

Mar 16th- Mar 22nd
2025

The Underground Lou

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Issue
#123

Make a Difference: Become a Mentor with the Y-NOW Program

Children with parents battling addiction or incarceration face unique challenges, often carrying the burden of stigma, fear, and shame. These struggles can lead to bullying, academic difficulties, and emotional hurdles such as anxiety, depression, and trust issues.

YMCA Safe Place Services' Y-NOW Mentoring Program offers these youth, ages 11-15, a path to healing and success by pairing them with trained mentors who provide encouragement, stability, and guidance.

The program begins with a 3-day camp retreat where youth reflect on their experiences, choices, and behaviors. This transformative weekend sets the foundation for a 10-month mentoring journey with weekly one-on-one interactions, structured group meetings twice a month, and enriching activities like community service projects, family days, and a graduation ceremony.

Mentors are the heart of the Y-NOW Program, creating safe, supportive relationships that help these youth overcome obstacles and reach their full potential. Volunteers receive comprehensive training and ongoing support, and no prior experience is required—just a willingness to listen and inspire. The program also provides ongoing case management to address the needs of the youth, their families, and mentors, ensuring lasting impact beyond the program.

Mentors are urgently needed! If you're ready to make a difference in a young person's life, email ynowvolunteers@ymcalouisville.org to get



started. Volunteer requirements include an application, background check, orientation, and adherence to YMCA Safe Place Services' Volunteer Code of Conduct. Join us in empowering the next generation—your guidance could change a life!

What to Do in the Lou

- 3/17 Poetry in the Dark** 7:30PM Dasha Barbours 217 E. Main St. www.dbsbistro.com
- 3/18 Louisville Metro Government Career Fair** 10AM-3PM Louisville Slugger Field: Hall of Fame West 501 E. Main St. tandrhiring@louisvilleky.gov
- 3/19 Virtual Speed Networking** 12PM-1PM www.vpal.org
- 3/19 Community Walk Club** 6:30PM-7:30PM Cherokee Park Pavilion 745 Cochran Hill Rd. www.eventbrite.com
- 3/19 Music & Movement** 7PM 322 E. Kentucky St. www.breatheblackvoga.world
- 3/20 Karaoke Night: A Year & a Half of Crestview** 7PM Crestview Studios 2230 Frankfort Ave www.crestviewstudios.com
- 3/20 Je'Caryous Johnson Presents: Jason's Lyrics Live** 7:30PM Louisville Palace 625 S.4th St. www.ticketmaster.com
- 3/20 Blancs Burlesque** 8PM Hereafter 119 S. 7th St. www.hereafter.com
- 3/21 Daughters of Greatness: Maggie Harlow** 8:30AM-10AM Muhammad Ali Center 144 N. 6th St. www.alicenter.org
- 3/21 Smoketown Small Business Support** 12PM-3PM The Presley Post 734W. Main St. smartin@LISC.org
- 3/21 Tattoo Fest Louisville** 12PM-7PM KY International Convention Center 221 S. 4th St. www.louisvilletattoofestival.com
- 3/21 After Hours at the Speed** 5PM-9PM Speed Art Museum 2035 S. 3rd St. www.speedmuseum.org
- 3/21 Johnnyswim: The When the War is Over Tour** 8PM Brown Theatre 315 W. Broadway 502.584.7777
- 3/21 Trap Karaoke** 8PM Mercury Ballroom 611 S. 4th St. www.trapkaraoke.com
- 3/21 Classic Silent Disco** 8PM-12AM TEN20 Craft Brewery 1020 E. Washington St. www.eventbrite.com
- 3/22 House Blend** 11AM-3PM Hotel Genevieve 730 E. Market St. 502.676.7199
- 3/22-23 The Flea Off Market** 11AM Trellis Brewing 925 E. Breckinridge St. www.thefleaoffmarket.org
- 3/22 Chillin' on the Patio** 12PM-7PM Cherry Pickin' Goods 828 E. Market St. 502.797.0624

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APRIL 12, 2025

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For More Information Contact
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RED CARPET 5:30PM-7PM

GOLD, SILVER, BLACK AND WHITE FORMAL ATTIRE

SHOW TIME 7PM-10PM

#BOBEAWARDS



Editor's Note: "Never underestimate how much a nice walk outside can affect not only your mind and body but your entire day."

What to Do in the Lou

3/22 *Our Rhythm & Bourbon* 6PM-9PM Roots 101: African American Museum 124 N. 1st St. 502.384.1940

3/22 *A Boy Band Symphony* 7:30PM The Kentucky Center 501 W. Main St. www.louisvilleorchestra.com

3/22 *Utopia* 9PM-2AM Noble Funk Brewing 922 S. 2nd St. www.utopialouisville.com

3/23 *Trolls Family-Friendly Silent Disco* 2PM-5PM TEN20 Craft Brewery 1020 E. Washington www.eventbrite.com

3/23 *AMPED Midway Student Showcase* 4PM-6PM AMPED 4425 Greenwood Ave www.ampedlouisville.org

3/24 & 3/31 *Afterschool BMX Biking* 5:30PM-7PM Shawnee Park Pump Track 230 Southwestern Pkwy www.wildernesslouisville.org 502.368.5404

3/25 *Explore, Learn & Engage w/AMPED* 12PM-1PM AMPED RTBI 1219 W. Jefferson St. Suite 206 www.ampedlouisville.org

3/25 *Get Legit or Quit: The No-Nonsense Biz Clinic* 6PM St. Matthews Eline Library 3940 Grandview Ave www.kentuckysbdc.com/louisville

4/12 *4th Annual Black Owned Business & Excellence Awards* 5:30PM-10PM Center for African American Heritage 1701 W. Muhammad Ali www.bobeawards.com

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 tsp 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 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 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 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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BMX Biking Afterschool at Shawnee Park!

Looking for an exciting outdoor activity that the whole family can enjoy? Shawnee Park is offering a fantastic opportunity to try BMX biking and mountain biking in a safe and supervised environment. Whether you're a beginner or have some experience, this program is designed to help you develop skills and confidence on two wheels.

Participants will receive safe biking instruction and learn how to navigate the Pump Bike Track with guidance from experienced instructors. A variety of Tony Hawk bikes and helmets in different sizes will be provided, ensuring that everyone has the right gear to get started. While prior experience in riding a bike is advised, no advanced skills are necessary to join.

The session begins with an obstacle course, where riders can practice maneuvering and balance. This introductory phase allows participants to build essential biking skills before progressing to the Pump Track loop. Once ready, riders can take on the Pump Track under the supervision of trained instructors, ensuring a fun and safe experience.

Families are encouraged to participate, making it a perfect outing for parents and children to enjoy together. The program welcomes ages 6 and up for the obstacle course and ages 8 to 18 for the Pump Track. Parents can join to assist their child, making it a great bonding experience.

The program meets at the Shawnee Park Pump Track near the ECHO office. Participants can register for one or all three sessions to continue developing their biking skills. Each session is only \$10, making it an affordable and engaging way to experience BMX and mountain biking. To secure a spot, register online at <https://tinyurl.com/26fcwvwh> or call 502-368-5404. Don't miss this chance to get outdoors, learn new skills, and have fun on the track!

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

Looking for an exciting outdoor activity that the whole family can enjoy? Shawnee Park is offering a fantastic opportunity to try BMX biking and mountain biking in a safe and supervised environment. Whether you're a beginner or have some experience, this program is designed to help you develop skills and confidence on two wheels.



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/tYrgEyEn1aAksUBD8>. Visit www.thepresleypost.com for more details.

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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

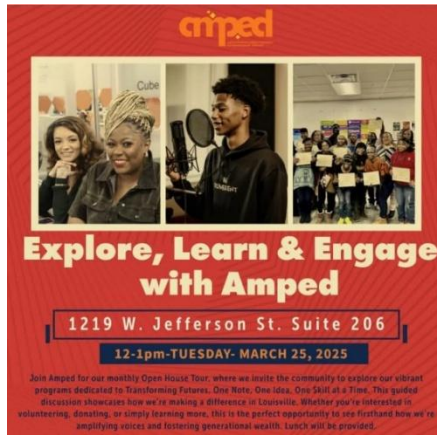
- Open booth available
- Full or part time
- Must be licensed

Mahogany Salon at Mellwood Art Center

1860 Mellwood Ave

Contact 502.895.0123 or themahoganyсалonllc@gmail.com for more information

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Breaking Barriers Breakfast

A Farm-to-Table Fundraising Experience to Sustain Food Justice

Today, Change Tomorrow is thrilled to present the Breaking Barriers Breakfast, a farm-to-table fundraising experience that will leave a lasting impact. This one-of-a-kind event, taking place on Thursday, March 20, 2025, from 9 AM - 12 PM at the Monet Room in Mellwood Art Center, is a morning dedicated to food justice, Black farmers, and community activation.

This exclusive breakfast will highlight the incredible work of Black farmers and members of the Kentucky Black Farmers Alliance, featuring Cleav's Family Farm and Black Roots Farm. Attendees will enjoy a thoughtfully curated meal by Chef Makeda Woods, celebrating the rich flavors and traditions of farm-fresh, locally grown food.

The Breaking Barriers Breakfast will feature a keynote address by Kentucky State Senator Keturah Herron, a fierce advocate for justice and equity. Special appearances will be made by Congressman Morgan McGarvey, further solidifying the importance of policy and grassroots efforts in shaping a sustainable future. The event will also showcase a special performance by Louisville Ballet, bringing art and movement into the conversation of resilience and transformation.

The goal of this breakfast is to raise \$50,000 to expand and sustain the West End Farmers Market, a crucial hub for food access, local entrepreneurship, and economic mobility in our community.

To amplify the impact, an anonymous donor from the UK has pledged a \$25,000 matching gift, doubling the power of every contribution made. This event is made possible through the generous support of Sister Song, Heaven Hill, Farm to Fork Food, and the Sierra Club, organizations committed to social justice, sustainability, and community well-being. Tickets and sponsorship opportunities are available now.

Whether you attend in person, donate, or spread the word, your support makes a direct impact on the fight for food justice in Louisville. For tickets, sponsorships, or more information, visit change-today.org or contact Brittney Griffin at brittney@change-today.org. Let's build a future where fresh, local food is a right—not a privilege.

Looking to advertise your business or event? Email us at advertise@theundergroundlou.com or contact us by phone at 502.878.6531. Prices starting at \$25/week!

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Horoscopes

Aries 3/21-4/19 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.

Taurus 4/20-5/20 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.

Gemini 5/21-6/20 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!

Cancer 6/21-7/22 The High Priestess is primarily a card about intuition. This week, you're being called to work on your perceptive skills, so that you can fine-tune your ability to hear your inner voice and receive messages from your unconscious mind. Have you been out of balance in a certain area of your life? Are you unsure if you're on the right path regarding a specific situation? This card is encouraging you to connect with your internal wisdom, because the answer you're seeking is already inside of you.

Leo 7/23-8/22 Keep an open heart and an open mind this week! The Page of Cups is urging you to go back to the time in your life when you were more childlike, more fearless, more idealistic. It could be that past or recent circumstances have made you more cynical and closed off as a way to shield yourself from getting hurt. While this approach can certainly help you avoid more pain, it may also prevent you from experiencing life's pleasures. Don't let your past dictate your future in this way. Learn to trust again.

Virgo 8/23-9/22 The 5 of Pentacles acknowledges that you've fallen on hard times recently. Have you suffered a job loss? Are finances not flowing as easily as you'd like them to? These kinds of struggles don't just take a toll on your pocketbook – they can become emotional, mental, and spiritual burdens as well. Don't shoulder the weight of the world by yourself. This week you're being encouraged to call out to your friends and family for help. All difficult periods pass eventually, but they pass much more easily when you have support.

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 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.

Sagittarius 11/22-12/21 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.

Capricorn 12/22-1/19 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.

Aquarius 1/20-2/18 Receiving the 9 of Cups could signal that this is the week when your stars will finally begin to align. When this card appears in a reading, it is a signal from the universe that everything in your life is as it should be. This dose of fortunate energy could mean feeling perfectly content in your job, your relationship, your friendships – your emotional cup could truly runneth over! Take the time to stop and appreciate the abundance of blessings life is offering you right now.

Pisces 2/19-3/20 This week the 9 of Pentacles is inviting you to savor the fruits of your labor. You've been putting your blood, sweat, and tears into your goals, and you are now seeing deserved success as a result of your efforts. This is the time to take advantage of the material comfort you've created for yourself. So, go ahead and book an expensive spa package. Take yourself on a trip. Buy that expensive bottle of wine you've been eyeing. You've more than earned the right to splurge! *Tarot.com*