

Feb 23rd- Mar 1st
2025

The Underground Lou

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Issue
#120

The Black Recharge Hair Show Returns for a Night of Black Hair, Culture, and Community in Louisville

Friday, February 28th / 6:00 - 10:30 PM / The Whirling Tiger

The highly anticipated Black Recharge Hair Show is back on Friday, February 28, 2025, for a vibrant evening celebrating Black hair, artistry, and culture at The Whirling Tiger. This powerful showcase of beauty and creativity is proudly sponsored by Heaven Hill and Michter's in partnership with Sister Song and hosted by WLKY's Alexis Mathews. The event serves as both a platform for uplifting Black creatives and a fundraiser for food justice initiatives.

Doors open at 6:00 PM, kicking off with an exclusive VIP Cocktail Hour featuring an open bar sponsored by Heaven Hill. The event will be emceed by Deandra Renee, a social media influencer, and later by Fairen Harris, who will guide attendees through the night's performances and competitions.

The evening begins with an influencer panel discussion moderated by Dr. AnaNecia Williams and Dr. Afiya Mbilishaka, featuring thought leaders in the beauty, wellness, and advocacy space, including Shakiyah Colston, BudgetBeautyQueen, and Crystal Clements. The conversation will cover essential topics such as the CROWN Act, environmental justice, healing justice, and the intersection of Black hair and mental health.

Attendees will enjoy live painting by talented artists Ashya Watkins and Kayla Green, along with dynamic performances from:

- Kyunderground LLC – A powerhouse label and artist management collective.
- Robin G – Performing a snippet of ILYBNLILM.
- Chanson Calhoun – Performing Element.
- Kayla Green – Stand-up comedy set.
- Stylist Competition: A Showdown of Skill & Creativity

The highlight of the night is the Black Recharge Hair Showdown, where talented stylists compete for a \$500 grand prize and \$250 runner-up prize in two fierce categories, judged by industry professionals: Old School New School – A fusion of past and present Black hair trends, where stylists must split styles on one model or style two models to represent different eras.

Competitors: Chance the Barber & Aundreanna Stone.
Judges: Melinda Dixon & Brittiney Griffin



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Natural Hair Showcase – A tribute to natural textures, including curls, coils, locs, and braids, celebrating authenticity and innovation. Competitors include Shanell Rodgers & Effortless Dupree. Judges include Yvette Mahaffey Miller & Talesha Wilson.

The event will feature a vibrant marketplace showcasing Black-owned businesses, including Unique Essentials, Jade Vines Natural Hair Care, Lavish Life Luxury Hair Boutique, Luxsbyjane, Yours Truly Adornment, Just Lit Candles.

Get Your Ticket at www.thewhirlingtiger.com. Become a Vendor or Advertise at www.eventbrite.com. Volunteer at www.volunteer.metrounitedway.org. Media Coverage & Sponsors include Bella Rae (B96.5) and Chea K (Magic 101). The Black Recharge Hair Show is set to be one of Louisville's biggest cultural events of the year. Prize money for competitors is proudly sponsored by Michter's and Sister Song. Don't miss this one-of-a-kind evening where hair meets culture, art meets activism, and Black excellence takes center stage! For media inquiries, sponsorship opportunities, or further details, please contact Brittiney Griffin at brittiney@change-today.org or 502-309-9458.

What to Do in the Lou

- 2/22 UofL Men's Basketball vs. Florida State 12PM KFC Yum! Center 1 Arena Plaza www.ticketmaster.com
- 2/22 GVO Basement Party: I Love R&B Edition 9PM-2AM Dasha Barbours 217 E. Main St. www.eventbrite.com
- 2/25 Louisville Legends 3PM Blak Koffee 1219 W. Jefferson St. 502.290.3729 *Free
- 2/26 Dress for Success Technology Space Ribbon Cutting 11AM-2PM 2722 Crittenden Drive 502.584.8050
- 2/27 Compassion in Action: The Journey to Greatness 8:30AM-10:30AM Muhammad Ali Center 144 N. 6th St. www.alicenter.org
- 2/27 Artist Showcase & Book Signing 6:30PM FOKO 991 Logan St. www.eventbrite.com
- 2/28 Women in Business Expo Louisville 9AM The Biscuit Lounge 120 S. 10th St. christina.king@cvky.org
- 2/28-3/2 Louisville Home & Garden Show 10AM KY Expo Center 937 Phillips Ln. www.louisvillehomeshow.com
- 2/28 I'm Glad About It: The Witness and Legacy of Black Gospel Music 6:30PM-8:30PM Louisville Seminary 1044 Alta Vista Rd. www.lpts.edu/BCSC2025 *Free
- 2/28 Music Without Borders: Myths & Legends 7:30PM Neighborhood House 201 N. 25th St.
- 2/28 The Ultimate Michael Jackson Experience 8PM Mercury Ballroom 611 S. 4th St. www.whosbadmusic.com www.mylouisvilleorchestra.org
- 3/1 ACT Prep Boot Camp 8:30AM-2:30PM W.E.B. DuBois Academy 3307 E. Indian Tr. marlon.miller@jefferson.kvschools.us
- 3/1 Breakfast w/the Beasts: Orangutans 9AM-11AM The Louisville Zoo 1100 Trevilian Way www.louisvillezoo.org
- 3/1 19th Annual KY Women's Book Festival 9:30AM-5PM UofL Ekstrom Library 2301 S. 3rd St. www.louisville.edu/womenscenter
- 3/1-2 The Flea Off Market 11AM Breslin Park 1400 Payne St. www.thefleaoffmarket.org
- 3/1 Women's Conference & Brunch 11AM Best Western Hotel 4100 Dixie Hwy 4hisgloryminis@gmail.com
- 3/1 Music Without Borders: Myths & Legends 7:30PM Southwick Community Center 3621 Southern Ave www.mylouisvilleorchestra.org
- 3/1 EDM Night Silent Disco 8PM-11PM Atrium Brewing 1154 Logan St. www.eventbrite.com
- 3/1 Late Night at the Speed Art Museum Ball 9PM-12AM Speed Art Museum 2035 S. 3rd St. www.speedmuseum.org



Opportunity to Clear Bench Warrants in Jefferson County

Do you have an active bench warrant? You can get it cleared! The Jefferson County Attorney is offering an amnesty period for people with an active bench warrant to have their warrant set aside and reschedule their case. The deadline to apply is February 28, 2025.

The Jefferson County Attorney's Office has scheduled an amnesty docket. This means Kentuckians with a bench warrant (a warrant issued from the judge's bench), most often for failure to appear in court, can apply to have their warrant set aside and reschedule their case. The deadline to apply for amnesty is Friday, February 28, 2025. The dates for amnesty hearings are: March 7, 2025 at 1:00 pm, March 8, 2025 at 9:00 am and March 10, 2025 at 1:00 pm.

What does "redocket" mean? The docket is the list of cases to be heard in court. For amnesty, a person with an existing bench warrant can ask that their case be placed on the docket and their bench warrant set aside, which means they will not be arrested for failing to appear in court. Who is eligible? Kentuckians with a bench warrant from Jefferson County District Court for a nonviolent offense and class D non-violent felony offenses. All people with this type of bench warrant from Jefferson County are eligible, whether or not they live in Jefferson County. Visit www.louisvilleprosecutors.org/redocket to apply.

Healthy Recipes



As we get ready to close out the month of February, we still would like to promote one of the top three chronic conditions affecting our Country's Health Score per year, and it's Cardiovascular Disease. 1 in XX people die per day from a heart condition, and African Americans have the highest risk of mortality rate. Nonetheless, to keep it light-hearted, here are a few heart health recipes geared to preventative heart health, and to support the active chronic cardiovascular disease persons in your community.

Banana Porridge

Serves: 2 Est. cost: \$3.06 Est. cost per serving: \$1.55

Ingredients:

- 1 banana
- 2 cups milk (or water or milk alternative)
- 1 tsp honey
- 1/4 tsp ground cinnamon, plus for topping
- 1 tsp vanilla extract
- Pinch of salt
- 1/3 cup cream of wheat (oatmeal, cream of rice, cream of buckwheat)
- Optional: Sliced bananas, blueberries, strawberries



Equipment: Medium saucepan, measuring cup, measuring spoon, small bowl, fork, stove, whisk

Directions:

1. In a small bowl, smash the banana until smooth, and a few lumps remain. Set aside.
2. In a medium saucepan, over medium-high heat add milk and bring to a simmer.
3. Stir in banana, honey, ground cinnamon, vanilla extract, salt, and Cream of Wheat. Wisk until fully incorporated for 2-3 minutes until desired thickness is reached.
4. Serve immediately topped with fresh fruit and additional cinnamon (optional).

Health Benefits:

Honey, an alternative to refined sugar, is a natural sweetener. When purchasing honey, local raw honey has the most benefits. Local honey can strengthen your immune system and can help with seasonal allergies.

Bananas are high in potassium, which helps to regulate fluid levels and the movement of nutrients in the body. It also helps with muscles and nerves and can help reduce the effects of muscle spasms.

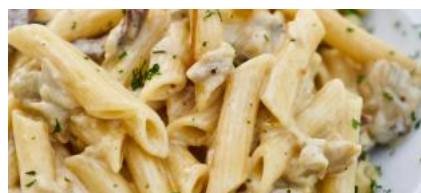
References: Kelley Robertson

Canned Tuna Pasta Dinner

Serves: 4-5 Est. cost: \$8.50 Est. cost per serving: \$1.70

Ingredients:

- 2 ea 3oz can tuna (or salmon) or 1 ea 5oz can of tuna (or salmon)
- 2 tbsp cooking oil (e.g. olive oil, canola oil, etc.)
- 2-3 cloves garlic, chopped
- 1 ea onion chopped
- 1-2 stalks celery, chopped
- 1 tbsp oregano fresh or dried
- 1/2 lemon, juiced
- To taste, salt and pepper
- 1 box pasta, cooked
- Optional: Parmesan cheese, 1 cup of peas, 1/4 cup of red pepper, diced



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. In a sauté pan, warm oil over medium heat. Add onions, celery, garlic, and a pinch of salt. Sauté for 3-5 minutes or until translucent.
3. Add canned tuna, oregano, and lemon juice, and cook until the onions are golden brown.
4. Taste and adjust seasonings with salt, pepper, or more lemon.
5. Add fresh cooked pasta and serve with optional garnishes.

Health Benefits: Use the same recipe and add everything to a baking dish with 1 can of cream of mushroom for a hearty tuna casserole. Bake it at 350F for 25-30 minutes.

Tuna is a healthy source of protein and a good source of selenium. Tuna contains healthy Omega-3, and essential fatty acids DHA and EPA. *Oregano* is rich in antioxidants, supports digestive health, supports immune health, and may reduce inflammation

References: Recipe provided by Angelina Andriacchi, 2024

Nutrition Facts

Serving Size: 1 serving

Amount per serving	% Daily Value
Calories.....237 kcal	12%
Total Fat2.4 g	4%
Saturated Fat.....0.5 g	3%
Trans Fat.....0 g	
Cholesterol27.4 mg	9 %
Sodium215.5 mg	9%
Total Carbohydrate50.3	17%
Dietary Fiber.....3.5 g	14%
Sugars.....23.1 g	
Protein5.3 g	11%
Vitamin A1%	Vitamin C0%
Calcium2%	Iron10%

* 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 www.cronometer.com.

Nutrition Facts

Serving Size: 1 full recipe

Amount per serving	% Daily Value*
Calories.....222.5 kcal	11%
Total Fat1.6 g	3%
Saturated Fat.....0.5 g	2%
Trans Fat.....0 g	
Cholesterol38.7 mg	13 %
Sodium137.7 mg	6%
Total Carbohydrate17.4 g	6%
Dietary Fiber.....4.6 g	18%
Sugars.....5.5 g	
Protein35.5 g	71%
Vitamin A3%	Vitamin C33%
Calcium16%	Iron26%

* 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 www.cronometer.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
- Black Jockey's Lounge 630 S. 4th Street

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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.

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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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themahoganysalonllc@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 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>

Spring into Action with Youth Sports at the YMCA of Greater Louisville!

NFL Flag Football: Calling all kids ages 5-11—get ready for fast-paced, non-contact football fun! At the YMCA, we emphasize teamwork, sportsmanship, and skill-building, making it perfect for beginners and experienced players alike. Every participant receives an official NFL jersey! Games kick off in early April at Northeast UPS Fields and Oldham County, Southeast, and Clark County Family YMCAs.



Spring Soccer: Dreaming of fresh air and outdoor fun? Soccer at the Y is open to kids ages 3-14! It's a great way to stay active, build skills, and make new friends while embracing the joy of the game.

Don't let your kids miss out on a spring filled with fitness, teamwork, and fun! Spots fill up quickly—register now and give them the season they'll never forget.

YMCA of Greater Louisville

the Y

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

YMCA Summer Day Camps offer one of the most powerful learning environments for social education, independence, self-esteem, and confidence.

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.

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Scan here for information about Camp Planning Overnight Camps

the Y

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TOGETHER WE REACH OUR GOALS
YMCA OF GREATER LOUISVILLE

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- Meal planning and healthy eating
- Increasing physical activity
- Overcoming weight loss plateaus
- Staying motivated

With this program, and the support of our trainers and your fellow participants, you can achieve your goals!

Registration Fee: \$50

- Weekly 1 hour seminars led by a staff member
- Weekly weigh-in
- Name entered into a raffle for each seminar attended, where each month someone will be selected for a free 30-minute personal training session

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ymcalouisville.org

TOGETHER WE CHANGE LIVES

Horoscopes

Aries 3/21-4/19 The 9 of Swords indicates that you are suffering from some kind of loss or disappointment right now. This could have been something you saw coming, or it could have been something sudden and unexpected. Regardless, this stress has been weighing on you, possibly making you feel as though you'll never recover from this situation. Take the time necessary to grieve and heal, keeping in mind that although what you're going through is tremendously difficult, you can move on and grow from this experience.

Taurus 4/20-5/20 The 3 of Swords wants to recognize the grief or heartbreak you may be suffering from currently. Perhaps you've been betrayed, or it could be that you're experiencing some sort of mental anguish. This week, this card is asking you to persevere and stay in control of your emotions so that you can move forward without falling apart. Just be sure that you don't become permanently detached in your efforts to remain strong. If you remain in touch with your emotional side, you could come out on the other side of this situation capable of loving even more deeply.

Gemini 5/21-6/20 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.

Cancer 6/21-7/22 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.

Leo 7/23-8/22 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.

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 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.

Scorpio 10/23-11/21 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.

Sagittarius 11/22-12/21 There may be no stopping you this week ... but is that a good thing? The Knight of Swords is a card cautioning against going after what you want at all costs. Yes, it's good to have dogged ambition, but only when you've considered all the challenges and consequences first. Before making your move, examine all the variables. What will you gain? What could you lose? Will you be neglecting those around you in pursuit of your goals? Understanding the fine line between determination and obsession could prevent you from potential headaches down the road.

Capricorn 12/22-1/19 The 8 of Swords is indicating that you are feeling trapped right now, believing there isn't a way out of your current circumstances. This week you're being called to question whether you're truly stuck ... or if you're simply in a prison of your own design. Insecurity, fear, and doubt are often feelings that keep us in situations far longer than we need to be. Examine this matter more closely. You may find that self-imposed limitations have been holding you back this entire time.

Aquarius 1/20-2/18 You're being encouraged to choose your battles wisely this week. The 5 of Swords signals that a conflict is currently brewing in a particular area of your life, and a confrontation could take place soon. When it does, you may be tempted to win the argument at all costs -- but have you considered what those costs are? In your attempt to prove you're right, you may say or do things you regret later, as well as sabotage your relationship with the other person (or people). Before going to battle, consider how winning in the moment could lead to a long-term loss.

Pisces 2/19-3/20 This week, the 8 of Pentacles is encouraging you to put your creative talents to good use and work hard at them. The more you create and hone your craft, the more others will take notice of what you're doing -- and the more inspired you will become. By putting yourself out there, you give others the opportunity to recognize your unique abilities, and this can serve as the motivation needed to continue to produce things you're really proud of. So, get out there and become the master of your domain! *Tarot.com*