

Mar 9th- Mar 15th
2025

The Underground Lou

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Issue
#122

4th Annual BOBEAWARDS: Another Year of Celebrating Black-Owned Businesses & Excellence

This Saturday is the fourth annual Black Owned Business and Excellence (BOBE) Awards at the Kentucky African American Heritage Center. This highly anticipated event celebrates excellence in Black entrepreneurship, recognizing close to 40 different industries.

Attendees can look forward to an evening filled with entertainment and networking opportunities. The event will feature a live performance by Benny J and Friends, a seated dinner complete with dessert, red carpet interviews, and a special performance. A special guest host will guide the evening's festivities, which will also include multiple performances and exciting giveaways. One of the most coveted prizes is the chance for a business owner to be featured in the Underground Lou, offering valuable exposure to a wider audience.

Beyond the annual awards ceremony, the BOBE Awards organization actively fosters business connections and growth within the community. They host monthly networking events on the last Saturday of each month at various Black-owned venues, each gathering focused on a different industry. These events provide an excellent opportunity for professionals and entrepreneurs to connect, collaborate, and support one another. Those interested in staying updated can subscribe to alerts at www.bobeawards.com.

This year, the BOBE Awards is partnering with the YMCA of Louisville's African American Employee Resource Group, further amplifying its mission to uplift Black-owned businesses. The event is made possible by generous sponsors, including Rivulet, Park Duvall, Russell: A House of Promise (RHOP), Equitable, Zogo Host, and the Wisemen. Businesses and individuals who wish to contribute as sponsors, vendors, or volunteers can reach out via email at info@bobeawards.com or call 502.878.6531.



Ticket information is available online. Those interested in attending or supporting this incredible initiative can visit www.bobeawards.com to secure their seats.

What to Do in the Lou

- 3/11 Speed Networking Event** 11:30AM-1PM Kosair Shrine Center 4120 Bardstown Rd. www.win6louisville.com
- 3/11 Vegan BBQ in Louisville** 5PM-8PM Akasha Brewing Co. 909 E. Market St. southernfriedvegan@yahoo.com
- 8/11 Adult Disney Trivia** 8PM The Dubliner 3937 Taylorsville Rd. www.thedubirishpub.com
- 3/12 Network of Entrepreneurial Women: Still Making an Event Out of Life** 6PM-8PM Millennium Events & Floral 501 S. 15th www.networkofentrepreneurialwomen.com
- 3/12 Bourbon Block Party** 6PM Stitzel-Weller Distillery 3860 Fitzgerald Rd. www.gardenandgun.com
- 3/12 Wine Pairing Dinner: A Taste of Spain** 6PM Oliver's Chop House & Bourbon Bar 4520 Poplar Level Rd. 502.961.7686
- 3/13 Naruto: The Symphonic Experience** 8PM The Louisville Palace 625 S. 4th St. www.narutoinconcert.com
- 3/14 Fun Friday Networking, Lunch & Tour** 11AM-1:30PM Young Adult Opportunity Center 216 W. Chestnut St. in.with.out@outlook.com
- 3/14 Magic Night: Daniel Cullen** 7:30-8:30PM The Nevermore 1234 S. 3rd St. www.eventbrite.com
- 3/15 Hand Embroidery Adult Workshop** 10AM-12PM KMAC Museum 715 W. Main St. www.kmacmuseum.org
- 3/15 Meet Me at the Zoo: Super Spring Kickoff** 10AM-2PM Louisville Zoo 1100 Trevilian Way www.louisvillezoo.org
- 3/15 Division 8 Train Show & Sale** 10AM-3PM Holy Family Parish Saffin Center 3938 Poplar Level Rd. www.div8-mcr-nmra.org
- 3/15-16 The Flea Off Market** 11AM Trellis Brewing 827 Logan St. www.fleaoffmarket.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
- 3/15 Grown Vibes Only** 9PM-2AM Dasha Barbours 217 E. Main Street www.eventbrite.com
- 3/16 Let's Sing Together: A Live Band Experience** 4PM Louisville Palace 625 S. 4th St. www.ticketmaster.com
- 3/16 Paul Taylor Dance Co.** 7PM Brown Theatre 315 W. Broadway
- 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

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In This Week's Issue!

- (Pg. 1) 4th Annual BOBEAWARDS: Another Year of Celebrating Black-Owned Businesses & Excellence
- (Pg. 2) The Louisville West End Business Association provides training on access to capital
- (Pg. 2) Healthy Recipes: Banana Porridge & Canned Tuna Pasta Dinner
- (Pg. 3) Teen Vibe Spring Camp featuring YMCA Love Notes
- (P. 3) What's Happening at the Presley Post
- (Pg. 4) Spring into Action with Youth Sports at the YMCA of Greater Louisville!

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Editor's Note: "Having patience and be gentle with yourself, there's no one else quite like you."

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!

- 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.

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.

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	0.5 g.....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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Teen Vibe Spring Camp featuring YMCA Love Notes

Spring Break is more than just a break—it's an opportunity for growth. The YMCA's Teen Vibe Spring Camp featuring Love Notes empowers teens (ages 14-18) to build healthy relationships, improve communication, and gain confidence for the future.

Love Notes is an engaging, research-based program that helps teens explore who they are, set meaningful expectations, and learn how to navigate relationships with respect and clarity. Through interactive sessions led by trained facilitators, participants develop essential life skills in a supportive and fun environment.

TEEN VIBE SPRING CAMP

Featuring YMCA LOVE NOTES



March 17-21
Clark County
Family YMCA

March 24-28
Floyd County
Family YMCA

March 31-April 4
Northeast Family YMCA
and Republic Bank
Foundation YMCA

Camp Dates & Locations:

- March 17-21 - Clark County Family YMCA
- March 24-28 - Floyd County Family YMCA
- March 31-April 4 - Northeast YMCA & Republic Bank Foundation YMCA

FREE registration! Grab your friends and sign up today at ymcalouisville.org/programs/youth-teens/love-notes.

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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
Visit www.rivulet.com to order yours today!

What's Happening at the Presley Post!

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

Now accepting applications for performers. Interested applicants can visit this link to apply: <https://forms.gle/tYrgEyEnIaAksUBD8>. Visit www.thepresleypost.com for more details.

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SEPT 6 - 7, 2025
FESTIVAL

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.

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Horoscopes

Aries 3/21-4/19 The 7 of Wands is urging you to stand your ground this week. Receiving this card indicates you're experiencing some kind of opposition or roadblock in your life right now. Your initial instinct may be to retreat, giving into whatever challenge is standing in your way. However, it's important to stand up for what you believe in. Setbacks are inevitable but giving up is not. Put on your emotional armor and draw upon your courage and inner strength as you tackle this obstacle, so you can eventually overcome it.

Taurus 4/20-5/20 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.

Gemini 5/21-6/20 Your breakthrough moment has arrived! The Ace of Swords signals that the fog is lifting, and you have greater mental clarity this week. It may feel as though you're viewing the world through a brand-new lens, one that helps you cut through the noise and get to the heart of the matter. Is a situation not what it seems? Has someone been deceiving you? Have you been deceiving yourself? You're being handed an opportunity to clear the air and see things for exactly what they are.

Cancer 6/21-7/22 The 5 of Cups indicates you've been allowing yourself to wade in a sea of regret and disappointment. While the pain you're feeling is very real and shouldn't be minimized, it isn't a free pass to stay stuck in this mode forever. By choosing to focus on your perceived failures or mistakes, you can't see the positive things right in front of you, nor can you move on toward greener pastures. There's still hope, and it's important this week that you find where that hope is and shift your attention to that.

Leo 7/23-8/22 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.

Virgo 8/23-9/22 The 2 of Wands is urging you to spend time in the present planning for what's going to happen in your future. You have a whole world of possibilities in front of you right now, but this isn't the time to act on impulse or instinct. This week you're being called to weigh all your options, carefully considering the pros and cons of each path. But this doesn't mean you should be afraid of going outside of your comfort zone! Uncharted territory can lead to long-term success if you go into it with realistic expectations and a clear plan in place.

Libra 9/23-10/22 The 2 of Swords indicates you could be experiencing a bout of indecision at this time. In fact, you may be so unsure of how to proceed that you've actively been putting off facing this matter. This week you're being reminded that no matter how much you try to avoid this situation, it won't simply go away. Instead of focusing on the consequences of making the wrong decision, consider what might happen if you don't make a decision at all. Inaction can often lead to greater issues down the road.

Scorpio 10/23-11/21 Lucky you! The 10 of Pentacles represents security, as well as success and accomplishment. Have you not been properly recognized for your professional efforts? Has it felt like the universe has put one obstacle after another in front of you? Has money been tight? Have you felt deflated in matters of the heart? Well, good news has arrived! You could finally see things coming together for you this week in one or more of these areas, rewarding you with a sense of satisfaction for staying the course no matter how tough things were.

Sagittarius 11/22-12/21 Your theme for the week is successful application of strength -- or, more specifically, emotional fortitude. The King of Cups is a person of insight and is very emotionally balanced and in control. Receiving this card is a reminder to harness your emotional maturity as you deal with a curveball life has thrown at you recently. Your initial instinct may have been to repress any emotions you had about this situation. Conversely, you could have let your emotions get the best of you. This card is urging you to use your heart AND your head as you navigate this personal challenge.

Capricorn 12/22-1/19 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.

Aquarius 1/20-2/18 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.

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

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Nonprofit and Charity Events
Family Reunions
Grand Openings
Festivals and Fairs
Retirement Parties

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Join Amped for our monthly Open House Tour, where we invite the community to explore our vibrant programs dedicated to Transforming Futures. One Note, One Idea, One Skill at a Time. This guided discussion showcases how we're making a difference in Louisville. Whether you're interested in volunteering, donating, or simply learning more, this is the perfect opportunity to see firsthand how we're amplifying voices and fostering generational wealth. Lunch will be provided.

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