

May 11th- May 17th
2025

The Underground Lou

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Issue
#128

YMCA Offers Free Water Safety Clinics During National Water Safety Month

With summer just around the corner and swimming pools set to open, the YMCA of Greater Louisville is helping families prepare with free Safety Around Water clinics, offered at all Louisville-area and Southern Indiana YMCA branches from Thursday, May 15 through Sunday, May 18.

Drowning can happen anywhere there is standing water—from pools and lakes to bathtubs. The YMCA’s Safety Around Water program introduces children and adults to basic swimming and water safety skills to help prevent accidents and build confidence in and around the water.

These FREE one-hour clinics are open to the community and follow a nationally recognized curriculum designed especially for children who may not have regular access to swim lessons. The goal is to teach the essential skills needed to reach safety if a child finds themselves in water unexpectedly. Participants will be assessed on core skills like:

- Putting their face in the water
- Submerging their head
- Jumping in, turning, and grabbing the wall without assistance
- Swimming at least 5 feet without flotation
- Floating on their back



BE WATER SMART

FREE Safety Around Water Clinics

Drowning can happen anywhere with standing water. Give kids the skills they need to stay safe, build confidence, and enjoy the water!

Our FREE 1-hour clinics introduce basic swimming and water safety skills from the YMCA’s Safety Around Water curriculum. No prior swim experience needed—open to adults and children!

Dates: May 15–18
Locations: All YMCA of Greater Louisville pools
Cost: FREE!

Spots are limited! Contact your local Y for details and to register.



ymcalouisville.org





Through these clinics, the YMCA is working to ensure that every child—regardless of background—has access to potentially life-saving swim skills. Find your nearest YMCA and sign up today at ymcalouisville.org.

What to Do in the Lou

- 5/14 Ladies Night** 4PM-10PM Black Rabbit 122 Sears Ave www.blackrabbitlouisville.com
- 5/14 Kenny G Live** 8PM Louisville Palace 625 S. 4th St. www.ticketmaster.com
- 5/15 Smoketown Community Center Tours Grand Opening Celebration** 12PM-3PM 538 E. Breckinridge St. www.blueprint502.org
- 5/15 The JFCS Mosaic Awards** 6PM Mellwood Art Center 1860 Mellwood Ave www.jfcslouisville.org/mosaicawards/
- 5/15 the Organic Pop-Up Summer Series** 6PM-10PM Atomic 1125 Bardstown Rd. www.eventbrite.com
- 5/16 Daughters of Greatness: Corenza Townsend** 8:30AM-10AM Muhammad Ali Center 144 N. 6th St. www.alicenter.org
- 5/16 Friday Sunset Social** 5PM-11:45PM High Stakes Rooftop 710 E. Jefferson St. www.highstakesrooftop.com
- 5/16 Downtown Drive-In: Pitch Perfect** 8PM-11PM Brown-Forman Amphitheater Waterfront Park 1271 River Rd. www.louisvilledowntown.org
- 5/17 Seed Planting & Transplanting Workshop** 9AM-11AM 4011 W. Kentucky St. 502.585.4622
- 5/17 Storybook Character Day** 10AM-2PM Louisville Zoo 1100 Trevilian Way www.louisvillezoo.org
- 5/17 KMAC Family Fun Day** 11AM-3PM KMAC Museum 715 W. Main St. www.kmacmuseum.org
- 5/17 The Great Gatsby** 12PM-2PM Speed Art Museum 2035 S. 3rd St. www.speedmuseum.org
- 5/17 Downs After Dark** 5PM Churchill Downs 700 Central Ave www.ticketmaster.com
- 5/17 Kevin Hart Louisville: Acting My Age** 7PM Louisville Palace 625 S. 4th St. www.ticketmaster.com
- 5/20 Kindle Direct Publishing** 12PM-1PM www.score.org *Free to the public
- 5/20 GLI & Louisville Metro Government Inclusion Business Matchmaker Event** 4:30PM-6:30PM Louisville Central Community Center 1300 W. Muhammad Ali Blvd. www.greaterlouisville.com
- 5/20 Partner Event: Synergy Mixer** 5:30PM-7:30PM Independence Bank 3901 Shelbyville Rd. www.ypal.org *Free to the public
- 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

In This Week’s Issue!

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THE 4TH ANNUAL BLACK OWNED BUSINESS & EXCELLENCE Awards

MAY 24, 2025

KY CENTER FOR AFRICAN AMERICAN HERITAGE
1701 W. MUHAMMAD ALI BLVD LOUISVILLE, KY 40203

For More Information Contact
info@bobeawards.com
or [@BOBEAWARDS](https://www.instagram.com/bobeawards)

RED CARPET 5:30PM-7PM

GOLD, SILVER, BLACK AND WHITE FORMAL ATTIRE

SHOW TIME 7PM-10PM

#BOBEAWARDS



Teen Talk

May is Mental health month it's more important than you think and it's good to keep it safe because if you don't it can kill you and it can take all the things you love into something you hate, if you don't know who you can talk to, talk to someone that won't judge you if all your friends judge you than you need new friends and if your mental health gets worse then try to write how you feel every day and it will get better soon but you have to keep trying your hardest.

- Chanel Wright (age 14)

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:

- In a skillet, warm your oil, cook onion and pepper for 3-5 minutes.
- Add sausage and cook another 3-5 minutes.
- Add potatoes, celery salt, salt, and pepper and cook another 3-5 minutes.
- Add water and cover. Steam for 10-15 minutes, until potatoes soften.
- 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:

- Cook pasta according to box directions and set aside.
- 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.
- Add canned tuna, oregano, and lemon juice, and cook until the onions are golden brown.
- Taste and adjust seasonings with salt, pepper, or more lemon.
- 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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Learn How to Self-Publish with Kindle Direct Publishing
Free Session Sponsored by Amazon

Have you ever dreamed of becoming an author or wondered how to bring your book to life? Amazon is offering a free, informative session to introduce writers—both new and experienced—to the world of self-publishing through its Kindle Direct Publishing (KDP) program. This engaging event will take place on **Tuesday, May 20 at 12 PM CT**, and promises to provide the essential tools to help turn your ideas into published works.

Kindle Direct Publishing is Amazon’s self-publishing platform that allows authors to publish their books and reach readers around the world. This session will explain how KDP works, covering important topics such as how royalties are paid, how to navigate Amazon’s best seller rankings, and how to choose the right distribution and formatting options for your book. Attendees will also get insights into marketing and advertising strategies to help boost sales and visibility.

Beyond the basics of publishing, the session will also explain how authors and small business owners can sell books directly through Amazon—from a personal collection or even from a local bookstore. Amazon representatives will share helpful resources and highlight programs designed to support small business growth.

The session will be led by **Daniel Corcoran**, Public Communications Program Manager at Amazon. Daniel works closely with Amazon teams to support small business success and has a background in operations and community engagement. He brings both practical experience and a passion for helping entrepreneurs thrive. Whether you're an aspiring novelist, a small business owner with books to sell, or simply curious about self-publishing, this free workshop is a great opportunity to learn directly from one of the biggest names in the industry. Don't miss your chance to learn how to publish your story and grow your business—with the power of Amazon behind you. Visit www.score.org/chicago/event/kindle-direct-publishing-52025 to register.

Rivulet Liqueur

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“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!

BOBE Awards Return May 24th to Celebrate Black Excellence in Louisville

Louisville is getting ready to shine as the 4th Annual Black Owned Business & Excellence (BOBE) Awards take place on Saturday, May 24, 2025, at the Kentucky Center for African American Heritage, beginning at 5:30 PM. This special event is all about lifting up and celebrating the achievements of Black entrepreneurs, leaders, and changemakers who are making a real difference in the city and beyond.

This year’s BOBE Awards will be the biggest yet, with 37 award categories and over 800 nominees—a reflection of the talent, hustle, and passion that exists in Louisville’s Black community. Categories include everything from Best New Business and Entrepreneur of the Year to Community Leader of the Year, Best in Beauty, Best in Tech, and Black-Owned Restaurant of the Year. And more. The wide range of awards highlights just how diverse and vibrant the city’s Black business landscape really is.

The evening will feature a plated dinner, live music from a local band, and a ceremony full of heartfelt moments and well-deserved recognition. Guests are invited to dress in gold, silver, black, or white—colors chosen to represent excellence, unity, and celebration. Whether you're coming to support a nominee, network with fellow entrepreneurs, or simply enjoy a positive and inspiring evening, the BOBE Awards are open to everyone.

At its heart, the BOBE Awards are about more than trophies—they're about showing love and appreciation to those who are building up the community, creating opportunities, and changing the narrative. It’s a space where success is celebrated loudly and proudly.

For more information or to reserve your seat, visit bobeawards.com. Don’t miss your chance to be part of a night that honors the brilliance, resilience, and power of Black excellence in Louisville.



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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.

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	1:15-3:15pm 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

Offered in partnership with:

- Bridgehaven Mental Health Services
- Hosparus 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.



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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Our program includes pre-training to obtain the CompTIA IT Fundamentals Certification, followed by a 12-week fully immersive training designed to prepare you in earning your CompTIA A+ certification.

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PROJECT KILIMO

SEED PLANTING & TRANSPLANTING WORKSHOP

JOIN US FOR OUR SEED PLANTING & TRANSPLANTING WORKSHOP
AND LEARN HOW TO DIRECTLY SOW SEEDS AND SUCCESSFULLY
TRANSPLANT SEEDLINGS INTO YOUR GARDEN OR POTS.

Project Kilimo Offers Free Gardening Workshop to Grow Urban Farming Skills

Project Kilimo is hosting a free Seed Planting & Transplanting Workshop on Friday, May 17, from 9 to 11 a.m. at 4011 W. Kentucky Street, giving community members a chance to get hands-on experience with growing food. Participants will learn how to sow seeds directly and how to transplant seedlings into garden beds or pots—perfect for beginners or anyone looking to sharpen their gardening skills.

The workshop is part of a larger effort by the Louisville Urban League to grow the city's urban farming community. Through a federally funded initiative, Project Kilimo aims to support Black urban farmers in the western part of the city. The program includes paid fellows—farmers and educators—who will provide educational support, resources, and land access to help strengthen local food systems.

“This is about reclaiming a right to the land,” said Lyndon Pryor, Interim President and CEO of the Urban League. “It’s part of our history and heritage, and we shouldn’t be disconnected from it just because of how that history has been treated.”

The Louisville Urban League was one of just two affiliates selected by the National Urban League to receive a USDA grant to help launch a National Black Farmer Apprenticeship Program.

Attendees of the May 17 workshop should come dressed for gardening and ready to learn. For more information, call 502-585-4622 or visit www.lul.org/event/project-kilimo-seed-planting-transplanting-workshop/.

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starting at \$25/week!

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Horoscopes

Aries 3/21-4/19 Taking a break from your usual surroundings could reboot your confidence today. Perhaps you've gotten in a rut with the people you typically spend time with -- you've known each other for so long that they tend to cast you in a certain role no matter how you've changed. As the spontaneous Moon in your 9th House of Exotic Experiences trines appealing Venus in your sign, a new crowd might meet the current you without such baggage. Try this on and see how it feels!

Taurus 4/20-5/20 Stepping out of the spotlight can currently help you acquire the information you need. While the inquisitive Moon in your intimacy zone aligns with benevolent Venus in your 12th House of Secrets, someone may be willing to tell you everything they know as long -- as no one else finds out they're spilling the beans. Even if maintaining this level of privacy seems inconvenient or excessive to you, it could be the price of getting what you want. You might as well pay it!

Gemini 5/21-6/20 Working a room could come easily to you now. You are, of course, allowed to be interested in looking good at a gathering. You're also equipped to chat people up in a way that makes them feel personally heard as the attentive Moon in your relationship sector aligns with attractive Venus in your community zone. This approach doesn't only benefit whoever you're talking to -- they'll potentially respond in kind. Perhaps you'll wind up making a connection that you'll genuinely want to keep going forward!

Cancer 6/21-7/22 Being recognized for your hard work is possible at present. While the devoted Moon in your 6th House of Daily Routines supports favorable Venus in your reputation zone, it may be obvious to onlookers that the effort you put in on a regular basis adds up -- you get stuff done! On account of that, you'll potentially be asked to take on another role with higher status or additional rewards. As you decide whether to accept, don't forget about its day-to-day responsibilities.

Leo 7/23-8/22 Making time for fun should be worth the trouble today. As the impressionable Moon in your playful 5th house harmonizes with abundant Venus in your 9th House of Expansion, you're likely to be drawn toward the sort of pleasure that involves learning something new. Whether you're reading an informative book or covering fresh territory physically, being stimulated in this way can nourish your growth as a person. Don't worry about achieving measurable goals right now, though - - just enjoy the journey.

Virgo 8/23-9/22 Staying in could be especially rejuvenating for you at this time. While the cozy Moon in your domestic 4th house supports relational Venus in your 8th House of Intimacy, you might want to find a quiet moment at home to connect deeply with a loved one. When you focus on your bond without distractions, you may be ready to talk about challenging subjects you don't usually cover in daily life. In comfortable surroundings, a tough discussion can lean on a foundation of safety.

Libra 9/23-10/22 Opening up more than usual could currently help you find people who are compatible with you. While the vulnerable Moon passes through your 3rd House of Communication, it might be especially easy for your true feelings to leak out in conversation. That's not always a bad thing! You can't always please everyone, and this way, those who share your sentiments will be able to find you. Knowing you already agree on something important will be a solid beginning for any connection.

Scorpio 10/23-11/21 Lightening your load may be worth what it costs in the moment. As the nourishing Moon in your resource zone uplifts ease-seeking Venus in your 6th House of Responsibilities, you might come to realize that some of the tasks on your list don't have to be done by you. Paying another person to do a job you find difficult or unappealing can free you to pursue your natural strengths. Avoid letting your ego get in the way of a good outcome for everyone.

Sagittarius 11/22-12/21 Following your recent instincts should feel good. With the primal Moon in your sign, your emotions may be close to the surface. Although this might include a bit of chaos, the greater result of your increased openness is more likely to be joy. Don't worry too much about seeming out of step with the people around you. Leaning fully into what you have going on, whatever it is, can put you in a strong position to lift the mood of everyone else!

Capricorn 12/22-1/19 Letting your mind roam could be fruitful at the moment. As the fluctuating Moon flits through your 12th House of Contemplation, indulging in your daydreams might not immediately seem to be productive. Still, checking items off your to-do list isn't necessarily what you need most urgently. The effort you throw into any aspect of your life will ultimately accomplish more if you know what you're doing and why. Achieving that clarity can't be rushed -- sometimes it just takes however long it takes!

Aquarius 1/20-2/18 Your attention to your friends may pay off in new ways. As the perceptive Moon in your social sector soothes gentle Venus in your communication zone, you're likely to pick up on a pal who could use a pep talk. Saying something kind and encouraging will benefit more than the intended recipient. Beyond that, it might direct your focus toward what's good in the world. You have positive things happening in your life, and once you start to look, they'll become more and more noticeable!

Pisces 2/19-3/20 Picking up on a promising professional opportunity is presently possible. This might be something you have to act on quickly before it passes! While the fast-moving Moon in your 10th House of Career vibes with fortunate Venus in your money zone, there's a chance of a financial benefit for you, though not necessarily a life-changing one. Even if you don't wind up sticking with this job forever, consider the value of letting abundance flow your way for the time being.

Tarot.com