

Aug 3rd– August 9th  
2025

# The Underground Lou

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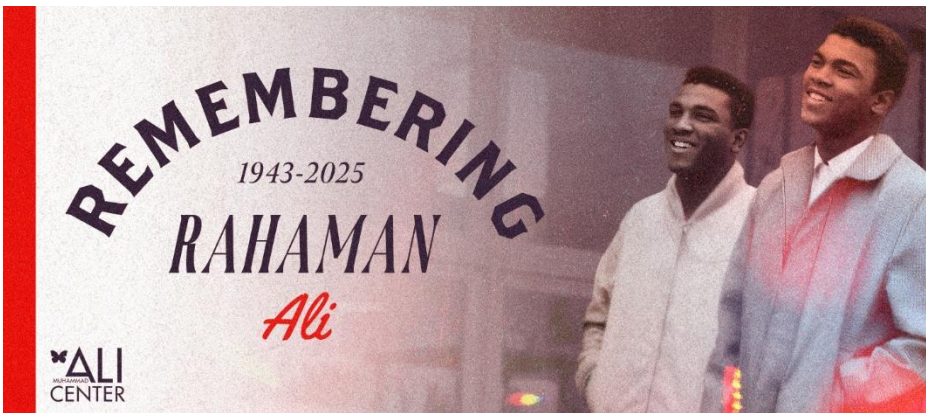
Issue  
#133

## Louisville Mourns the Passing of Rahman Ali, Brother of Muhammad Ali

The city is mourning the loss of Rahman Ali, younger brother of boxing legend Muhammad Ali, who passed away peacefully this week at the age of 81. Born Rudolph Valentino Clay to Cassius Marcellus Clay Sr. and Odessa Grady Clay in 1944, Rahman was a dedicated athlete, author, community voice, and lifelong supporter of his brother’s legacy. His death marks the end of an era for the Ali family, whose name remains etched in the heart of Louisville and beyond.

Though often in the shadow of "The Greatest," Rahman carved his own path in the boxing world. He fought professionally throughout the 1960s and 70s, building a record of 14 wins. But beyond the ring, Rahman was best known for his humility, his unwavering loyalty to his brother, and his dedication to speaking out on issues of justice and faith. In later years, he became a familiar presence at local schools, museums, and community events. He also wrote two books about life with Muhammad Ali titled "That's Muhammad Ali's Brother! My Life on the Undercard" in 2014, co-authored by boxing writer and columnist H. Ron Brashear and "My Brother, Muhammad Ali: The Definitive Biography" in 2019. His deep ties to the West End and his family’s roots in Louisville left an enduring impact on generations.

Funeral arrangements are being planned and will be shared with the public in the coming days. Louisville, a city shaped by the Ali legacy, now honors Rahman’s life with the same reverence it showed his legendary brother.



## What to Do in the Lou

**8/6 Let’s Plan: Planner Meet Up** 6PM-7:30PM California Community Center 1600 W. St. Catherine St. 502.574.2658  
**8/6 2025 Artist Enrichment Grant Workshop** 6:30PM Via Zoom [www.eventbrite.com](http://www.eventbrite.com)  
**8/7 Build a Better Business Conference** 7:30AM The Olmstead 3701 Frankfort Ave 502.583.6546 [info@ky-in.bbb.org](mailto:info@ky-in.bbb.org)  
**8/7 After Work Kickback** 6PM-10PM Tartan House 1027 E. Main St. [www.tartanhousebar.com](http://www.tartanhousebar.com)  
**8/7 Leo Zodiac Night** 7PM-10PM Louisville Downtown Moxy 100 W. Washington St. [www.moxylouisvilledowntown.com](http://www.moxylouisvilledowntown.com)  
**8/7 Thursdaze** 8PM-12AM Atomic 1125 Bardstown Rd.  
**8/8-8/10 Newburg Day Festival** Petersburg Park 502.574.1102  
**8/8-8/9 Bourbon Barbeque Mayhem** 4PM-7PM Bluegrass Harley Davidson 2755 Terra Crossing Blvd. [www.bourbonbbqmayhem.com](http://www.bourbonbbqmayhem.com)  
**8/8 West End Women’s Collaborative** 5PM-8PM 3835 Hale Ave [www.wewc4art.com](http://www.wewc4art.com)  
**8/8 Black & Diamonds Appreciation Dinner for Shameka Write** 6PM Roots 101 African American Museum 124 N. 1st St. [blacklivesmatternowhow@gmail.com](mailto:blacklivesmatternowhow@gmail.com)  
**8/8 Boss Fest Night Market** 6PM-10PM 411 S. 4th St. [www.melannaire.com](http://www.melannaire.com)  
**8/8-8/10 Mike Epps Live** Louisville Comedy Club 110 W. Main St. [www.louisvillecomedy.com](http://www.louisvillecomedy.com)  
**8/8 Girls Night Out** 8PM-10PM Bell of Louisville Riverboats 401 W. River Rd. [www.belleoflouisville.org](http://www.belleoflouisville.org)  
**8/8 Mural Reveal** 8PM Art Portal 1538 Lytle St. [www.portal-louisville.com](http://www.portal-louisville.com)  
**8/9 Free Family Fun Day** 11AM-3PM KMAC Contemporary Art Museum 715 W. Main St. [www.kmacmuseum.org](http://www.kmacmuseum.org)  
**8/9 Black Hair & Scalp Health** 1PM-5PM Roots 101: African American Museum 124 N. 1st St. [tinyurl.com/memberplay](http://tinyurl.com/memberplay)  
**8/9 Yesterdays Conversation Todays Result** 6PM 6210 Shepherdsville Rd. [www.eventbrite.com](http://www.eventbrite.com)  
**8/9 Lexington Hip Hop Day** 7PM-9PM Farish Theatre 140 E. Main St. 859.231.5597  
**8/9 DJ Mr. Yeah & ace Pro** 10PM-4AM Midnight Club 651 S. 4th St. 502.715.1120  
**8/10 Sonic Sermons** 4PM-8PM Whirling Tiger 1335 Story Ave [www.whirlingtiger.com](http://www.whirlingtiger.com)  
**8/10 Writing Salon** 10AM-12PM Art Portal 1512 Portland Ave [www.setandsettingshop.com](http://www.setandsettingshop.com)  
**8/10 Blame it on the Day Party** 4PM-10PM Mellwood Art Center 1860 Mellwood Ave [www.eventbrite.com](http://www.eventbrite.com)  
**8/10 Save Our Soul** 9PM-12AM Match Cigar & Bourbon Bar 207 Spring St. Jeffersonville, IN [www.matchcigarbar.com](http://www.matchcigarbar.com)  
**8/10 Sunday Service** 10PM Dasha Barbours 217 E. Main St. [www.dbsbistro.com](http://www.dbsbistro.com)  
**8/12 Drop-In Improv** 8PM The Audition Room 1320 E. Washington St. [www.auditionroom502.com](http://www.auditionroom502.com)

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## In This Week’s Issue!

- (Pg. 1) Louisville Mourns the Passing of Rahman Ali, Brother of Muhammad Ali
- (Pg. 2) Red Flags: Relationship Mistakes to Avoid
- (Pg. 2) Healthy Recipes: Break Chicken Salad Sandwich & Nettle & Hibiscus Sweet Tea
- (Pg. 3) Amped Russell Technology Business Incubator (RTBI)
- (Pg. 3) Applications are open for the 2025-2026 class of GoTeachKY ambassadors
- (Pg. 4) The First Car Project

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2025 DIRT BOWL AWARDS

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### ROOTED IN CARE

A Back To School Summit on Black Hair & Scalp Health

BRIANA CRADDOCK  
DERMATOLOGY NURSE PRACTITIONER

JACQUEE MCNEAR  
PHYSICIAN ASSISTANT

ALANNA HAINES  
STYLIST

ROOTS 101  
BLACK HAIR & SCALP HEALTH

UNIVERSITY OF LOUISVILLE  
OFFICE OF COMMUNITY ENGAGEMENT

Play Cousins

**CAREGIVER WORKSHOP**  
HOW TO CARE FOR YOUR CHILD'S HAIR  
LEARN TIPS, TECHNIQUES, AND TOOLS FOR DIFFERENT TEXTURES, AND TURN WASH DAY INTO A BONDING MOMENT.

**TEEN HAIR SCHOOL**  
LOCAL TEENS TEACH KIDS HOW TO BRAND AND CARE FOR THEIR HAIR—WITH PRIDE AND JOY.

**STORYTIME FOR LITTLES**  
THE POWER IN OUR HAIR  
CELEBRATE EVERY CURL, KINK, AND COIL WITH A PLAYFUL STORYTIME AND IDENTITY-CELEBRATING ACTIVITY.

**COMMUNITY PANEL**  
HEALING AT THE ROOT  
BLACK DERMATOLOGISTS, STYLISTS, AND COMMUNITY VOICES SHARE HOW TO CARE FOR OUR CROWNS AND NAVIGATE MEDICAL BIAS.

**VENDOR FAIR**  
SUPPORT BLACK-OWNED BUSINESSES OFFERING HAIR CARE, WELLNESS, AND BACK-TO-SCHOOL ESSENTIALS.

**THIS EVENT IS FREE AND OPEN TO ALL FAMILIES. LIMITED SPOTS AVAILABLE. REGISTER EARLY!**

**9TH AUG 1-5PM**

**AT ROOTS 101 124 N 1ST ST.**

**A BACK-TO-SCHOOL CELEBRATION OF BLACK HAIR, HEALTH, AND HERITAGE**

Before our children head back to classrooms shaped by dominant culture, we gather in love and tradition. "Rooted in Care" celebrates the beauty, power, and protection in Black hair. More than style—it's about care, community, and confidence. Join us for hands-on workshops, youth-led learning, expert panels, and a vendor fair all about Black hair and scalp health.

[TINYURL.COM/MEMBERPLAY](http://TINYURL.COM/MEMBERPLAY)



artisan pecan liqueur





Red Flags: Relationship Mistakes to Avoid

We often use the term “Red Flag,” which typically indicates a deal breaker or boundary you refuse to accept from someone; but how often do you address the red flags in your own personal life? This session will help you identify red and green flags within us and relationships to ensure we’re not settling and living at our fullest potential. Learn some tools to help remove past baggage, toxic traits, poor communication and time wasting; so, we can gain the ideal relationship with God, ourselves and partner.

-Katrina Beasley, PhD Owner/CEO of Holistic Wellness & Counseling

"Self-care is the art of nurturing your mind, body, and soul to achieve inner harmony."

Register today! Tuesday August 19th at 7PM Virtual [www.holistic-wellness-counseling.com](http://www.holistic-wellness-counseling.com) contact 502-909-8636 for more information.

Healthy Recipes



Break Chicken Salad Sandwich



Serves: 2 Est. cost: \$8.35 Est. cost per serving: \$4.18

Ingredients:

- 6 oz cooked skinless chicken breast, shredded or diced
- 2 tbsp mayonnaise
- 2 tbsp plain non-fat Greek Yogurt (or 4 tbsp yogurt only)
- 2 tsp Dijon mustard
- 2 tbsp red onion, diced
- 2 tbsp celery, diced (optional)
- 4 tbsp fresh parsley, chopped (or cilantro, dill, tarragon, mixed herbs)
- 1 tsp lemon juice
- Sea salt to taste
- Ground pepper to taste
- 4 slices whole wheat bread, toasted if desired
- 1 ea small tomato, sliced
- 1 cup baby spinach

Optional Toppings:

- Salsa
- Green onion
- Fried egg

Equipment: Chef’s knife, Mixing Bowl, Pan, Wooden Spoon

Directions:

1. In a medium bowl, combine chicken, mayonnaise, yogurt, mustard, onion, celery, and parsley.
2. Mix well and season with salt and pepper to taste.
3. Adjust ingredients as needed.
4. Top two slices of bread with half of the chicken salad mixture, tomatoes, and spinach.
5. Top with remaining slices of bread. Enjoy!

Health Benefits:

Whole Wheat Bread is high in fiber, which can aid in regulating the digestive system and blood glucose levels. Phyto-chemicals such as selenium and magnesium may help reduce the risk of certain cancers.

Spinach is loaded with Vitamin C to support the immune system. Spinach also contains folate which can increase red blood cells and support the growth of nervous system.

Recipe provided by Reanetta Perkins

Nutrition Facts

Serving Size: 1 serving	
Amount per serving	% Daily Value*
Calories	212.2 kcal....11%
Total Fat	7.7 g.....12%
Saturated Fat	1.5 g.....7%
Trans Fat	0 g
Cholesterol	46.8 mg.....16%
Sodium	337.2 mg.....14%
Total Carbohydrate	17.6 g.....6%
Dietary Fiber	2.9 g.....12%
Sugars	2.7 g
Protein	18.8 g.....38%
Vitamin A	24%
Vitamin C	16%
Calcium	9%
Iron	9%

\* Percent Daily Values are based on a \$2,000 calorie diet. Your daily values may be higher or lower depending on

Nettle & Hibiscus Sweet Tea



Serves: 4 Est. cost: \$4.00 Est. cost per serving: \$1.00

Ingredients:

- 1 cup nettle herb, chopped
- 4 cups water
- ½ cup Hibiscus (Sorrel)
- 1 tsp ginger fresh OR 2 tsp ginger powder
- 2 tbsp sweetener (e.g., honey, date syrup, agave)

Optional: 2 cinnamon sticks OR 2 tsp cinnamon powder

Equipment: medium saucepan, strainer/cheesecloth (optional), stove, spoon, pitcher

Directions:

1. Heat water on medium-low for 10 minutes.
2. Turn down low and add nettle and hibiscus. Steep for 15-20 minutes. The longer the stronger the taste.
3. Turn off the heat and stir in ginger and sweetener.
4. Allow it to cool. Strain into pitcher.
5. Serve over ice or warm. Blend with basil and over ice for a nice cool and healthy treat. Enjoy!

Health Benefits:

Nettles provide a wide range of natural minerals such as zinc, folate, iron, and magnesium that are safe for children and pregnant women. Known as a functional food (herb), it is filled with abundant nutritional goods.

Hibiscus is not only filled with Vitamin C (high), but it also provides an abundance of antioxidants that specifically fight diseases to help reduce and reverse the damage created by cancers, heart disease, and diabetes.

References: Recipe provided by LA Dixon

Nutrition Facts

Serving Size: 1 serving	
Amount per serving	% Daily Value*
Calories	37.7
Total Fat	0 g.....0%
Saturated Fat	0 g.....0%
Trans Fat	0 g
Cholesterol	0 mg.....0 %
Sodium	8.5 mg.....0%
Total Carbohydrate	8.5 g.....0%
Dietary Fiber	1.6 g.....6%
Sugars	6.6 g
Protein	0.6 g
Calcium	114.7%.....9 %
Iron	0.4 mg.....2 %
Potassium	133.8 mg.....3%

\*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).

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.

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



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M&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!

Applications are open for the 2025-2026 class of GoTeachKY ambassadors

The Kentucky Department of Education (KDE) is looking for new GoTeachKy ambassadors for the 2025-2026 school year.

The mission of GoTeachKY, an initiative of KDE, is to ensure that all students across the Commonwealth have equitable access to effective educators. GoTeachKY seeks to recruit the next generation of teachers in Kentucky, helping remedy the critical teacher shortage that affects every state in the U.S.

GoTeachKY ambassadors will act as the face of the GoTeachKY initiative, connecting with prospective educators and community members primarily through digital platforms like social media and Microsoft Teams. They also will foster positive in-person connections with colleagues and students at secondary and post-secondary schools. As representatives of the teaching profession, ambassadors will provide valuable information to those considering teaching careers and contribute to the elevation of the teaching profession.

To be eligible for the GoTeachKY Ambassador program, participants must:

- Hold a valid Kentucky teaching certificate in good standing with Education Professional Standards Board;
- Hold a teaching position in a Kentucky public school (and anticipate being employed in this role during the next school year);
- Have at least four years of experience as a teacher, principal or other certified school staff member, up to and including the current school year;
- Have daily meaningful interaction with students and educators in his/her school role;
- Be proficient in using social media platforms;
- Have strong written and oral communication skills;
- Be able to attend the state Educators Rising Competition all day March 5, 2026, in Louisville. Substitute reimbursement will be available for your district for the day; and
- Be willing to work on a small group project with a regional group related to school climate that you will speak about to the group during meetings.

GoTeachKY ambassadors also must be able to attend a minimum of 80% of monthly meetings (The first meeting is in person and required. Reimbursement for your substitute will be available.) The meeting dates are:

- Oct. 15, 11:30 a.m.-1:30 p.m. ET (in Frankfort, required)
- Nov. 12, 4:30-5:30 p.m. ET (online)
- Dec. 10, 4:30-5:30 p.m. ET (online)
- Jan. 21, 2026, 4:30-5:30 p.m. ET (online)
- Feb. 18, 2026, 4:30-5:30 p.m. ET (online)
- March 18, 2026, 4:30-5:30 p.m. ET (online)
- April 15, 2026, 4:30-5:30 p.m. ET (online)
- May 20, 2026, 4:30-5:30 p.m. ET (online)
- Jun 17, 2026, 11:30 a.m.-1:30 p.m. ET (in Frankfort)

Ambassadors will receive a \$75 monthly stipend with opportunities to earn additional compensation.

Are you ready to apply? Visit [www.goteachky.com](http://www.goteachky.com) to get started today! Applications close on Sept. 30. Please forward to your network of outstanding educators as well.

Please note: This application does have a section to upload a video file answering the question, “Record a short video (less than 3 minutes) answering the following question. Who inspired you to become a teacher and how did they inspire you?” You may want to record this video and upload it to a cloud platform such as Google Drive prior to starting this application. The name and photo associated with your Google account will be recorded when you upload files and submit this form.

For more information, please email [justin.edwards@education.ky.gov](mailto:justin.edwards@education.ky.gov) or [jarvis.terrell@education.ky.gov](mailto:jarvis.terrell@education.ky.gov) at the Kentucky Department of Education.

GO FOR THE GOAL

YOUTH SPORTS FALL OUTDOOR SOCCER

the Y YMCA OF GREATER LOUISVILLE

FOR YOUTH DEVELOPMENT FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

DEVELOP AND GROW AS ATHLETES WITH FALL OUTDOOR SOCCER!

Players will have the opportunity to improve their game through practice drills, teamwork activities, and exciting matches.

- Practices begin in August
- Ages 3-14
- Available at locations in Jefferson, Bullitt, and Oldham counties, as well as Southern Indiana.

FINANCIAL ASSISTANCE: The Y believes every child should be able to participate. Financial assistance is available.

REGISTER through JULY 31 and SAVE! Registrations after July 31 will be charged a \$15 late fee.

TOGETHER WE CHANGE LIVES

PLAY LIKE THE PROS

YOUTH SPORTS NFL FLAG FOOTBALL

the Y YMCA OF GREATER LOUISVILLE

FOR YOUTH DEVELOPMENT FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

REGISTER TODAY FOR YOUTH NFL FLAG FOOTBALL AT THE Y

ADD TO YOUR PLAYBOOK! Learn the basics of the game, as well as how to be a quarterback, running back, and wide receiver.

Practices begin mid-August Ages 5-11 • Locations include:

- Clark County Family YMCA
- Northeast UPS Fields
- YMCA at Norton Commons
- Oldham County Family YMCA
- Republic Bank Foundation YMCA
- Southeast Family YMCA
- Southwest Family YMCA

FINANCIAL ASSISTANCE: The Y believes every child should be able to participate. Financial assistance is available.

NFL JERSEYS INCLUDED!

REGISTER TODAY!





Health Daddy Wow

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This is an emerging retail manufacturing company we have withstood some test of times we look forward to growing our brand meticulously grinding out our time until we are number 1. we have evolved into a position to offer 100% exchange warranty on all denum apparel purchased online or in person purchase. we dedicate our time to customizing and putting compassion and love into each piece we are working daily to curate the most trending and upcoming trends. staying abreast with times and textures has become our very best hobby we enjoy fashion documentaries long runs art exhibits hand painting and grounding our brand expresses sustainability throughout our procedures as well as our commitment to serving you.

LETS TALK ABOUT EVERYTHING SO I CAN GIVE IT SOME CLOSURE .

The journey of becoming--of growing, learning, and evolving --is rarely straightforward. Perfection has never been the goal, but rather intention, effort and authenticity. Though each step had presented its challenges, we remain committed to creating meaningful, thoughtfully designed pieces that reflect both individuality and shared experience.

Every item we craft is more than a product; it's a reflection of a process, one that embraces imperfection, honors growth, and welcomes transformation. As we continue to evolve, so do our offering. We are proud to create pieces that not only adapt to your lifestyle but also grow with you, telling your story one soft detail at a time.

The First Car Project



The First Car Project is a nonprofit charity dedicated to supporting foster youth as they transition to independent living. TFCP donates used cars to eligible young adults and also provides six months of insurance coverage and covers Kentucky registration fees to help recipients get on the road with confidence.

Training on a car ownership will be provided. Applications are open until September 2nd. All required items must be submitted no later than September 2nd to be considered.

Apply at [www.thefirstcarproject.com](http://www.thefirstcarproject.com) or by scanning the QR code

[thefirstcarprojectky@gmail.com](mailto:thefirstcarprojectky@gmail.com)

502.900.4848



Horoscopes

**Aries 3/21-4/19** 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!

**Taurus 4/20-5/20** The Chariot is a card that encourages willpower, action, and self-control. This week, you're being asked to step into your power and bravely take the reins as you propel yourself toward a goal you have. This is no time to passively wait for good things to happen to you. This card knows that anything worth having requires hard work and discipline. By strapping on your emotional and mental armor, you allow yourself to charge into your future, undeterred by whatever obstacles pop up along the way.

**Gemini 5/21-6/20** Let the good times flow! The 3 of Cups is a card of celebration and friendship, so you could find yourself in "party mode" this week with those closest to you. Organize a night out on the town with friends. Host a dinner party for family. Gather a few coworkers and hit up a happy hour. This isn't so much about what you do as it is the camaraderie you'll feel with those around you. Life isn't all about responsibilities and commitments, so let loose and enjoy yourself right now!

**Cancer 6/21-7/22** The 2 of Wands is urging you to spend time in the present planning for what's going to happen in your future. You have a whole world of possibilities in front of you right now, but this isn't the time to act on impulse or instinct. This week you're being called to weigh all your options, carefully considering the pros and cons of each path. But this doesn't mean you should be afraid of going outside of your comfort zone! Uncharted territory can lead to long-term success if you go into it with realistic expectations and a clear plan in place.

**Leo 7/23-8/22** 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.

**Virgo 8/23-9/22** The 9 of Swords indicates that you are suffering from some kind of loss or disappointment right now. This could have been something you saw coming, or it could have been something sudden and unexpected. Regardless, this stress has been weighing on you, possibly making you feel as though you'll never recover from this situation. Take the time necessary to grieve and heal, keeping in mind that although what you're going through is tremendously difficult, you can move on and grow from this experience.

**Libra 9/23-10/22** Get ready to sit high upon your throne this week! The Queen of Swords is incredibly perceptive, embodying an intellectual sharpness and maturity that helps her tune out the noise of emotion and outside opinion. You could be facing a decision now or in the near future, and this card is serving as a reminder to rely on your logic and to look at all the facts before proceeding. You have an abundance of experience and wisdom that you can draw upon, so make sure to utilize it.

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

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

**Capricorn 12/22-1/19** Someone is going to need a little extra TLC this week! The Queen of Pentacles is a true provider -- she's the one who makes sure everyone is fed, the home is tidy, and that she's giving enough time and attention to her loved ones. When she shows up in a reading, it's a signal that someone may need more support than usual. Is someone you know struggling, or is it you who could use a shoulder to lean on? If you are feeling in over your head, don't be afraid to seek out help. Resources are out there, and it's OK to ask for what you need.

**Aquarius 1/20-2/18** Success is within your grasp! The King of Pentacles is indicating you've got what it takes to create financial abundance in your life, and now you just need to move forward with whatever ideas you may have been contemplating. Have you been considering starting a new business venture or investment of some kind? This could be the signal you've been waiting for to go for it -- but don't just charge ahead. Coming up with a plan and getting all your ducks in a row will ensure you see the most fruitful outcome possible.

**Pisces 2/19-3/20** 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. *Tarot.com*