

July 20th– July 26th  
2025

# The Underground Lou

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Issue  
#131

## YMCA Black Achievers Program Now Enrolling for 2025–2026 School Year

Open registration is now underway for the 2025–2026 YMCA Black Achievers and YMCA Youth Achievers programs. These programs are education-based mentoring initiatives designed to empower K–12 youth through academic support, career exploration, and service learning.

Rooted in the belief that every young person deserves the chance to succeed, this multicultural program helps African American/Black and other minority youth build the confidence, skills, and networks to pursue their goals in education and beyond.

High school students in YMCA Black Achievers gain access to dynamic cluster groups—hands-on career exploration experiences led by volunteer professionals in fields such as health and medicine, engineering, law and government, arts and culture, and more. Youth also benefit from mentorship, college and career readiness support, cultural awareness, and community service opportunities.

Since 1979, the YMCA Achievers Program at the Chestnut Street Family YMCA has supported thousands of young people in discovering their strengths and becoming leaders in school, work, and life.

Don’t miss your chance to be part of this transformative experience. Join us at the YMCA Black Achievers Orientation & Kickoff on Saturday, August 9 to meet mentors, connect with fellow Achievers, and learn more about what’s ahead. On-site registration, snacks, and school supplies will be available!

To learn more and register, visit [ymcalouisville.org](http://ymcalouisville.org).



## What to Do in the Lou

- 7/23 It’s Time for a Day Cap: Presented by Angels Envy** 4PM-7PM Rooftop Bourre Bonne 133 W. Market St. 502.384.3347
- 7/23 Twerk it Out: A Joy Ritual for Black Maternal Mental Health** 6PM-9PM 2304 Crums Lane [www.eventbrite.com](http://www.eventbrite.com), Jeffersonville, IN
- 7/23 No Man’s Land** 8PM-2AM The Alcove 250 Spring St 812.920.1218
- 7/24 The Blend: Casual Networking: Wine & Wellness Edition** 5PM Vines Wine Bar 1985 Douglas Blvd. [chuckrollslou@gmail.com](mailto:chuckrollslou@gmail.com)
- 7/24 Drinks & Details: Fall 2025 Emerging Leaders Program** 5:30PM-7PM Hi-Wire Brewing 642 Baxter Ave [www.ypal.org](http://www.ypal.org)
- 7/25 Wanna Dance Presents: After Dusk** 5PM Rooftop Bourre Bonne 133 W. Market St. 502.384.3347 \*free
- 7/25 The Roost Reborn** 7PM Copper & Kings Distillery Rooftop Bar 1121 E. Washington St. [www.copperandkings.com](http://www.copperandkings.com)
- 7/25 Nulu Nights** 6PM-12:30AM [www.nulu.org](http://www.nulu.org)
- 7/26 Free Youth & Adult CPR Training** 1PM Grace Hope Presbyterian Church 702 E. Breckinridge St. 502.583.33304
- 7/26 The Underground Lou’s 3 Year Anniversary!** 1PM-4PM The Presley Post 734 W. Main St. Suite 106 [www.theundergroundlou.com](http://www.theundergroundlou.com)
- 7/26 Hip Hop in the Park** 5PM-9PM Alberta O. Jones Park
- 7/26 Funniest Person in Louisville Semifinal** 4:30PM The Caravan Comedy Club 1250 Bardstown Rd. 502.459.0022
- 7/26 Saturday Night Live: 2000’s Edition** 10PM-3AM Tavern on Fourth
- 7/26 United We Dance** 10PM-2AM Whirling Tiger 1335 Story Ave [www.thewhirlingtiger.com](http://www.thewhirlingtiger.com) \*free
- 7/27 Sundays are for Jazz** 2PM-6PM Better Days Records 921 Barret Ave 502.456.2394
- 7/27 Soul Glow** 4PM-8P Noraebars
- 7/27 7PM in Louisville** 7PM-11PM Atomic Soundclub
- 7/29 Taking Care of Business: Retail Mastery** 6PM-7:30PM Louisville Urban Laegue 1535 W. Broadway [business@lul.org](mailto:business@lul.org)
- 7/29 Restorative Yoga** 7PM Art Portal 1512 Portland Ave 502.242.3437
- 7/29 Buffalo Trace Industry Night** 7PM-10PM Hell or High Water 112 W. Washington St. [www.hellorhighwaterbar.com](http://www.hellorhighwaterbar.com)
- 7/30 Industry Recognized Credential Fair** 1PM-3PM The Spot 216 W. Chestnut St. 502.220.4120
- 7/30 STREAMing in the 502** 6PM-7:30PM Chickasaw Park 1200 Southwestern Pkwy [sustainability@louisvilleky.gov](mailto:sustainability@louisvilleky.gov) \*Free
- 7/30 Waterfront Wednesday: Community Meetup** 6PM-10PM Big Four Lawn [www.ypal.org](http://www.ypal.org)
- 7/30 Pop-Up Burlesque** 7:30PM Black Rabbit 122 Sears Ave 502.897.9721

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## In This Week’s Issue!

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All Kids Play Youth Sports Grants

All Kids Play provides funding to families and communities who lack the resources to pay for youth sports. Grants are available to qualifying families with kids in grade K-12 and not-for-profit community-based recreational sports organizations in low income areas on a need and first-come, first served basis as funds are available.

Individual grants can be used for registration, equipment and other associated fees for sports classes, recreational leagues, and travel sports. Please visit <https://allkidsplay.org/youth-sports-grants/> for information on qualification and the process.



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](http://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. 18<sup>th</sup> Street  
Shawnee Library 3912 W. Broadway  
Bates Memorial Baptist Church 620 E. Lampton  
Southern Hospitality 3402 W. Broadway  
Black Jockey's Lounge 630 S. 4<sup>th</sup> Street

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Amped Russell Technology Business Incubator (RTBI)

The support small businesses need to launch in West Louisville communities

A state-of-the-art Black and Latinx business incubator and technology service center offering business development training, business services, assessments, referrals, and wraparound services to incubating businesses. RTBI support includes access to startup coaches, access to mental health counseling, and access to seed capital needed for their businesses to maximize their potential for success. Participants receive business development certificate classes from universities and colleges in pricing, marketing, accounting, entrepreneurship, and more. Within 3-5 years, RTBI will be a national model for creating spaces for businesses that foster economic growth, mobility, entrepreneurship, and independence. RTBI is a one-year intensive educational and support program that is meant to accelerate the growth of your startup business. It is important to understand that your business is unique and in its own stage of development. Throughout the program, you cannot compare your progress to others. Rather, your progress should be compared to where you started. You will participate in numerous assessments throughout the years. These assessments will help you, your coach, your advocate and the rest of your support team ensure you are getting the support you need to continue moving forward. This program is not for everyone. However, we will do our best to support you and hope you will find it beneficial. Informational Session Dates: July 30 from 5PM-6PM virtual link provided after registration.

You should apply to Amped RTBI Program if:

- You are Black and/or Latinx living in the West or South Louisville.
- You have or are founding a small business and can:
- Articulate the problem that your business addresses and the solution
- Understand how the solution plays a role in the community
- Are ready to make a commitment to growing your business, are ready to learn, and have community-oriented values
- Have a willingness to learn, can handle constructive feedback, and a desire to grow
- Believe in yourself and have the capacity to overcome obstacles
- Recognize opportunities, seize chances, and create value



How to register: [ampedlouisville.org](https://ampedlouisville.org). Applications open AUGUST 2025-Click the QR code to get on the RTBI waitlist.

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Mix Rivulet 7th

- 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](http://www.rivulet.com) to order yours today!

Beat the Heat: Where to Cool Off and Stay Safe This Summer in Louisville

When the heat turns up in Louisville, the city offers plenty of ways to cool down, whether you're taking a splash at the pool, diving into a waterpark, exploring shaded trails, or staying smart at home. Here's a complete guide to enjoying summer safely, with detailed locations, hours, prices, and contacts to help you plan your cool-down strategy.

**Public Pools** Louisville Metro Parks operates several public pools open through the summer. Pools are open Tuesday through Saturday from 12 p.m. to 6 p.m. Admission is \$2 per person; kids under 3 get in free. Only cash is accepted.

- Algonquin Park Pool* 1614 Cypress Street, Louisville, KY 40210 Phone: (502) 574-1498 [www.louisvilleky.gov/government/parks/aquatics](http://www.louisvilleky.gov/government/parks/aquatics)
- Fairdale Pool* 10115 Mitchell Hill Road, Louisville, KY 40118 Phone: (502) 367-8434
- Nelson Hornbeck Pool* 4305 Outer Loop, Louisville, KY 40219 Phone: (502) 964-7744

**Spraygrounds** (Free Water Play Areas) Spraygrounds are open daily from 10 a.m. to 8 p.m. and are free to the public

- Shelby Park Sprayground* 600 E. Oak Street, Louisville, KY 40203 Phone: (502) 574-7275
- Waterfront Park Sprayground* 129 River Road, Louisville, KY 40202 Website: <https://ourwaterfront.org>

Waterpark Fun

*Hurricane Bay at Kentucky Kingdom* includes slides, a lazy river, and a massive wave pool. Open daily from 11 a.m. to 6 p.m. 937 Phillips Lane, Louisville, KY 40209 General Admission: \$39.99+ online (prices vary) Website: [www.kentuckykingdom.com](http://www.kentuckykingdom.com) Phone: (502) 813-8200 Parking: \$10

Cool Spots in Southern Indiana

*River Run Family Waterpark* – New Albany, IN 224 W. Daisy Lane, New Albany, IN 47150 Open Monday–Saturday: 11 a.m.–6 p.m., Sunday: 12 p.m.–6 p.m. General admission: \$9 (adults), \$7 (youth/seniors), \$5 (after 4 p.m.) <https://cityofnewalbany.com/parks/riverrun> Phone: (812) 948-5380

*Clarksville Cove* – Clarksville, IN 800 S. Clark Blvd., Clarksville, IN 47129 Open daily 12 p.m.–6 p.m. (weather permitting) Admission: \$8 adults, \$6 youth (ages 2–17), under 2 is free <https://www.clarksvillecove.com> Phone: (812) 280-2095

*Charlestown Family Activities Park* 1000 Park St., Charlestown, IN 47111 Includes splash pad and playground, plus mini golf Splash pad admission: \$5, children under 2 are free Open Tuesday–Saturday: 12 p.m.–7 p.m., Sunday: 1 p.m.–6 p.m. <https://www.charlestownparks.com> Phone: (812) 256-3422

Nature Escape: The Parklands of Floyds Fork

The Parklands is a 4,000-acre urban park system with shaded trails and creek access perfect for wading, picnicking, and staying cool. Open daily from dawn until dusk and free to the public

- Beckley Creek Park 1411 Beckley Creek Parkway, Louisville, KY 40245
- Pope Lick Park 4002 South Pope Lick Road, Louisville, KY 40299
- Parklands Info: Website: <https://theparklands.org> (502) 584-0350

At-Home Cooling Tips

If you're staying home, make sure your ceiling fans are set to rotate counterclockwise to push cool air down. Clean fan blades and replace air filters in AC units for better airflow. Block midday sun with blackout curtains, and avoid cooking indoors during the hottest hours. Use grills or prepare cold meals to keep temperatures down. Keep a cooler with ice water or freeze fruit for refreshing, hydrating snacks. When staying indoors, set ceiling fans to rotate counterclockwise to push cooler air down. Clean fan blades and change AC or window unit filters every 30 days for better efficiency. Block sun by closing blinds or using blackout curtains between 2 and 6 p.m. to reduce room temperatures. Limit oven use and opt for fresh, cold meals like fruit salads, sandwiches, or pasta salad. Grill outside in the evenings or use a slow cooker to reduce indoor heat. Freeze grapes, watermelon cubes, or reusable water bottles for quick and cooling hydration. Keep a cooler stocked with ice water if you're outdoors for long periods. Pets should always have shaded rest spots and access to water.

During extreme heat, Louisville Metro may activate cooling centers in libraries and community centers. Check with Metro311 for updates or visit the city's website for emergency alerts. Metro311 Phone: 311 (in Louisville) or (502) 574-5000 [www.louisvilleky.gov/government/emergency-services](http://www.louisvilleky.gov/government/emergency-services). Summer in Louisville doesn't have to be sweltering. From splash zones to shaded parks and cool home hacks, the city offers plenty of ways to stay safe, refreshed, and ready for the season.





Health Daddy Wow

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## Norton Clark Hospital unveils \$7 million renovated catheterization lab, advanced CT scanner



State-of-the-art imaging innovations, including 3D models and intravascular ultrasound, reduce risk and accelerate heart diagnoses for Southern Indiana patients

Norton Clark Hospital has opened a newly renovated cardiac catheterization (cath) lab and unveiled a new CT scanner with cardiovascular capabilities. The upgrades are the result of a five-month construction process and more than \$7 million investment. They also mean the hospital now offers heart care for patients using state-of-the-art equipment that produces less radiation and better images. The cath lab technology also offers intravascular ultrasound, which uses sound waves to evaluate the coronary arteries. In the coming months, the cath lab also will begin offering 3D modeling technology that helps providers more quickly diagnose heart blockages and determine the best course of treatment, whether a stent or surgical procedure.

The renovated cath lab opening coincides with an imaging renovation that includes a new CT scanner. While the CT scanner can be used for any area of the body, it also can be used to identify heart disease, issues with heart valves and heart defects. It boasts faster scan times and higher resolution – benefits for both patients and clinicians.

“This is a huge investment in heart and imaging services in Southern Indiana and is something we’re really excited about,” said Kathleen S. Exline, DNP, R.N., chief administrative officer, Norton Clark Hospital. “For cardiac catheterizations alone, we currently are on pace to exceed the 823 procedures we performed last year, showing that more people are choosing us for care. It’s really gratifying to know that, coupled with the expertise of Norton Heart & Vascular Institute, heart patients have access to this level of care in Southern Indiana – close to home.”

Renovation of the hospital’s second cath lab is being planned, and a time frame has not yet been determined. “People in Southern Indiana should have easy access to heart care,” said Ann Marie Holas-Dryps, system vice president, Norton Heart & Vascular Institute. “We’re committed to ensuring these services are here.”

Norton Heart & Vascular Institute offers experience, expertise and a commitment to making it as easy as possible to get care. Norton Clark Hospital has received Chest Pain Center Accreditation with Primary PCI by the American College of Cardiology. The designation is based on a rigorous on-site evaluation of the staff’s ability to evaluate, diagnose and treat patients who may be experiencing a heart attack. The hospital also is a STEMI Receiving Center, which means it is equipped and designated for proper care of people having a ST-elevation myocardial infarction (STEMI), also known as a “widow-maker” heart attack. This deadliest form of heart attack is a complete blockage in a major artery to the heart. For more information, visit NortonClarkHospital.com.

### NuLu Nights!

Experience the energy of NuLu Nights, a vibrant evening series happening July 25, August 22, October 17, and December 12

Friday, July 25

- DJ Samosa will be set up near AC Hotel NuLu from 6-9pm.
- DJ Quincy will be down on the Bar Nada Nada patio from 6-9pm.
- Bar Nada Nada will have their Oyster Bar from 6pm until sellout. Featuring wine pairings and East Coast/West Coast Shooters.
- Artist Braylyn Resko Stewart will be doing some art on a bourbon barrel near Lou Lou on Market from 6-9pm
- Five Iron Golf will be hosting their Friday's on the Green! Featuring Live Music from 8:30pm-12:30am out front. Plus you can enjoy drink specials and outdoor games.
- Le Lieu will have Set & Setting Book Shop popping up + complimentary beverages and a complimentary sampling of our sweet and savory jams!
- Visit The Dog Shop for a late night frozen pup treat and enjoy special event promos!
- Six Sisters will be open with extended hours until 9:00pm.
- Revelry Boutique Gallery will be open with extended hours until 9:00pm
- Paxton's NuLu will be hosting a pop-up with 502Fragrance, a locally black owned fragrance company with a signature NuLu scent.

Check with local stores as many will be extending their hours on Friday! Visit [www.nulu.org/nulunights](http://www.nulu.org/nulunights) for more information.

## Horoscopes

**Aries 3/21-4/19** Receiving The Empress card signals that this week is about receiving the gifts that are all around you. It's easy to get caught up in the frenzied pace of everyday life, but now you're being urged to stop, slow down, and connect with your senses. Eat a nice meal. Stop and smell the flowers. Breathe in fresh forest air. By grounding yourself in this way, you open yourself up to seeing, smelling, hearing, touching, tasting, and truly experiencing all of life's greatest rewards.

**Taurus 4/20-5/20** 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.

**Gemini 5/21-6/20** Don't be intimidated by this card! The Death card is one of the more commonly misunderstood cards in the Tarot. It doesn't represent a physical death -- rather, it's about transformation of the self and letting go of the things that are no longer serving us. What have you been holding onto that you need to let go of? Ending this chapter of your life could pave the way for something far greater down the road. This week, notice opportunities to move on from whatever it is that's been holding you back from the future you deserve.

**Cancer 6/21-7/22** You're going to ride the wave of good vibes this week! The Ace of Cups is signaling a time that is overflowing with positive emotional energy.

Happiness, creativity, and compassion are yours for the taking. It also signifies the ability to strengthen your existing relationships -- and perhaps meet a new friend or lover! If you've felt closed off lately, it's time to open your heart to welcome the love and peace you deserve. This is your chance to sip from the cup of profound spiritual fulfillment, so drink up!

**Leo 7/23-8/22** Temperance is a card of balance and moderation. Receiving this card signifies a need to keep a more go-with-the-flow attitude, practicing patience and adaptability as best you can. Perhaps you've been resisting a change in your life or letting a stressful situation get the best of you. If this is the case, change your approach this week. Allow things to slide off your back instead of meeting them with resistance. By finding your inner balance, you set yourself up to find your outer balance once again.

**Virgo 8/23-9/22** You could be facing a major decision this week! This situation may be presenting a moral dilemma for you, and The Lovers card represents the need to develop greater clarity on what your values and beliefs are before determining how to proceed. Do you feel compelled to go a certain direction based on fears or feelings of guilt? Don't let those things become motivating factors. Instead, try to understand that every action has a reaction and decisions such as these are never easy. Stay true to yourself -- you can't go wrong.

**Libra 9/23-10/22** This week, the 8 of Pentacles is encouraging you to put your creative talents to good use and work hard at them. The more you create and hone your craft, the more others will take notice of what you're doing -- and the more inspired you will become. By putting yourself out there, you give others the opportunity to recognize your unique abilities, and this can serve as the motivation needed to continue to produce things you're really proud of. So, get out there and become the master of your domain!

**Scorpio 10/23-11/21** 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.

**Sagittarius 11/22-12/21** 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.

**Capricorn 12/22-1/19** Has it felt like you've been shouldering the weight of the world? The 10 of Wands acknowledges an immensely heavy burden you've been carrying around. It's possible you've taken on too much in trying to meet your goals, and now it's essential you ask for help or scale back on what you've committed yourself to. This may be a tough pill to swallow, because there are issues of pride and an unwillingness to delegate at play. However, you've reached a point where your ability to meet your goal is compromised. You deserve to enjoy life, so ask for that helping hand this week.

**Aquarius 1/20-2/18** 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..

**Pisces 2/19-3/20** It's time to take a break from your everyday life! The Hermit is indicating that you may have a need to withdraw and reflect this week. It could be that you've been immersed in many new experiences or spent much of your time recently socializing. Now it is necessary to go for a walk in the forest, take a long bath, book a weekend getaway, or anything else that helps you disconnect from the outside world and reconnect with your inner world. Recharging your spiritual batteries will help you re-emerge with a renewed perspective. *Tarot.com*