

May 18th- May 24th
2025

The Underground Lou

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Issue
#130

Juneteenth

Close to 40 Categories & Over
800 Nominees Highlighted

Louisville is ready to roll out the red carpet for one of the most empowering nights of the year for black businesses. The 4th Annual Black Owned Business &



Health Center (PDCHC) leads the way with its commitment to improving health outcomes in the community. PDCHC’s mission centers on providing safe, accessible, and affordable primary health care with a deep respect for quality and wellness. Their core values—Patient First, Integrity, Respect, Loyalty, Teamwork, and High Quality—reflect the very spirit of the BOBE Awards.

RHOP: Russell – A Place of Promise is also proudly supporting the event. This initiative is working to build Black wealth and support community transformation through partnerships and development in *(cont. on page 3)*

What to Do in the Lou

6/18 The Renaissance Group: Juneteenth Edition 5:30PM Whiskey Thief 283 Crab Orchard Rd. Frankfort, KY <http://ow.ly/iQvG50W74k8>
6/19 Community Free Day 10AM-5PM Muhammad Ali Center 144 N. 6th St. www.alicenter.org
6/20 Press Play 10PM-2AM Seidenfadens 1134 E. Breckinridge St. 502.744.3471
5/28 LULYP Connect: Mental Health Awareness Edition 6PM Louisville Urban League 1535 W. Broadway www.lul.org
5/31 Kentucky Plant Show 10AM-3PM KY International Convention Center 221 S. 4th St. www.eventbrite.com

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In This Week’s Issue!

(Pg. 1) Black Businesses & Black Excellence is Celebrated for the Fourth Year: Close to 40 Categories & Over 800 Nominees Highlighted *(cont. on page 3)*

(Pg. 2) Teen Talk: Chanel Wright

(Pg. 2) Healthy Recipes: Breakfast potatoes w/turkey sausage and canned tuna pasta dinner

(Pg.3) Mobile Mammography Screenings: Making Your Health a Priority

(Pg. 4) Prioritize Your Mental Health This May with the YMCA

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artisan pecan liqueur



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:

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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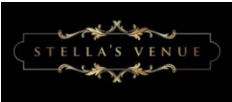
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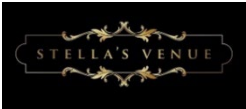
Rivulet 7th Main

- 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
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Prioritize Your Mental Health This May
with the YMCA

Horoscopes

Aries 3/21-4/19 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.

Taurus 4/20-5/20 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.

Gemini 5/21-6/20 The Strength card is signaling that you have the inner fortitude needed to gracefully navigate a difficult situation in your life. It's easy to get lost in emotions like anger, sadness, fear, or shame, but you're being called to rise above that this week and remain calm in this time of adversity. Don't act on your base instincts. Instead, embrace your more compassionate and forgiving side. This allows you to become a silent warrior who remains in control not only of yourself but the situation as well.

Cancer 6/21-7/22 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.

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 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!

Libra 9/23-10/22 Aren't you quite the social butterfly? The Queen of Wands indicates that a charming and enthusiastic energy is overflowing from within you this week, and others won't be able to help but take notice. In fact, you could find yourself smack dab in the center of the attention! This is the perfect time to put yourself out there, connect with others, and integrate yourself into a group of like-minded individuals. Don't hold back -- your enthusiasm could end up being contagious.

Scorpio 10/23-11/21 Have you felt like you're juggling too many things at once? This week, the 7 of Cups recognizes you have many competing priorities, and while it's noble to lend your energy to so many different things, it has proved impossible to give the right amount of attention to any one of them. As a result, one or more of those areas have suffered. Choice can be our friend, but it can also be our enemy. Now is the time to figure out where your time and energy is best spent.

Sagittarius 11/22-12/21 The 2 of Cups recognizes that partnership is going to be center stage for you this week. This partnership could be of the romantic variety, or it might be a something you've built with a platonic or professional ally. Even though the relationship you have with this person is still in the early stages, it has the potential to grow into something that will benefit the both of you long-term. Spend time cultivating this relationship now, while also rejoicing in the fact that your combined forces and mutual admiration will take you both far.

Capricorn 12/22-1/19 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.

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 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. *Tarot.com*

