

May 4th– May 10th
2025

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Issue
#127

Amped Tech and Learning Center Opens Its Doors, Marking a New Chapter for West Louisville

On April 21, 2025, the Amped Tech and Learning Center gave a sneak peak in the Russell neighborhood, offering the community a first look at what promises to be a game-changing space for technology training, career development, and economic opportunity. For those who walked through its doors that day, it was clear: this isn’t just another building—it’s the next big step in Amped’s mission to empower families and strengthen communities.

The full three-story, 13,000-square-foot space is still under construction and set to open in full this fall. Located at 1701 W Market Street, the center sits right in the heart of Russell, which is a community that’s long felt the sting of disinvestment but is now seeing signs of meaningful renewal. Amped’s presence there isn’t just about offering services; it’s about building hope and creating long-term change.

The organization is a certified CompTIA training site, offering industry-recognized credentials like MS-102, Azure 900, CompTIA A+, and more. These certifications help set students up for jobs that start at \$40,000 a year and lead to even greater opportunities down the line. The center also provides services like job placement, financial coaching, and support for overcoming common barriers since Amped knows success isn’t just about training; it’s about the full picture.

One highlight of the event was the Community Wall, where guests were invited to sign their names and “leave their mark” on this next chapter in Amped’s story. It was a simple but powerful moment, reminding everyone in the room that this isn’t just Amped’s space, it belongs to the entire community. The center will eventually house a business accelerator, an early childhood learning partner, and even a gift shop showcasing local entrepreneurs. It’s a one-stop hub for education, family support, and small business growth—all under one roof.

With backing from key partners like Louisville Metro Government and the CE&S Foundation,



AMPED Tech & Learning center facing east 1701 W. Market Street, Louisville, KY 40203

the Amped Tech and Learning Center is already making waves. Once the full space opens later this year, it’s set to become a cornerstone of opportunity in a part of the city that deserves nothing less.

What started back in May 2014 as a free music academy for kids has grown into one of Louisville’s most impactful nonprofits. Amped began by giving children ages 8 to 18 a safe and creative space to express themselves through music. The team quickly realized that helping kids succeed meant supporting their families too. That understanding sparked the launch of Amped’s technology training program helping parents gain the skills needed for stable, well-paying jobs in a growing industry. Then came the business incubator, offering another path toward generational wealth. In just a decade, Amped has evolved into a family-first, community-powered ecosystem. One of the key features of the new center is the Amped Russell Technology Business Incubator (RTBI)—a state-of-the-art space built specifically to help Black and Latinx entrepreneurs grow and launch businesses in West Louisville. RTBI offers more than just office space; it provides real support for early-stage startups,

(cont. on page 2)

What to Do in the Lou

5/10 How to Festival: Learn More Than 50 Things in 5 hours 10AM-3PM

LFPL 301 York St. www.lfpl.org/How-To

5/10 International Food Truck Festival 11AM-8PM 1101 E. River Road
kentuckyfta@gmail.com

5/10 Mother’s Day Petting Zoo 12M-5PM Falls City Brewing 901 E. Liberty St.
www.eventbrite.com

5/10 Mommy & Me: Cake & Tea 3PM-5:30PM Mellwood Ave 1860
Mellwood Ave 502.402.4499

5/11 Melanin & Mimosas Mothers Day Brunch 2PM Signature Venue 60000
Lions Drive www.eventbrite.com

5/12 Jefferson Cuntj KFTC Chapter Meeting 5PM-7:40PM KFTC 735
Lampton St. www.kftc.org

5/13 Soulbrations 9: Open Mic Series 8:30PM-11PM Halligans Bar & Grille
1170 Nmanchester St. #130 devinecarama859@gmail.com

5/15 Smoketown Community Center Tours Grand Opening Celebration
12PM-3PM 538 E. Breckinridge St.

5/24 4th Annual Black Owned Business & Excellence Awards 5:30PM-10PM
Center for African American Heritage 1701 W. Muhammad Ali
www.bobeawards.com 502.878.6531

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In This Week’s Issue!

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rivulet.
artisan pecan liqueur



(cont. from page 1) including business development training, coaching, assessments, and access to capital. Entrepreneurs accepted into the year-long incubator program receive certificate-level business education from colleges and universities, covering essentials like marketing, pricing, accounting, and entrepreneurship.

What sets RTBI apart is its holistic approach. Participants get access not only to expert startup coaches, but also to mental health counseling and wraparound services that acknowledge the real-life barriers many founders face. It’s not about comparing progress to others—it’s about tracking your own growth, from where you started to where you’re headed. Amped’s goal is for RTBI to become a national model within the next few years—one that proves what’s possible when you invest in communities and create space for economic mobility, independence, and ownership. To learn more about Amped’s programs or how to get involved, visit www.ampedlouisville.org.

Healthy Recipes



Breakfast Potatoes and Turkey Sausage

Serves: 3-4 Est. cost: \$7.00 Est. cost per serving: \$2.40

Ingredients:

- 1 tbsp cooking oil
- 1 cup onion, diced
- 1 cup green pepper, diced OR 1 bag frozen onion-pepper blend
- 1 ½ cups turkey sausage, diced or ground
- 3 ea potatoes, diced
- ½ tsp salt or celery salt
- 1 ½ cups water
- To taste, pepper

Optional Toppings:

- Salsa
- Green onion
- Fried egg



Nutrition Facts

Serving Size: 1 serving
Amount per serving.....% Daily Value
Calories.....649.7%
Total Fat.....40.8 g.....52%
Saturated Fat.....6 g.....30%
Trans Fat.....0.1 g
Cholesterol.....13.6 mg.....5 %
Sodium.....532.7 mg.....23%
Total Carbohydrate.....64.9 g.....24%
Dietary Fiber.....8.1 g.....29%
Sugars.....6.8 g
Added sugars.....0.2
Protein.....9.5 g
Calcium.....79.6%.....6%
Iron.....2.9 mg.....16%
Potassium.....1551.3 mg.....33%
* Percent Daily Values are based on a \$2,000 calorie diet. Your daily values may be higher or lower depending on

Equipment: cutting board, knife, skillet with lid, spoon

Directions:

1. In a skillet, warm your oil, cook onion and pepper for 3-5 minutes.
2. Add sausage and cook another 3-5 minutes.
3. Add potatoes, celery salt, salt, and pepper and cook another 3-5 minutes.
4. Add water and cover. Steam for 10-15 minutes, until potatoes soften.
5. Top with fresh salsa or green onion and serve in a bowl, or next to your favorite breakfast item(s). Enjoy!

Health Benefits:

Potato juice has been shown effective for health benefits since the 19th century, containing most of the potato nutrients except starch and fiber, shown to alleviate gastrointestinal diseases and discomforts.

Green (bell) pepper is known for its good nutrition, which has become the basis for illness prevention and extremely useful in the treatment of existing health problems.

Recipe provided by LA Dixon

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, ¼ cup of red pepper, diced



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.

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

PICKUP LOCATIONS

- 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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GLI and Louisville Metro Government Host Business Matchmaker to Boost Inclusive Contracting Opportunities

On May 20, 2025, from 4:30 to 6:30 p.m., local entrepreneurs and business leaders will gather at the Louisville Central Community Center for a high-energy networking event designed to open doors and build bridges. The Business Matchmaker Event, co-hosted by Greater Louisville Inc. (GLI) and the Louisville Metro Government’s Procurement Task Force, is focused on one mission: connecting local and minority-owned businesses with major contracting opportunities.

This event marks a key moment for Louisville’s small and mid-sized business community, particularly for those looking to grow through strategic partnerships and procurement contracts. By offering a space where local business owners can directly engage with procurement leaders from top regional companies and government entities, the Matchmaker is creating a rare and valuable opportunity to pitch services, share capabilities, and plant the seeds of long-term collaboration.

In recent years, there has been growing recognition that inclusive procurement practices are not only fair—they’re smart business. The Business Matchmaker aims to accelerate those practices by helping decision-makers diversify their supplier pipelines while empowering local businesses to compete and thrive. Attendees will gain insight into upcoming contract opportunities, the procurement process, and what it takes to stand out in a competitive market.

Held at the centrally located Louisville Central Community Center at 1300 West Muhammad Ali Boulevard, the event promises a lively, purposeful atmosphere where relationship-building is front and center. Business owners are encouraged to come prepared with their elevator pitches, marketing materials, and plenty of business cards, as the connections made here could open real doors.

Whether you’re a certified minority-owned enterprise, a woman-owned startup, or a business looking to break into the world of public or private contracting, this event is designed with your growth in mind. Registration is open now, and attendees do not need to log in—just enter your email address to begin the process. In a city working to build a more inclusive and equitable economy, the GLI and Louisville Metro Government Matchmaker is a step in the right direction, bringing together the people, resources, and opportunities needed to make it happen. Visit www.greaterlouisville.com for more information.

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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!

Smoketown’s New Beacon of Hope: Community Center Opens Its Doors May 15

Louisville’s Smoketown neighborhood is celebrating the grand opening of the long-awaited Blueprint 502 Smoketown Community Center this month. The event, open to all and free of charge, will take place on Thursday, May 15, 2025, from 12:00 PM to 3:00 PM at 538 E. Breckinridge Street. Enjoy a tour of the building and a glimpse into the future of community-driven support and opportunity. This state-of-the-art facility, built by the local nonprofit Blueprint 502, will act as a vital hub for innovation, education, and empowerment in one of Louisville’s most historic neighborhoods. Formerly known as YouthBuild Louisville, Blueprint 502 has served the city’s young people for over two decades, helping them reclaim their education, build career skills, and develop as leaders through service and civic engagement.

Guests attending the grand opening will be able to meet the Blueprint 502 team and learn how the facility will support youth and families through programs like workforce training, mentorship, and wraparound services. The celebration follows an earlier VIP ribbon-cutting ceremony and represents a proud milestone for both the organization and the wider community. The new center reflects years of hard work and a shared vision of building brighter futures through education, skill-building, and strong community ties. It is designed to meet the needs of young adults who are out of school and out of work, offering them a path forward with tools and support that are both practical and deeply rooted in compassion.

Organizers invite everyone to be a part of this historic day and to witness firsthand how Smoketown is creating a space where young people can thrive, families can find support, and neighbors can come together to build lasting change. Visit www.blueprint502.org for more information.

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>

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MAY 24, 2025
KY CENTER FOR AFRICAN AMERICAN HERITAGE
1701 W. MUHAMMAD ALI BLVD LOUISVILLE, KY 40203
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SHOW TIME 7PM-10PM
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the Y MENTAL HEALTH AWARENESS MONTH
SPIRIT • MIND • BODY
At the Y, we understand the significance of mental health for our members and community. Through education, dialogue, and empowerment, we aim to break down barriers, normalize mental health conversations, and promote holistic wellness for all.
Join us during Mental Health Awareness Month. Classes are FREE and open to members and the public.
In observance of Mental Health Awareness Month, the YMCA of Greater Louisville is hosting a number of classes, both in-person and virtual, on essential mental health topics.
Offered in partnership with:
• Bridgehaven Mental Health Services
• Hospirus Health
• NAMI (National Alliance on Mental Health)
• Wellstone Regional Hospital
The information provided during Mental Health Awareness month is intended solely for educational and awareness purposes. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician with any questions you may have regarding a medical condition.

DATE	TIME	TOPIC
MAY 7	12-1pm Virtual	Mental Health Matters: How to Support Yourself and Others
MAY 8	6-7pm Republic Bank Foundation YMCA	Grief and Growth: Healing One Step at a Time
MAY 13	1:15-2:15pm Northeast Family YMCA	Caring for Yourself While Caring for Others: Supporting Mental Health in Caregiving
MAY 14	12-1pm Virtual	Helping Kids Navigate Big Emotions & Summer Stress
MAY 20	5:30-6:30pm Southeast Family YMCA	Speak Through Art: Expressing Your Language Journey
MAY 21	1-2pm Floyd County Family YMCA	Staying Resilient: Mental Wellbeing in Aging
MAY 21	6-7:30pm Chestnut Street Family YMCA	Y Your Mind Matters: A Mental Health Panel Discussion
MAY 22	12-1pm Virtual	You're Not Alone: Understanding and Managing Grief
MAY 28	12-1pm Virtual	Coping with Financial Stress: Practical Steps to Thrive

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18 WEEK PROGRAM
Amped's next Immersive Cohort runs from May 5 – August 8, 2025! Step one of the application process is attending an in-person interest session. Sign up for a session using the QR code below!

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Policy Meets Purpose: Advancing Health Equity in Black Communities

A transformative summit by the Congressional Black Caucus Foundation brings policymakers, advocates, and health leaders together to tackle access and affordability in chronic disease care

Washington, D.C. will become the epicenter of a bold and much-needed conversation on health equity as the Congressional Black Caucus Foundation (CBCF) hosts its annual Policy for the People Health Equity Summit. With this year’s theme, Access and Affordability in Chronic Disease Management and Prevention, the summit promises to bring urgency, insight, and innovation to some of the most pressing health challenges facing Black communities across the country.

Taking place at Capitol Turnaround May 20, 2025, from 10:00 a.m. to 3:00 p.m., the summit is designed not as a typical health conference, but as a collision of policy, purpose, and community-driven action. Experts, lawmakers, healthcare disruptors, and advocates will convene for a day packed with real dialogue about real solutions—because while chronic diseases like cancer, diabetes, and heart disease continue to impact Black lives disproportionately, it’s the lack of access and affordability in care that remains the true emergency.

The day kicks off with a compelling roundtable between Nicole Austin-Hillery, President and CEO of CBCF, and Dedrick Asante-Muhammad, President of The Joint Center. Together, they’ll set the tone with a conversation that frames where the Black community currently stands on health—and what it will take to shift from surviving to thriving. This opening dialogue will spotlight the intersection of race, policy, and health systems, calling for a policy agenda that actually reflects and responds to community needs.

The main plenary session promises to cut through the usual rhetoric about a "broken system." Instead, participants will examine how the healthcare system got this way and what can be done to change it. With a lineup of experts tackling everything from prescription drug pricing to insurance reform, attendees can expect thoughtful, actionable conversations on how to make care not only more affordable but more equitable.

A keynote address will further drive home the day’s message, exploring how race and policy continue to shape outcomes in chronic illness. The keynote speaker, yet to be announced, is expected to challenge conventional thinking and ignite the kind of passion that transforms frustration into forward motion.

In the breakout sessions, attendees will get the chance to go even deeper, tackling specific topics such as the rising costs of medication, the role of alternative medicine, and community-based care models. These interactive spaces are built for open discussion, idea sharing, and building new connections with others committed to health justice. Adding a practical layer to the day, the on-site health fair will offer free screenings, wellness information, and access to local health providers. More than a resource center, it’s a reminder that policy discussions must always translate into real-world support.

With limited space available, registration for the summit is now open. Visit www.cbc.house.gov for more information.

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Horoscopes

Aries 3/21-4/19 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.

Taurus 4/20-5/20 You’re going to learn that life is a balancing act this week! The 2 of Pentacles represents achieving harmony with opposing forces. Have you been called in different directions recently? Are what you want and what you need conflicting? Has work taken time away from your personal life or vice versa? This card wants you to take a step back and figure out where your priorities are. By knowing where you want to spend your time and energy, you can come up with a solution that sets you up for long-term success in all areas of your life.

Gemini 5/21-6/20 Don’t let fear get the best of you! The Moon indicates that lingering hang-ups from a past experience could creep up this week, flooding you with memories you’d just as soon forget. This could be something you tried to stuff down into your subconscious, hoping it would work itself out over time. Instead of attempting to ignore the issue, choose to bring it out of the shadows and heal yourself. It might be painful at first, but keep in mind that the burden you’ve been carrying has also hurt you over time.

Cancer 6/21-7/22 The 3 of Pentacles wants to acknowledge that you’re on the right track! Are you working toward something new right now? This card is encouraging you to keep going. Regardless of how grandiose this idea is, you have the skills and capabilities to make it happen. This week is the time to do your homework and prepare, creating a comprehensive plan if you don’t have one already. And don’t be afraid to reach out to others for help -- teamwork could take you further than you expected.

Leo 7/23-8/22 You can breathe a little bit easier, because relief has arrived this week! The Star is signaling a reprieve after a period of great change or difficulty. While this turmoil has not been easy for you to go through, you have been able to endure whatever challenges life has thrown your way. What lessons have you learned? What were you able to let go of that was holding you back? How will you move forward differently? Now is the time to shed the old you, so you can emerge as the person you were meant to be.

Virgo 8/23-9/22 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.

Libra 9/23-10/22 The 4 of Cups signals that you have been feeling unfulfilled and craving some kind of change in your life. Perhaps you are looking around and seeing what others have, longing for those things that aren’t a part of your own life. It might also be that you feel unmotivated in your present circumstances. While it’s nice to aspire, it’s easy to get caught up in an unhealthy cycle of desire. This week try to address the root cause of these feelings. Is the grass really greener on the other side, or do you just need to spend time watering your own grass?

Scorpio 10/23-11/21 Have you had your head in the clouds recently? The Knight of Pentacles is urging you to come back down to Earth and apply effort to your ideas this week. Maybe you’ve been suffering from a case of "all talk and no action." Alternatively, you could be putting off your day-to-day responsibilities in favor of more exciting offers. No matter what your situation, you’re being encouraged to create a plan of action or stick to a routine, as progress is best achieved through discipline.

Sagittarius 11/22-12/21 The Knight of Cups is a card of vision and advancement. This week, there’s a possibility that you are going to receive some sort of invitation or proposal that you may not have been expecting. This card wants you to be open to this new possibility and take advantage of it, but it also wants you to exercise caution as you move forward. The Knight warns against getting too caught up in fantasies. Evaluate this situation before proceeding to ensure everything will be as you think it will be and that you will benefit from it.

Capricorn 12/22-1/19 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.

Aquarius 1/20-2/18 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.

Pisces 2/19-3/20 You can run, but you can’t hide this week! The 7 of Swords acknowledges you may be trying to avoid or escape a situation you’re better off confronting head-on. Have you been putting off a tough conversation with a friend? Not yet ready to talk with your partner about where your relationship is headed? Are you letting professional tension build rather than dealing with it? Remember, dodging this issue won’t make it better. In fact, it could even make it worse. The time to deal with this matter is now. *Tarot.com*

