline, a three-turn waterslide, archery, horseback riding, and much more.

Steeped in tradition and built on the YMCA's core values of honesty, caring, responsibility, and respect, Camp Piomingo is a place where kids make lifelong friends, discover new passions, and build confidence. Whether it's mastering a skill, conquering a challenge, or finding their voice, every camper leaves with memories to cherish and a stronger sense of self.

YMCA Camp Piomingo is the top-rated summer camp in the Greater Louisville area, offering an environment where kids can grow in character, courage, and confidence—all while having the time of their lives. Did you know that the Y never turns anyone away due to their inability to pay? At Camp



Piomingo we offer income-based slide scale scholarships. Give us a call to learn more: 502-587-2106. Spaces fill quickly, so don't wait! Register today at ymcalouisville.org/programs/camps/camp-piomingo and give your child a summer they'll never forget!

What to Do in the Lou

- 2/20 *Blended Series* 5PM-8PM Copper & Kings 1121 E. Washington St. 502.561.0267
- 2/20 *2025 Annual Dinner: 1950's Theme* 5:30PM-9PM The Olmstead 3701 Frankfort Ave www.stmatthewschamber.com
- 2/20 *Get on Board Business All Stars* 6PM-8PM Louisville Free public Library 301 York St. www.lhomeky.org *Free
- 2/20 *Open Writer's Night* 7PM-9PM Gerstle's 3801 Frankfort Ave 502.742.8616
- 2/21 *After Hours at the Speed* 5PM-9PM Speed Art Museum 2035 S. 3rd St. www.speedmuseum.org
- 2/21 *Cake X Culture* 6PM-8PM Roots 101: African American Museum 502.509.7889
- 2/21 *Smoketown Community Seed Swap* 6PM-8PM Locals Food Hub & Pizza Pub 822 E. Broadway ellie.wolf.florals@gmail.com
- 2/21 *The Fusion Celebrates Black History* 7PM-11PM Art Portal 1535 Lytle St. www.eventbrite.com
- 2/21 *The MrBikey Experience Comedy Show* 8PM Never Say Die Bar 3900 Shelbyville Rd. www.mistabikey.com
- 2/21 *Soul Friday: Karaoke & Soul Music* 8PM-12AM NTABA Coffee Haus 2407 Brownsboro Rd. www.ntabacoffeehaus.com
- 2/21 *Leather, Lace & Timeless Taste* 9PM-1AM 721 Mint It Herb & Juice Bar 991 Logan St. www.eventbrite.com
- 2/22 *Your Weight Matters Louisville* 9AM-1PM Hilton Garden Inn Louisville Airport 2735 Crittenden Dr. www.yourweightmatters.com
- 2/22 *Love Thy Belly Dancing* 11AM-12PM 5015 Preston Hwy www.eventbrite.com
- 2/22 *YPR Louisville Winter Street Outreach* 11AM-1PM Vocal KY 723 S. Brook St.
- 2/22 *UofL Men's Basketball vs. Florida State* 12PM KFC Yum! Center 1 Arena Plaza www.ticketmaster.com
- 2/22 *Free Community Dinner* 12PM-4PM Louisville Pride Center 1244 S. 3rd St. www.louprideky.org
- 2/22 *Indoor Growing w/ Lights* 1PM-2:30PM Waterfront Botanical Gardens www.waterfrontgardens.org
- 2/22 *Artist Talk w/ Gee Horton* 2PM KMAC 715 W. Main St. 502.589.0102
- 2/22 *Story Time w/ Princess Tiana* 2PM-3PM New Albany Central Library 180 W. Spring St. New Albany, IN *Free www.nafclibrary.com
- 2/22 *FEAT Family Swim* 2:30PM-4PM Home of the Innocents 1100 E. Market St. www.featoflouisville.org
- 2/22 *KMAC Poetry Slam* 5:30PM KMAC Contemporary Art Museum 715 W. Main St. 502.589.0102
- 2/22 *3rd Annual Peace Awards Dinner* 5:30PM The Galt House Hotel 140 N. 4th St. 502.365.3946
- 2/22 *Save the Last Dance Parent/Child Dance* 6PM-9PM The Grand 4205 Cane Run Rd. www.sowingseedswithfaith.org
- 2/22 *Made You a Mixtape 2025: Group Art Show Opening Reception* 6PM-10PM Aurora Gallery & Boutique 1264 S. Shelby St. www.auroragallerylouisville.com
- 2/22 *Masquerade Ball* 8PM-12AM Mellwood Art Center 1860 Mellwood Art Center www.eventbrite.com
- 2/22 *Gasolina: Raggaeton Party* 9PM Mercury Ballroom 611 S. 4th St. www.ticketmaster.com
- 2/22 *GVO Basement Party: I Love R&B Edition* 9PM-2AM Dasha Barbour's 217 E. Main St. www.eventbrite.com

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YMCA of Greater Louisville

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The Y is the perfect place for summer fun and for kids to spend time just being kids!

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The Y provides physical activity, fun in nature, arts and crafts, healthy snacks, swimming, and much more! Counselors are well-trained professionals and lead campers in a safe and healthy environment.

Join the Y and save on camps!

View our camps and register at yocalouisville.org

Scan here for information about Camp Plunging Overnight Camps

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MARCH 15, 2025
KY CENTER FOR AFRICAN AMERICAN HERITAGE
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For More Information Contact
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or @BOBEAWARDS

RED CARPET 5:30PM-7PM
SHOW TIME 7PM-10PM
#BOBEAWARDS



Editor's Note: "Never be afraid to tell someone how they make you feel."

- 2/23 NYC Cabaret Auditions 10:30AM-1:30PM Performing Arts Louisville 3900 Shelbyville Rd. 502.252.1535
- 2/23 Smoketown Community Health Fair 10:30AM-2:30PM Bates CDC 701 S. Hancock St. 502.636.0573
- 2/23 February Community Day: Black History 1PM-4PM Speed Art Museum 2035 S. 3rd St. www.speedmuseum.org *Free
- 2/23 Nanz & Kraft Florists 141 Breckinridge Ln. www.nanzandkraft.com
- 2/23 UofL Women's Basketball vs. North Carolina 2PM KFC Yum! Center 1 Arena Plaza www.ticketmaster.com
- 2/23 Book Club: Good Vibes, Good Life: How Self-Love Is the Key to Unlocking Your Greatness 2PM-4PM The Presley Post 734 W. Main St. www.thepresleypost.com
- 2/23 LIT in BlaQ: A Black Book Fair & Author Showcase 2PM-6PM Fairfield Inn & Suites 100 E. Jefferson info@guicvbrands.com
- 2/23 Baby Rave: Glow Up! 2PM-6PM Portal Louisville 1512 Portland Ave www.portal-louisville.com
- 2/23 Black Boy Joy Photoshoot 3PM Roots 101: African American Museum 124 N. 1st St. 502.384.1940
- 2/28 Post & Play 5PM-8PM The Presley Post 734 W Main St. Suite 106 www.thepresleypost.com
- 3/15 4th Annual BOBEAWARDS 5:30PM Center for African American Heritage 1701 W. Muhammad Ali www.bobeawards.com



Free Health Fair for the Entire Family

The Smoketown Community Health Fair is set to take place on Sunday, February 23rd, from 10:30 AM to 2:30 PM at the Camp Edwards facility, formerly known

as PCC, located at 701 S. Hancock Street. Presented by Bates CDC, Bates Memorial, and Norton Healthcare, this exciting event offers a variety of health and wellness resources to the community.

As part of Healthy Heart Month, attendees will have access to free health screenings, including blood pressure, blood sugar, and colon cancer screenings. There will also be sign-ups for mammograms, providing essential preventive care opportunities. Health professionals will be available to discuss mental health, doula services, and the benefits of clean eating, ensuring that visitors receive valuable insights into maintaining a healthy lifestyle. In addition to these health resources, the event will feature free healthy food and drink samples, giving attendees a taste of nutritious options. Fresh produce giveaways will be available in limited supply, encouraging the community to incorporate fresh fruits and vegetables into their diets. A DJ will provide entertainment, creating a lively and engaging atmosphere for all participants.

The health fair will also include a range of community resources and exhibitors. The MELANnaire Marketplace will host health and wellness vendors, offering products and information to support a healthier lifestyle. Norton Faith & Health Ministries, Norton Women's Care, and Norton Children's Prevention & Wellness will be present to provide expert guidance and support on various health topics. The event will take place at the corner of Jacob and Hancock Streets, making it a convenient and accessible location for the Smoketown community and beyond. With a focus on promoting health awareness and prevention, this fair is a must-attend event for anyone looking to take proactive steps toward a healthier future. Don't miss this opportunity to connect with local health professionals, receive important health screenings, and gain valuable knowledge on maintaining overall well-being.

Kentucky State University Signs MOU with Ethiopian Institution, Injibara University

Kentucky State University (KSU) welcomed university representatives from Ethiopia to discuss possible collaborations. Esteemed guests included Injibara University (INU) President Dr. Gardachew Worku Fekadu, INU Academic Vice President Dr. Aemiro Tadesse Tiku, and Dambi Dollo University Administration Board Member and Adviser on Partnership and Internalization Dr. Delessa Bulcha Neger.

"It is always a great pleasure to discuss opportunities to partner with universities throughout the world. KSU is always looking for ways to expand pathways for our students," said KSU President Dr. Koffi C. Akakpo. During their stay, Dr. Fekadu, Dr. Tiku, and Dr. Neger toured the KSU campus including KSU's distinguished Aquaculture Research Center. Additionally, KSU and INU signed a memorandum of understanding (MOU) to establish cultural exchange and academic opportunities between the two institutions.

"Our collaboration knows no bounds!" said INU President Dr. Fekadu. "The collaborative agreement between the two universities is historical and unique as the agreement is like a parent-infant relationship." The MOU is intended to promote joint research in fields of mutual academic interest, support student and faculty exchanges, and coordinate new opportunities. Possible areas of interest for collaboration include aquaculture, education, nursing, business, and more.

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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FEBRUARY 23, 2025
 2PM TO 4PM
 734 W MAIN ST., SUITE 106,
 LOUISVILLE, KY

Join us for an engaging Book Club session!
 Connect with fellow book enthusiasts,
 explore captivating reads, and spark
 meaningful conversations.

GOOD VIBES, GOOD LIFE
 HOW SELF-LOVE IS THE KEY TO UNLOCKING YOUR GREATNESS
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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
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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>

LIT in BlaQ: A Black Book Fair & Author Showcase

Step into a celebration of black excellence in literature, business, and community at LIT in BlaQ: A Black Book Fair and Author Showcase! Meet talented black authors, connect with local vendors, and experience the creativity and entrepreneurial spirit of Louisville's diverse community. This family-friendly event is free to attend, and guests who register have a chance to win amazing giveaways, including a Kindle Tablet, Black Authors Rise Self-Publishing Course, Website Design Services, Guicy Wine Cocktails, and more!

Ready to share your work and connect with an engaged audience? Reserve your table for just \$50! This includes a table, chair, and black table covering, providing a professional space to showcase your books, products, or services. Spaces are limited, so secure your spot today! Discovering inspiring black literature and unique products, networking with local authors, entrepreneurs, and community members, entering for a chance to win fantastic giveaways, supporting black creatives and businesses in Louisville. Register now to attend or reserve your author/vendor table. Let's make LIT in BlaQ a powerful, inspiring, and unforgettable experience! Contact (888) 479-2380 or email edward@edwardthegrey.com for more information.

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 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.

Taurus 4/20-5/20 Let the good times flow! The 3 of Cups is a card of celebration and friendship, so you could find yourself in "party mode" this week with those closest to you. Organize a night out on the town with friends. Host a dinner party for family. Gather a few coworkers and hit up a happy hour. This isn't so much about what you do as it is the camaraderie you'll feel with those around you. Life isn't all about responsibilities and commitments, so let loose and enjoy yourself right now!

Gemini 5/21-6/20 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.

Cancer 6/21-7/22 The Sun is truly shining down on you this week! This card represents abundance, optimism, success, and the warmth of a happy time in your life. It may be that you've been going through a tumultuous time in your life, feeling as though there wasn't an end in sight. Well, it's always darkest before the dawn -- and dawn has arrived! Through these obstacles you've learned a lot about yourself and have gained confidence from knowing that you can weather any storm. Enjoy this period of positivity because you've earned it.

Leo 7/23-8/22 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.

Virgo 8/23-9/22 The Chariot is a card that encourages willpower, action, and self-control. This week, you're being asked to step into your power and bravely take the reins as you propel yourself toward a goal you have. This is no time to passively wait for good things to happen to you. This card knows that anything worth having requires hard work and discipline. By strapping on your emotional and mental armor, you allow yourself to charge into your future, undeterred by whatever obstacles pop up along the way.

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 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.

Sagittarius 11/22-12/21 Victory is yours this week! The 6 of Wands is a card of resolution and honor. It's indicating that not only have you worked hard and achieved your goals, but you're starting to gain recognition because of them. Have you gotten praise from higher ups at your company for your efforts on a project? Have you put a new health regimen into place and others are taking notice? Soak it in. You may be inclined to brush off this kind of recognition, but now is not the time to bashful. It's OK to be acknowledged for your achievements, so bask in this moment.

Capricorn 12/22-1/19 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.

Aquarius 1/20-2/18 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!

Pisces 2/19-3/20 Have you had your head in the clouds recently? The Knight of Pentacles is urging you to come back down to Earth and apply effort to your ideas this week. Maybe you've been suffering from a case of "all talk and no action." Alternatively, you could be putting off your day-to-day responsibilities in favor of more exciting offers. No matter what your situation, you're being encouraged to create a plan of action or stick to a routine, as progress is best achieved through discipline. *Tarot.com*