

Aug 17th – Aug23rd
2025

The Underground Lou

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Issue
#135

Breaking the Strong Black Woman Burnout – Rest Without Guilt

You ever hit that point where your body says, “Sis, we’re done” but your to-do list says, “We’re just getting started”? That’s how burnout creeps in – one “I got it” at a time.

The Blueprint We Inherited

I grew up surrounded by strong women who could cook Sunday dinner, braid three heads, pay bills, and comfort a neighbor – all in the same day. I thought that was just what we did. Until one day, my own body decided it was done with the 24/7 superhero role. Turns out, being strong without rest isn’t strength. It’s survival mode on repeat.

What Burnout Really Looks Like

Burnout isn’t just feeling tired – it’s your mind, body, and spirit waving a red flag.

Why Black women are often at higher risk: Cultural expectations, generational patterns, and the unspoken “don’t stop” mentality pile up until exhaustion feels normal. We are so used to saying, “I’m tired” anytime someone asks us how we are doing, that we truly believe it’s normal. It is not normal to wake up feeling exhausted every day. It is not okay to live your life feeling forgetful and overwhelmed because you refuse to create and protect your boundaries. Sis, you’ve got to take off your cape.

What does burnout actually look like? Chronic fatigue, irritability, brain fog,



headaches, digestive issues – these are all signs that your nervous system is overworked. Additionally, burnout can look like walking away from things and people you love because you no longer have the mental capacity to handle them. It can look like ignoring your phone even though you know you have over 100 unread texts to reply to. It can look like vegging out on the couch all weekend with the inability to make even the smallest decisions. It can feel like you’re stuck in a situation you don’t want to be in without the desire to even try.

The Hormone Tie-In: Typically, burnout comes from a long season of consistent stress. The stress we ignore because, “that’s just the way it is.” Ladies, chronic stress is one of the most common causes of hormonal imbalance. Stress spikes cortisol which disrupts your estrogen, progesterone, and thyroid hormones. That can mean mood swings, weight gain, sleep issues, and more intense PMS. This means that while you may mentally be ignoring the stress, your body is keeping the score.

My challenge to you this week is to get intentional about taking care of yourself. Manage your life, your schedule, and your health before it manages you. *(cont. page 2)*

What to Do in the Lou

- 8/20 The Pit Stop Runners Club 6:30PM Cherry Pickin’ Goods 828 E. Main St. www.cherrypickinggoods.com
- 8/20 Wealth Building & Security Workshop 6:30PM-8:30PM Roots 101: African American Museum 124 N. 1st St. 502.384.1940
- 8/20 Slow Motion Sip & Paint 6PM-9PM @slowmotionpotions
- 8/22 Strong Women Strong Coffee 10AM-11:30AM Fly Hip Ageless Creative Hub 1025 E. Washington www.wbckentucky.org
- 8/22 After Dusk: Wanna Dance DJ’s 5PM Bourre Bonne Rooftop 133 W. Market St. 502.384.3347
- 8/22 Elevee.mp3: A Pop-Up Sound Experience by DND 7PM Vitage Vibe 748 E. Market St. www.vintagevibelou.com
- 8/22 Downtown Drive-In at the Waterfront: Men in Black PG-13 8PM Brown-Forman Amphitheater 1301 River Rd. www.louisvillelowntown.org
- *free
- 8/23 Black Men’s Wellness Day 7AM Norton Healthcare Sports & Learning Center 3029 W. Muhammad Ali Blvd. www.aawellness.org
- 8/23 Chickasaw Park Family Canoe Day 10AM-1PM Chickasaw Park 1200 Southwestern Pkwy www.memorialforest.com ages 7+ free
- 8/23 Creative Couture Girls Night 6PM-10PM
- 8/23 Seal of the Summer 6PM-12AM The Mammoth 744 13th St. www.posh.vip.com 502.758.8338
- 8/24 Xquisite Nutrition 3 Year Anniversary 1PM-4PM Xquisite Nutrition 2631 S. 3rd St. 502.384.0646
- 8/27 West on Wednesday: Blak Koffee II 12PM-2PM Blak Koffee II (Goodwill Center) 2820 W. Broadway www.keeplouisvilleweird.com/wow
- 8/27 The Blend: Mic’d Up Edition 5PM Vines Wine Bar & Spirits 1985 Douglas Blvd advertise@theundergroundlou.com *free

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In This Week’s Issue!

- (Pg. 1) Breaking the Strong Black Woman Burnout – Rest Without Guilt
- (Pg. 2) Healthy Recipes: Break Chicken Salad Sandwich & Nettle & Hibiscus Sweet Tea
- (Pg. 3) Become a Mentor with the Y-NOW Program
- (Pg. 3) Dry Skin? Eczema? Psoriasis? Let's Talk
- (Pg. 4) The First Car Project
- (Pg. 4) Paid Canvassing Opportunity

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Editor’s Note: “Not taking time for self-care will lead to burnout. What makes you feel good?”

(cont. from page 2) Quick Wins for Rest Without Guilt

1. Schedule rest like a meeting and protect it. If it’s on your calendar, it’s real.
2. Drop one ‘extra’ thing this week. The world won’t fall apart — promise.
3. Practice a 10-minute daily wind-down. No phone, no noise, just breathe (maybe add a little lavender, cedarwood, or vetiver to turn off the hamster wheel in your brain)

Please know that taking rest isn’t laziness. Rest is the fuel that keeps you alive to do the things that matter. And you don’t have to earn it — you just have to take it.

Want to restore your energy without guilt? Follow @DrAshleyDAnderson for daily tips to balance hormones and protect your peace.

Dr. Ashley D. Anderson, PhD,
WHNP-BC

Natural Hormone Specialist

Helping women achieve
hormonal balance, naturally.

www.AshleyDAnderson.com

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 C16%
Calcium.....9%
Iron9%
* 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.

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 tbsp 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.

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
Blak Koffee 1219 W. Jefferson St.
G Starks Realty 1219 W. Jefferson Suite 107
Smoketown Family Wellness Center 760 S. Hancock St. Suite B100

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Become a Mentor with the Y-NOW Program

Children with parents battling addiction or incarceration face unique challenges, often carrying the burden of stigma, fear, and shame. These struggles can lead to bullying, academic difficulties, and emotional hurdles such as anxiety, depression, and trust issues.

YMCA Safe Place Services’ Y-NOW Mentoring Program offers these youth, ages 11–15, a path to healing and success by pairing them with trained mentors who provide encouragement, stability, and guidance.

Mentors are the heart of the Y-NOW Program, creating safe, supportive relationships that help these youth overcome obstacles and reach their full potential. Volunteers receive comprehensive training and ongoing support, and no prior experience is required—just a willingness to listen and inspire. The program also provides ongoing case management to address the needs of

the youth, their families, and mentors, ensuring lasting impact beyond the program.

Mentors are urgently needed! If you’re ready to make a difference in a young person’s life, email ynowvolunteers@ymcalouisville.org to get started. Volunteer requirements include an application, background check, orientation, and adherence to YMCA Safe Place Services’ Volunteer Code of Conduct.

Join us in empowering the next generation—your guidance could change a life! Learn more at ymcalouisville.org.

Rivulet Liqueur Celebrating 10 Years!

“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)

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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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

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 & Counselin

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West on Wednesday

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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 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.

Taurus 4/20-5/20 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.

Gemini 5/21-6/20 It could feel like you're caught up in conflict this week! The 5 of Wands indicates you've been trying to work toward some type of goal but are being met with obstacles that get in the way of your progress. Perhaps you feel as though your point of view is being challenged, or it could be you're finding it difficult to work with a specific person. Either way, you're being challenged this week to truly listen to others' opinions. You might find that what initially seemed like criticism was actually constructive feedback that will help you in the long run.

Cancer 6/21-7/22 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.

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 possibilities are truly endless for you right now! The 3 of Wands is signaling that you will have an abundance of opportunities to expand your horizons in some way. Look beyond your current circumstances for a moment and consider your future. What is it that you envision for yourself? Now is not the time to think small. Your potential is limitless, so take advantage of these opportunities as they present themselves to you. The greatest successes lie beyond your comfort zone.

Libra 9/23-10/22 The 10 of Swords acknowledges you are going through a painful time right now. Perhaps you've been betrayed, or it could be you're experiencing a period of things crashing down on you. These types of experiences are never pleasant to go through, but this week you're being called to focus on the new beginning that this ending can make way for. Even though you may feel like you've hit rock bottom, take solace in the fact that there's nowhere else to go but up. Remember, obstacles can be opportunities in disguise.

Scorpio 10/23-11/21 Keep an open heart and an open mind this week! The Page of Cups is urging you to go back to the time in your life when you were more childlike, more fearless, more idealistic. It could be that past or recent circumstances have made you more cynical and closed off as a way to shield yourself from getting hurt. While this approach can certainly help you avoid more pain, it may also prevent you from experiencing life's pleasures. Don't let your past dictate your future in this way. Learn to trust again.

Sagittarius 11/22-12/21 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.

Capricorn 12/22-1/19 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.

Aquarius 1/20-2/18 The Queen of Cups indicates emotional maturity, compassion, and a nurturing spirit. This week you are being called to express this energy in some way. Perhaps a friend will approach you with relationship troubles, or it could be that a colleague is coming to you for support with a problem they're facing. When this happens, listen from the heart as they speak, but remain emotionally separated from the issue. While it may be tempting to dive head-first into the situation with them, understand that only they can work themselves out of their predicament.

Pisces 2/19-3/20 Rest, reflect, and recover. That is the message the 4 of Swords has for you this week. You may have faced a difficult situation recently, such as the loss of a job, the ending of a relationship, or issues related to money. This matter took a lot out of you, and now you might be feeling mentally, physically, emotionally, and spiritually drained. Take some time to recuperate and recharge. It's important to give yourself this opportunity to reactivate yourself -- it helps you go back into the world with a rejuvenated spirit and a new perspective. *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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