

Mar 2nd- Mar 8th
2025

The Underground Lou

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Issue
#121

Voting is now open for the 4th Annual Black Owned Business & Excellence Awards!

The fourth annual Black Owned Business and Excellence (BOBE) Awards takes place Saturday March 15th at the Kentucky African American Heritage Center. With close to 40 different categories highlighting several industries including healthcare, finance, nails, entertainment, food, beverages and more!

The event will also include Benny J and Friends live band, a seated dinner with dessert, special performance, red carpet interviews, a special guest host as well as performances and giveaways including a chance to be featured in the Underground Lou for your business or someone you know!

The Louisville West End Business Association provides training on access to capital

Are you a small business owner, entrepreneur, or someone with a dream of starting your own business? The West End Business Association is excited to invite you to train on Access to Capital. The monthly training series offers you a dynamic opportunity to connect with like-minded individuals, exchange ideas, and grow your professional network!

Event Details:

- Date: Thursday, March 13, 2025
- Time: 6:00 PM – 8:00 PM
- Location: Banquet Hall at 3050 West Broadway, Louisville, KY 40211 (Parking in the rear. Event held downstairs, via rear stairwell)
- Cost: **Free** (Spaces are limited)

The series covers a variety of topics tailored to help you grow and succeed in business.

Why Attend?

- Meet and connect with fellow entrepreneurs and professionals.
- Learn the latest information that will help to enhance your business acumen and scale your operations.
- Get inspired and share insights.

The event is free, but space is limited! Secure your spot today by registering at www.eventbrite.com or contact Louisville.weba@gmail.com for questions.



This year's BOBEAWARDS is in partner with the YMCA of Louisville's African American Employee Resource Group. This year's sponsors include Rivulet, Park Duvall, Russell: A House of Promise (RHOP), Equitable and Zogo Host. If you are interested in becoming a sponsor, vendor or volunteer contact info@bobeawards.com or 502.878.6531. You can vote now and find ticket information by visiting www.bobeawards.com.

What to Do in the Lou

3/5 Lets Plan: Planner Meet Up 6PM-7:30PM California Community Center 1600 W. St. Catherine St. 502.574.2658

3/5 The Connect Networking Event 6PM-8:30PM Hotel Genevieve 730 E. Market St. www.louisvillescoop.com

3/5 Shively Boyz 9PM-1AM Noraebar 502.209.8399 717 E. Market St.

3/6 Blended Series 5PM-9PM Copper & Kings 1121 E. Washington 502.561.0267

3/7 Creative Co-Working 12PM The Presley Post 734 W. Main St. www.thepresleypost.com

3/7 Live Music: Heartland Songwriters 7PM-10PM Waters Edge Winery & Bistro of E-Town 114 S. Mulberry St. www.winervetown.com

3/7 Vintage Vibe Presents: A Pop Up Sound Experience by DND 7PM-10PM Vintage Vibe Lou 748 E. Market St. www.vintagevibelou.com

3/7-8 Funny Marco Live 7PM & 9:45PM Louisville Comedy Club 110 W. Main St. www.louisvillecomedy.com

3/7 The Millennium Tour 8PM KFC Yum! Center 1 Arena Plaza www.ticketmaster.com

3/7 March Live Music: Joe D'Amato 8PM-11PM The Last Refuge 600 E. Market St. www.thelastrefuge.com

8/7 The Love of Zokuu Album Release 9PM-12AM 2st In Germantown

3/7 The Pull Up Millennium: Hosted by Bow Wow 11PM Headliners Music Hall 1386 Lexington Rd. 502.939.9369

3/8 90's KMD Legs & Glutes 11AM The Power Station 935 W. Oak St. www.kmdfit.com

3/8-9 The Flea Off Market 11AM-5PM Breslin Park 1400 Payne Ave. www.thefleaoffmarket.org

3/8 Sensory Friendly Family Night: Journey into Space 5:30PM KY Science Center 727 W. Main St. www.kvsciencecenter.org

3/8 ILYBNLILM: Women-Owned Business Vendor Market 7PM Actor's Theatre of Louisville 316 W. Main St. robinpoetry@gmail.com

3/8 Live from the 5ive 7PM What the Lou 1131 Goss Ave

3/8 Stravinsky's Firebird The Kentucky Center 7:30PM www.louisvilleorchestra.org

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What to Do in the Lou

- 3/8 March Live Music: *Nicholas Teale* 8PM-11PM The Last Refuge 600 E. Market St. www.thelastrefuge.com
- 3/8 Pop Divas *Silent Disco* 8PM-11PM Butchertown Brewing 1680 Mellwood Ave www.eventbrite.com
- 3/8 Champions & Trophies *the Masquerade Edition* 9PM-2AM The Galt House 140 N. Fourth St. www.eventbrite.com
- 3/10 Jefferson County *KFTC Chapter Meeting* 5PM-7:30PM JCKFTC 735 Lampton St. www.kftc.org
- 3/15 4th Annual *Black Owned Business & Excellence Awards* 5:30PM-10PM KY Center for African American Heritage 1701 W. Muhammad Ali www.bobeawards.com
- 3/17 *Poetry in the Dark* 7:30PM Dasha Barbours 217 E. Main St. www.dbsbistro.com
- 3/19 *Virtual Speed Networking* 12PM-1PM www.ypal.org
- 3/19 *Music & Movement* 7PM 322 E. Kentucky St. www.breatheblackyoga.world

Health Daddy Wow

502.938.3388



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 Fat	2.4 g.....4%
Saturated Fat.....	0.5g.....3%
Trans Fat.....	0 g
Cholesterol	27.4 mg.....9 %
Sodium	215.5 mg.....9%
Total Carbohydrate	50.3.....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 www.cronometer.com.*

Nutrition Facts

Serving Size: 1 full recipe

Amount per serving	% Daily Value*
Calories	222.5 kcal.....11%
Total Fat	1.6 g.....3%
Saturated Fat.....	0.5g.....2%
Trans Fat.....	0 g
Cholesterol	38.7 mg.....13 %
Sodium	137.7 mg.....6%
Total Carbohydrate	17.4 g.....6%
Dietary Fiber.....	4.6 g.....18%
Sugars.....	5.5 g
Protein	35.5 g.....71%
Vitamin A	3%
Vitamin C	33%
Calcium	16%
Iron	26%

** 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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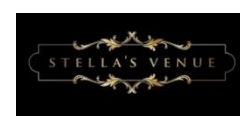
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What's Happening at the Presley Post!

Creative Coworking - Mar 7 - Come out for a dynamic day of creativity, connection, and collaboration at The Presley Post! Whether you're a freelancer, entrepreneur, or remote worker, this is your chance to work in an inspiring space, meet like-minded professionals, and engage in meaningful discussions.

12 PM - 5 PM | Free Coworking & Coffee: Get productive in a creative environment with complimentary coffee to fuel your flow.

5 PM | Happy Hour (Cash Bar by Prizm Mixy): Unwind and network over expertly crafted cocktails. \$10 General Admission starts at 5 PM.

6 PM | Panel Discussion: Women Leaders in Nonprofit. Be inspired by powerful women making an impact in the nonprofit sector as they share insights on leadership, challenges, and success in their field.

Credit, Capital, and Connections with Erin Ray - Mar 27 - 6PM to 7:30PM at Chase Bank

Downtown 416 W Jefferson St - Unlock the Keys to Business Funding with our newest event: Credit, Capital, and Connections! Happening on March 27, join Erin Ray, Business Relationship Manager at Chase Business Banking, as she shares expert insights on securing capital, meeting lender requirements, and making smart financial decisions to fuel your business growth. Don't miss this opportunity to take control of your financial future!

Post & Play - Mar 29 - 5PM to 8PM at The Presley Post 734 W Main St. Suite 106 - In collaboration with Prizm Mixy, come out for Post & Play, an exciting evening of live entertainment, creativity, and connection! This dynamic event is where local artists, musicians, performers, and creatives come together to showcase their talent in an intimate setting, while guests enjoy an inspiring and vibrant atmosphere.

Call for Performers - We are now accepting applications for performers. Interested applicants can visit this link to apply: <https://forms.gle/tYrgEyEn1aAksUBD8>. Visit www.thepresleypost.com for more details.

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!

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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

TOGETHER WE REACH OUR GOALS
YMCAs OF GREATER LOUISVILLE

JOIN THE WEIGHT LOSS PROGRAM!

The 8-week YMCA Weight Loss Program is designed to help participants achieve weight loss success in a way that's both healthy and fun. Each weekly, hour-long session will explore practical topics such as:

- 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

SCAN HERE TO REGISTER
ymcagreaterlv.org

YMCAs OF GREATER LOUISVILLE

YMCA SUMMER CAMP
FRIENDS | FUN | ADVENTURE

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.

Join the Y and save on camp!

View our camps and register at ymcagreaterlv.org

Scan here for information about Camp Pinings Overnight Camps

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>

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.



Get Ready to Sweat: 90s-Themed Leg & Glute Workout with KMD Fit!

If you love the 90s, love a great workout, and love celebrating strong women, then you don't want to miss this!

Master Trainer and Lead Instructor with Crunch Fitness, **Chatoya Shelton, CPT & Nutrition Coach**, is celebrating her **46th birthday** in the best way possible—by bringing the community together for an epic **90s-themed fitness class** that will have your legs and glutes on fire!

Event Details:

Date: Saturday, March 8th
Time: 11:00 AM
Location: The Power Station - 935 W. Oak Street
Cost: \$20

What to Expect

This class is designed for **all fitness levels**, so whether you're a seasoned gym-goer or just getting started, Chatoya has modifications and intensifiers to fit your needs. The focus will be on **legs and glutes**, building strength, endurance, and that undeniable lower-body burn—all set to the best throwback hits of the 90s!

What to Bring

- A **mat** (if you have one)
- **Workout bands** (limited supply available)
- Your **energy and best 90s-inspired workout gear**

Chatoya's passion for fitness and her ability to motivate and inspire is what makes her classes legendary. So, grab your friends, put on your favorite 90s outfit, and let's **squat, lunge, and groove our way to stronger legs and glutes!**

Spaces are limited, so arrive early and be ready to move. Let's celebrate Chatoya's 46th in the most **fun, fierce, and fit** way possible!

Grab a friend and visit www.kmdfit.com for tickets!

Horoscopes

Aries 3/21-4/19 You could be facing a major decision this week! This situation may be presenting a moral dilemma for you, and The Lovers card represents the need to develop greater clarity on what your values and beliefs are before determining how to proceed. Do you feel compelled to go a certain direction based on fears or feelings of guilt? Don't let those things become motivating factors. Instead, try to understand that every action has a reaction and decisions such as these are never easy. Stay true to yourself -- you can't go wrong.

Taurus 4/20-5/20 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.

Gemini 5/21-6/20 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.

Cancer 6/21-7/22 An opportunity could present itself to you this week, and the King of Wands is acknowledging that you have the strength and fortitude to accept it! Have you shied away from leadership roles in the past? Have you felt overwhelmed by taking on more responsibilities? Now is the time to stand firm in your power and own the visions you have. The key to success is becoming very clear about where you want to go and setting realistic goals that will help you get there. Go out there and grab the brass ring!

Leo 7/23-8/22 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.

Virgo 8/23-9/22 Temperance is a card of balance and moderation. Receiving this card signifies a need to keep a more go-with-the-flow attitude, practicing patience and adaptability as best you can. Perhaps you've been resisting a change in your life or letting a stressful situation get the best of you. If this is the case, change your approach this week. Allow things to slide off your back instead of meeting them with resistance. By finding your inner balance, you set yourself up to find your outer balance once again.

Libra 9/23-10/22 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.

Scorpio 10/23-11/21 Have you felt like you're juggling too many things at once? This week, the 7 of Cups recognizes you have many competing priorities, and while it's noble to lend your energy to so many different things, it has proved impossible to give the right amount of attention to any one of them. As a result, one or more of those areas have suffered. Choice can be our friend, but it can also be our enemy. Now is the time to figure out where your time and energy is best spent.

Sagittarius 11/22-12/21 Brace yourself! Unexpected change might be headed your way this week. The kind of change The Tower signifies is sudden and unforeseen. Your first instinct may be to reject this shift -- but ask yourself why you're so resistant. Yes, these situations aren't easy to go through, but change is necessary to progress. This jolt to your system is what you've needed to see where the cracks in your foundations are. In turn, it allows you to rebuild on more stable ground. Embracing this transition period and what it can teach you will lead to greater personal rewards down the road.

Capricorn 12/22-1/19 You could be on the verge of a decision that will have a long-lasting impact! You've been at this crossroads for a while, unsure of which path to go down. The Judgement card knows the best choices come from the perfect blending of head and heart. This will require you to look to your past for tangible lessons you've learned, but you must also connect with your inner self and listen to what your intuition is trying to tell you. This is the week to make your decision -- and you already have everything you need to do so.

Aquarius 1/20-2/18 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.

Pisces 2/19-3/20 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! *Tarot.com*

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