

Aug 10th – Aug16th
2025

The Underground Lou

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Issue
#134

West On Wednesday Brings Flavor and Connection to Blak Koffee II

Community luncheon blends great food, networking, and local business support in West Louisville

Blak Koffee II is set to host the next West on Wednesday gathering on August 27, 2025, from noon to 2 p.m. at its location inside the Goodwill West Louisville Opportunity Center, 2820 W Broadway. This lively lunchtime event offers guests a chance to enjoy a delicious meal, meet new people, and experience the spirit of the West Louisville business community.

For just \$15, attendees will receive lunch and a fountain drink, with a choice between a veggie wrap with chips, chicken tenders with fries, or chicken salad on a croissant with chips. The afternoon promises not only great food but also an opportunity to network, connect, and support local business growth.

Blak Koffee II, known for its warm atmosphere and dedication to blending coffee, culture, and community, continues to be a hub for neighborhood gatherings and local engagement. Sponsored by Heaven Hill Brands and produced by the Louisville Independent Business Alliance, West on Wednesday aims to highlight and uplift local businesses while fostering connections that strengthen the community.

For more information or to register visit www.keeplouisvilleweird.com/wow.



What to Do in the Lou

8/12 Drop-In Improv 8PM The Audition Room 1320 E. Washington St. www.auditionroom502.com

8/13 A Purposeful Ponte 6:30PM Sip & Paint 6:30PM Waters Edge Winery & Bistro of Etown 114 S. Mulberry St. Elizabethtown, KY

www.winervetown.com

8/13 AllVibes ATL 2U Tour: Gwalla Cartel 7:30PM-2AM Norae Bar

717 E. Market St. 770.203.6614

8/15 After Hours at the Speed 5PM-9PM Speed Art Museum

www.speedmuseum.org

8/15 In Dusk: Wanna dance DJ's Morris Koad 5PM-11PM Rooftop

Bourre Bonne 133 W. Market St. www.bourrebonne.com

8/15 Own Your Strength with Bree' Vaughn 6:30PM Norton Sports & Learning Complex 3029 W. Muhammad Ali Blvd. 502.916.8198

8/15 The Writers' Room 6PM-9PM The Presley Post 734 W. Main St.

Suite 106 502.916.2013

8/15 Pottery Workshop: Hand Building 7:30PM New Albany Clay

Collective 1015 E. Main St. New Albany, IN

www.newalbanyclaycollective.com

8/15 Live Music: DJ Savvy 7PM-10PM Waters Edge Winery & Bistro

of Etown 14 S. Mulberry St. Elizabethtown, KY www.winervetown.com

8/15 Vory & Friends 8:30PM-11:30PM Spinellis 574 S. 4th St.

www.eventbrite.com

8/15 Vory & Friends After Party 11PM-3AM Stellas Venue 1348 River

Rd. 502.906.7200

8/15 Sunset Social: Tiki Style! 5PM-9PM High Stakes Rooftop 710 E.

Jefferson St. 502.901.9355

8/16 KILIMO Summer Work Day 9AM-3PM 4011 W. Kentucky St.

8/16 Labor Support & Training 12PM online

www.sistesong.net/bjprogramming

8/16 Family Day Out 3PM-5PM Cambria Hotel 130 S. Floyd St.

info@donatelifeeky.org

8/16 Suits Stogies & Stilettos Affair IV 5PM-11PM African American Heritage

Center 1701 w. Muhammad Ali Blvd. 502.583.4100

8/16 Shuffle & Repeat 7PM What the Lou 1101 Goss Ave 502.741.8452 \$10

8/16 Other: House, Electric, Hip-Hop Music Experience 8PM-12AM Against

the Grain 401 E. Main St. 502.515.0174

8/16 Linen & Lace 9PM-2AM Noble Funk Brewing 922 S. 2nd St.

www.utopialouisville.com

8/17 Brunch & Bibles 11:30AM-1PM The Presley Post 734 W. Main St.

502.916.2013

8/17 Swing Into Balance W/Urban Eagle 1PM-4PM Shawnee Golf Course 460

Northwestern Pkwy www.urbaneaglegolf.com

8/17 Music 101 Louisville 1PM-5PM Merles Whiskey Kitchen 122 W. Main

St. www.eventbrite.com

8/18 Industry Night 5PM-7PM Hotel Bourre Bonne Rooftop Bourre Bonne

133 W. Market St. Tanesha.washington@rndc-usa.com

8/19 Strong Women Strong Coffee: How to Monetize Your Business 9AM

Guide Realty Compass Center 1591 Winchester Rd. Suite 104 Lexington, KY

8/20 Wealth Building & Security Workshop 6:30PM-8:30PM Roots 101: African American Museum 124 N. 1st St. 502.384.1940

8/27 The Blend: Mic'd Up Edition 5PM Vines Wine Bar & Spirits 1985 Douglas Blvd advertise@theundergroundlou.com

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In This Week's Issue!

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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 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:

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

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

Let us know where you’d like to see the Lou!
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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.

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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. Applications open AUGUST 2025-Click the QR code to get on the RTBI waitlist.

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



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 to order yours today!

Dry Skin? Eczema? Psoriasis? Let's Talk

Where do I begin?

In 2018 when my son’s skin started breaking out from different lotions and creams, I decided to start making my own. Then covid happened and I really became laser focused on trying to get this formula right. This is something I tend to do whenever store bought products just aren’t doing the trick. I mean, who wants to keep reapplying products throughout the day? I needed something I could apply after my shower, that would keep my skin moisturized all day. Something that would leave my skin glowing and smooth, with a lasting scent.

I picked butter like (mango, shea, cupuacu, kukum, cocoa) and oils like (jojoba, sweet almond oil, vitamin e and so on) that I could blend and whip together to make an amazing cream or lotion. The scents I pick are all-natural essential oil that I blend with the butter. It’s always best to apply oil or butter on damp, not dry, skin or hair, for easy absorption, and trust me, a little goes a long way. My creams and lotions are suitable for all ages and all skin types, from head to toe.

- Ryan Gipson
yaniksessentials@gmail.com
[@yaniksessentials](https://www.instagram.com/yaniksessentials)



DREAM, DISCOVER, CREATE
BEST BUY TEEN TECH CENTER
Republic Bank Foundation YMCA

The Best Buy Teen Tech Center is a place where teens can develop critical skills through hands-on activities that explore their interests in programming, film-making, music production and design. We work to bridge the digital divide by giving youth access to tech education opportunities, relationships that help build confidence, and a foundation for school and career success. Within the center we have:

RECORDING STUDIO (open to youth 12-18 — reservations required)
Each reservation is for one hour. Teens must be familiar with how to use Pro Tools, or be willing to watch tutorials to teach themselves.
HOURS
The Best Buy Teen Tech Center: Monday-Friday, 3-7 pm.
Please be sure to give us a call ahead of time at 502.935.9622 for Best Buy Teen Tech Center hours on holidays or on days with inclement weather.

- Best Buy Teen Tech Center Offerings
- Green screen for video production
 - Recording studio for music or podcasts
 - Music production equipment
 - Beat making software
 - Graphic Design Software
 - Professional DJ software
 - Guitar
 - Drawing Tablet
 - Coding Robots
 - Cameras
 - 3D printer
 - VR Headsets
 - T-shirt Press



A YMCA membership is not required for youth to use the Best Buy Teen Tech Center.
The Teen Tech Center is made possible through Best Buy and the Best Buy Foundation.



The Best Buy Teen Tech Center is located at:
Republic Bank Foundation YMCA, 2nd floor • 1720 West Broadway, Louisville, KY 40203

MYTH-BUSTING YOUR JOB SEARCH WORKSHOP

Think you need a one-page resume? Heard you shouldn't apply unless you meet every requirement? In this interactive workshop, we'll separate fact from fiction. Walk away with practical tips, renewed confidence, and a clearer path forward in your job search.

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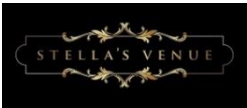
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DRESS CODE: TRENDY AND UPSCALE ATTIRE REQUIRED. FELLAS: BLAZERS AND POLISHED LOOKS ARE ENCOURAGED; SNEAKERS ARE WELCOME IF STYLED WITH A BLAZER. LADIES: COCKTAIL DRESSES AND HEELS ARE PREFERRED BUT BRING YOUR UNIQUE FLAIR. NO BALL CAPS, HOODIES, T-SHIRTS OR ATHLETIC WEAR.

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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 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 or by scanning the QR code

thefirstcarprojectky@gmail.com

502.900.4848



Horoscopes

Aries 3/21-4/19 It's time to celebrate! The 4 of Wands recognizes you've been putting forth great effort toward your goals. While it's tempting to keep charging forward, it's nice to pause and simply appreciate all that you've achieved so far. Allow others to share in this commemoration of your success. This can be anything from hosting a small celebratory dinner to throwing a raucous party. Remember, you can still strive toward your goals while stopping every once in a while to enjoy the fruits of your labor.

Taurus 4/20-5/20 Receiving The Hanged Man could indicate a major shift in perspective is coming this week. Alternately, it may mean that some sort of sacrifice is needed. The process The Hanged Man wants you to undergo in the days ahead may feel uncomfortable, but it can lead you to a much-needed release of negative past patterns that are no longer serving you. What have you been holding on to, and how have these beliefs held you back? This week you're being encouraged to let go of them once and for all.

Gemini 5/21-6/20 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.

Cancer 6/21-7/22 Brace yourself! Unexpected change might be headed your way this week. The kind of change The Tower signifies is sudden and unforeseen. Your first instinct may be to reject this shift -- but ask yourself why you're so resistant. Yes, these situations aren't easy to go through, but change is necessary to progress. This jolt to your system is what you've needed to see where the cracks in your foundations are. In turn, it allows you to rebuild on more stable ground. Embracing this transition period and what it can teach you will lead to greater personal rewards down the road.

Leo 7/23-8/22 The Page of Pentacles represents enthusiasm for new beginnings and new ventures. This week, you are being encouraged to express your creative talents in some way. Have you been thinking about starting something but haven't taken the first steps to get it off the ground? This card wants you to take those imaginative ideas you've been toying with and start working toward manifesting them. By remaining focused and applying a strong work ethic, you give yourself the ability to turn your dreams into a reality.

Virgo 8/23-9/22 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.

Libra 9/23-10/22 You may feel compelled to go above and beyond for others this week! The 6 of Pentacles is a card of generosity, charity, and giving and receiving. This could be in a literal sense, indicating that you may give someone a loan or some other kind of financial support. However, this could also be a time when you are generous in spirit, helping someone move, lending advice, or offering much-needed support to a loved one going through a tough time. Some of the most treasured gifts we give to others are free.

Scorpio 10/23-11/21 This week the 9 of Pentacles is inviting you to savor the fruits of your labor. You've been putting your blood, sweat, and tears into your goals, and you are now seeing deserved success as a result of your efforts. This is the time to take advantage of the material comfort you've created for yourself. So, go ahead and book an expensive spa package. Take yourself on a trip. Buy that expensive bottle of wine you've been eyeing. You've more than earned the right to splurge!

Sagittarius 11/22-12/21 The 5 of Cups indicates you've been allowing yourself to wade in a sea of regret and disappointment. While the pain you're feeling is very real and shouldn't be minimized, it isn't a free pass to stay stuck in this mode forever. By choosing to focus on your perceived failures or mistakes, you can't see the positive things right in front of you, nor can you move on toward greener pastures. There's still hope, and it's important this week that you find where that hope is and shift your attention to that.


Capricorn 12/22-1/19 Don't give up just yet! Your card this week, the 7 of Pentacles, is reminding you that anything worth having can't be achieved overnight. Perhaps you've been working on a project or area of your life and haven't yet reaped the rewards of your efforts. Understandably, this has been a source of frustration for you. Remind yourself that this wasn't an easy task and take pride in the effort you've already put forth. Your hard work and patience may not have paid off just yet, but they will soon enough.

Aquarius 1/20-2/18 The 4 of Cups signals that you have been feeling unfulfilled and craving some kind of change in your life. Perhaps you are looking around and seeing what others have, longing for those things that aren't a part of your own life. It might also be that you feel unmotivated in your present circumstances. While it's nice to aspire, it's easy to get caught up in an unhealthy cycle of desire. This week try to address the root cause of these feelings. Is the grass really greener on the other side, or do you just need to spend time watering your own grass?

Pisces 2/19-3/20 There may be no stopping you this week ... but is that a good thing? The Knight of Swords is a card cautioning against going after what you want at all costs. Yes, it's good to have dogged ambition, but only when you've considered all the challenges and consequences first. Before making your move, examine all the variables. What will you gain? What could you lose? Will you be neglecting those around you in pursuit of your goals? Understanding the fine line between determination and obsession could prevent you from potential headaches down the road. *Tarot.com*

Volunteer at Feed the West

Looking to tap into your #Community?! Volunteer with CTCT!



tinyurl.com/VolunteerCTCT

Paid Canvassing Opportunity

Change Today Change Tomorrow is offering a paid canvassing opportunity to make a difference in your community. CTCT is looking for outgoing, passionate people who love talking to people, being outside, and creating real change. You'll go door to door helping to spread the word about the West End Farmers Market and all the amazing work that CTCT does in the community.

You will receive a \$50 virtual gift card, training and support with no experience required while meeting new people and uplifting the community. All you need is good energy, reliability and willingness to speak up.

Sign up at www.tinyurl.com/CTCTCanvas or contact changetodaychangetomorrow@gmail.com.



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