

Oct 5th – Oct 11th
2025

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Issue
#139

Bardstown Road: Overpoliced, or Kept Safe?

Written by Brennan Allen

In a city with limited nightlife, Bardstown Road to Louisvillians is the equivalent of Ocean Drive to those who live in Miami. With all the most popular bars concentrated in one area, Louisville was bound to eventually run into the problem that’s come to be known as “Street Takeovers”.

In late May of this year, Bardstown Road experienced two consecutive weekends where hundreds of bargoers and young adults flooded the streets. Videos posted on social media show people dancing on top of cars and congregating in the middle of the road, causing a complete traffic stop.

The Louisville Metro Police Department (LMPD) was dispatched onto the scene to break up the crowd that night, only to have to return and disperse large groups a second time the following weekend. On the second weekend, LMPD arrested three people for disorderly conduct.

Residents of the area expressed concerns for their safety and the wellbeing of their neighborhoods. Business owners shared their frustrations and fears of returning to their shops to find their windows smashed and their livelihoods destroyed.

In response to the “Street Takeovers,” councilman Ben Reno-Weber, representative of District 8 in the Louisville Metro Council, said that they would begin working with LMPD, Louisville Metro Alcoholic Beverage Control and the mayor’s office to, “Adjust closing times, block parking lots to trespassers, and generally make Bardstown Road a place that is welcoming to those who want to respect



their neighbors and unwelcoming to those seeking to cause trouble.”

By the beginning of June, LMPD had implemented multiple strategies to try and prevent “criminal activity” in the Highlands area. They restricted access to certain parking lots, dedicated a patrol squad to the area, and began something called “roll call,” where about ten to fifteen officers are assigned to an area in hopes that their presence will deter crime. While this initiative was effective in deterring the occurrence of “street takeovers,” it left many young adults with mixed feelings on the recent heavy policing of the bars on Bardstown Road.

“I’ve been to a good number of major cities, and I don’t think I’ve seen anything that compares to the amount of police you’ll find on Bardstown Road and in Nulu. What started off as one or two cop cars in front of Atomic or Corridor Bar has become an inescapable and threatening police presence in places meant for adult recreation,” says 23-year-old Anthony Woods.

“I believe many people share the same sentiment that although Bardstown Road might feel unsafe at times, being watched by the police in and outside of bars doesn’t feel safe either. I struggle to see cops blocking off roads and walking around inside bars as something that would make me feel more comfortable going out. It feels more like they’re creating intentional fear, scaring people away who might do something wrong but also scaring away those who have a traumatic relationship (cont. on pg. 2)

What to Do in the Lou

10/8 Do Not Disturb 9PM-1AM Norae Bar 717 E. Market St. www.noraebar.com

10/9 Small Business Equity Program Workshop 10AM-11AM

smallbiz@louisvillewater.com www.eventbrite.com

10/9 YPAL 101 5:30PM-7PM Tribe 430 S. 3rd St. www.ypal.org

10/9 The Organic Pop-Up 7PM-12AM Noraebar 717 E. Market St.

www.noraebar.com

10/10 After Dusk 5PM-12AM Hotel Bourre Bonne www.borrebonne.com

10/10 Blue Note Poetry 7PM-10PM Grand Lion Event Centers 142 Outer Loop

www.eventbrite.com

10/11 Louisville Book Festival 10AM-5PM KY International Convention Center 221

S. 4th St. www.louisvillebookfestival.com admin@louisvillebookfestival.com

10/11 Oktoberfest 8PM Ten20 Craft Brewery 1020 E. Washington St.

www.ten20brewery.com

10/11 Once & Only: DND & Pastel Death 4PM-8PM Noraebar 717 E. Market St.

www.noraebar.com

10/14 Walk with an Arborist 6PM-7PM Central Park 1340 S. 4th St. www.ypal.org

10/16 Emerald Spa Open House 4PM-7:30PM Emerald Spa 7608 Kentucky 146

Pewee Valley www.eventbrite.com

10/16 Jazz Under the Trees 6PM Joe Creason Park 1297 Trevilian Way www.bestparksever.com

10/17 9th Annual West Louisville Economic Mobility Summit 10AM-3PM Louisville Central Community Centers 1300 W. Muhammad Ali

Bld. info@lccnews.org 502.583.8821

10/18 Saddle Up Saturday 8PM-12AM Tripple Crown Pavilion 1780 Plantside Dr. www.eventbrite.com

10/19 Dining for Dignity Breakfast Fundraiser 12PM-2:30PM 3000 Fern Valley rd. www.forladyssake.com

10/23 Pumpkins & Pilates 5:30PM-8PM Goodbounce Pickleball Yard 1515 River Shore Dr. www.eventbrite.com

10/23 Rooftop Cigars & Spirits 6PM-8PM Rooftop Bourre Bonne 133 W. Market St. www.borrebonne.com

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TO 6PM

Sept 16 **Happy Hour**
Food and Drink
Specials | 4 PM
TO 6PM

Sept 17 **Ladies Night**
4-10 - Ladies Night \$8 Well
Drinks \$8 House Wine Four,
\$8 Minisoda | 4pm
TO CLOSE

Sept 18 **MARTINI NIGHT**
SPECIALS ON
MARTINIS | 4 PM
TO CLOSE

Sept 19 **Jack's late Night**
9-11 Late night @Jack's
with drink Specials | 9 PM
TO
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Open to the public – no membership required! Join us for an exciting afternoon filled with fitness, fun, and community. This FREE event is the perfect way to bring families together, build healthy habits, and celebrate wellness! Located at the Republic Bank YMCA 1720 West Broadway on Saturday October 18th from 1:00PM–4:00PM hosted by Dr. Chauweda Smith, DSW, LCSW, CPT. There will be:

- Line dancing by Troy Jackson
- Games & activities for all ages
- Fitness & movement workshops
- Nutrition/Wellness education
- Xquisite Nutrition with shakes, muffins, and more. Register by calling 502.268.8676 or scanning the QR code.



(cont. from pg. 1) with police in the process. They are creating spaces where Black people will be scared to simply exist, and they likely see that as a positive.” Zakia Holland, local community organizer, shares the same sentiment as Anthony. “They don’t want Black folks gathering, period,” she states. Frequenter of Atomic Sound Club and Gameyard, Jataren Mulligan, questions if the problem is the crowd itself, or just who makes up the crowd.

“They have all the clubs open, and they want it to be a ‘popping’ city, but when it’s a ‘popping’ city y’all want to shut it down?” he asks. “Nulu looks like that all the time, and Fourth Street be crazy. Bardstown Road just ain’t for us [Black Americans] I guess.” Unfortunately, Jataren’s experiences with the designated officers on Bardstown Road have only further weakened his opinion of LMPD.

“This one time I walked out of Atomic and it’s a party [outside the bar]. The sidewalks were flooded, but it looked like a normal active city with bars. I look across the street, and I see somebody doing a backflip off of a car. One police officer came over, handcuffed him, and then five more came over and they threw him on the ground, knee on neck, overly beating this dude up for doing a backflip.” Others have been questioned and harassed by LMPD for doing far less than acrobatics off of cars. 20-year-old Max Stuckey was simply picking his friend up from Highland Tap Room, the previous location of the “Street Takeovers”, when he was approached by officers.

“I was standing in the parking lot waiting for my friend to come out, when these cops walked all the way over to me. I was way out of everyone’s way, just chilling there. They walked up to me and pointed to a random cup in a parking spot that was probably 15-feet away from me. They asked what I was doing, and I told them that I was waiting on my friend. They asked, ‘Where at?’ and I said, ‘The Tap Room,’ and they were like, ‘Is that your drink over there?’ and I was like, ‘No sir,’ and they were like, ‘Don’t be lying to us, you shouldn’t be out here, and I think it’s best you leave. We’re going to walk away and when we come back that drink and you better be gone.’”

Max saw this incident as an indicator of a bigger issue, an issue of LMPD immediately resorting to hostility with anyone on Bardstown Road after hours due to the events that transpired there before.

“I think what adds to the hostility that police have is that they don’t know how to interact with regular people... at all. If they can’t treat regular people with respect, how are you going to feel about Louisville if you’re visiting and all the police officers are treating you like crap?”

As of right now, there isn’t one singular opinion on the increased policing of Bardstown Road. On one hand, residents and business owners of the area feel safer with the extra layer of protection offered by LMPD. On the other hand, those looking to enjoy the sliver of nightlife Louisville has to offer are becoming increasingly discouraged by the heavy presence and actions of our police force.

Why Cupuacu Butter?

Written by Ryan Gipson

Cupuacu butter, the seeds that derived from the Amazonian fruit, is a powerhouse ingredient in natural skincare. It’s known to be rich in essential fatty acids and phytosterols (known to be great for moisturizing), it deeply hydrates and restores skin elasticity, making it ideal for dry or sensitive skin.

Unlike many moisturizers, cupuacu butter can retain up to 440% of its weight in water, offering long-lasting hydration. Its antioxidant profile, vitamins E and K, helps combat free radicals, reducing signs of aging like fine lines. The butter also boasts anti-inflammatory properties that soothe irritation and support skin repair, making it beneficial for conditions like eczema or acne. Lightweight and non-greasy, it absorbs easily and leaves skin soft and protected. It also offers mild UV protection by absorbing damaged UVA/UVB rays.

I have used this as my main butter in many of my creams that can be used on the hair and skin. Many of my customer that have eczema or psoriasis have reported positive results from the use of cupuacu and mango butter.

Written by Ryan Gipson
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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 Fiaire 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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- 1 1/2 oz Rivulet Liqueur
- 1 oz bourbon
- 1/2 oz Campari

Instructions:
Combine ingredients in shaker tin over ice. Shake and strain into martini glass.

Garnish:
Orange peel
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Community partners are invited to participate with a free vendor booth. Giveaways and interactive setups are highly encouraged. To register, please contact the agency at renshareeder1@allstate.com or at <https://www.facebook.com/thomasalleninsurance>.

Norton Children's has been named Kentucky's No. 1 children's hospital and ranked nationally in eight specialties in U.S. News & World Report's Best Children's Hospitals 2025-2026.

Norton Children's nationally ranked specialties include:

- Behavioral Health
- Cancer
- Cardiology & Heart Surgery
- Diabetes & Endocrinology
- Neurology & Neurosurgery
- Orthopedics
- Pulmonology
- Urology

The recognition comes on the heels of Norton Children's announced plans for a new 150-acre pediatric health campus in Jeffersontown, Kentucky, which will include the region's second full-service children's hospital. Leaders say the rankings highlight the strength Norton Children's already brings and what the new campus will build on.

"This honor reflects the incredible work of our team," said Russell Cox, president and CEO, Norton Healthcare, the not-for-profit parent organization of Norton Children's. "We are dedicated to providing nationally ranked specialties, advanced research and outcomes that our patients and families deserve. The new campus will help us build on this tremendous momentum and create a national destination for care."

U.S. News collected and analyzed data from 118 children's hospitals and surveyed thousands of pediatric specialists. Children's hospitals awarded a "Best" designation excelled at factors such as clinical outcomes, compliance with established best practices, and level and quality of hospital resources directly related to patients.

"Being ranked by U.S. News & World Report is an honor and shows the extraordinary commitment of our physicians, nurses and employees," said Mark McDonald, M.D., medical director and system vice president, Pediatric Medical Affairs, Norton Children's Hospital. "Their tireless dedication to caring for kids made this recognition possible. It's also a reminder and an inspiration to keep striving higher for the children who count on us every day."

Last year, Norton Children's served more than 215,000 patients from all 120 Kentucky counties and dozens in Indiana. As the need for pediatric care continues to grow, the health system is focused on expanding access across the state and region.

"Being ranked among the best is a powerful validation of the passion and expertise our Norton Children's team brings to families every day," said Diane Scardino, chief administrative officer, Norton Children's Hospital. "It's about building a vision where families throughout Kentucky and Indiana can count on world-class care right here at home."

Norton Children's is a comprehensive pediatric health system that provides high-quality pediatric care across a spectrum of specialties and locations throughout Kentucky and Southern Indiana. Comprising two hospitals, a medical center, regional outpatient centers, and primary and specialty care physician practices, Norton Children's has an extensive network of highly trained pediatricians, pediatric specialists and support services providing care for children of all ages. As the need for pediatric care has grown in our region, so has the footprint of Norton Children's, with over 600 pediatric providers across more than 170 locations. Our medical facilities currently serve more than 215,000 patients and see nearly 1 million patient visits each year. More information is available at NortonChildrens.com.



YOUTH INTERVENTION PROGRAM

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- Foster personal development
- Enhance professional skills
- Reduce recidivism

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Healthy Recipes



Red Lentil Hummus

Serves: 3-4 Est. cost: \$5.00 Est. cost per serving: \$1.75

Ingredients:

- 2 cups red lentils
- 3 cups water
- 2 cloves garlic, chopped or 2 tbsp dried 1 tbsp lemon juice 1 cup sesame seeds 2 tbsp cooking oil (e.g. olive oil, avocado, grapeseed)



Equipment: medium pot with lid, cutting board knife food processor or blend spoon

Directions:

1. In a medium pot, add lentils and water, and bring to a boil.
2. Cover and reduce heat to low and simmer for 15-20 minutes, or until fully cooked and soft.
3. Remove from heat.
4. In a food processor, add cooked lentils, garlic, lemon juice, sesame seeds, oil, and a pinch of salt. Blend for 5 minutes, or until smooth, creamy texture.
5. Add salt and pepper to taste.
6. Empty into a bowl. Serve at room temperature or chilled.
7. Top with olive oil, herbs, and roasted red peppers. Enjoy!

Red Lentil Hummus

Nutrition Facts

Serving Size1 Serving

Amount Per Serving

Calories523.7

	% Daily Value*	
Total Fat	18.2 g	23 %
Saturated Fat	2.6 g	13 %
Trans Fat	0.2 g	
Cholesterol	0 mg	0 %
Sodium	41.9 mg	2 %
Total Carbohydrate	67.3 g	24 %
Dietary Fiber	13.2 g	47 %
Total Sugars	0.6 g	
Added Sugars	0 g	0 %
Protein	28.1 g	
Vitamin D	0 mcg	0 %
Calcium	175.5 mg	13 %
Iron	9.8 mg	54 %
Potassium	771.2 mg	16 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Health Benefits:

Red Lentils are an edible seed of the legume family, filled with nutrition, protein, fiber, and numerous minerals. They have shown to help support the digestive system, have heart health benefits, a wonderful plant-based protein, and helps reduces risk of chronic diseases.

Sesame Seeds are full of protein, shown to promote healthy skin, supporting repairing functions of tissues, and contain magnesium and calcium, showing to help lessen anxiety.

References:

1. Recipe provided by LA Dixon
2. PBS Food website: <https://www.pbs.org/food/fresh-tastes/red-lentil-hummus/>
3. Retrieved from BBC Good Food website: <https://www.bbcgoodfood.com/howto/guide/top-5-health-benefits-of-lentils>
Retrieved from BBC Good Food website: <https://www.bbcgoodfood.com/howto/guide/top-5-health-benefits-of-lentils>

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 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.

Gemini 5/21-6/20 This week, the 8 of Pentacles is encouraging you to put your creative talents to good use and work hard at them. The more you create and hone your craft, the more others will take notice of what you’re doing – and the more inspired you will become. By putting yourself out there, you give others the opportunity to recognize your unique abilities, and this can serve as the motivation needed to continue to produce things you’re really proud of. So, get out there and become the master of your domain!

Cancer 6/21-7/22 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.

Leo 7/23-8/22 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.

Virgo 8/23-9/22 The line between pleasure and pain is razor thin! The Devil represents your habits, temptations, and vices – all the things that activate your shadow side and lead you away from your true self. You’re being called to examine whether short-term gratification is creating a long-term problem. This week, consider your actions. Are you truly in control? Are these behavior patterns healthy? What are the benef its besides temporary satisfaction? If you’ve been going overboard, now is the time to pull back before you veer too far off course.

Libra 9/23-10/22 The 6 of Cups is about the past impacting the present. This week, you’re being called to examine whether or not you’re tethered to your past in some way. While it’s true we sometimes need to look in the rearview mirror as a way of informing current or future decisions, we can easily become stuck living in the past if we’re not careful. Don’t let nostalgia or distorted memories prevent you from making progress and appreciating what’s happening in the here and now. Allow your past to be a source of improvement rather than a source of stagnation.

Scorpio 10/23-11/21 Are your beliefs aligned with your actions in the world? Have you been making choices that reflect your highest self? That’s the question the Justice card wants you to ask yourself this week. This is especially important if you’re facing a major decision right now. What you do could have a long-lasting impact – either positive or negative – on both you and the people around you. Connect with your intuition and allow it to be the compass that leads you down the right path, so you can avoid unintended consequences down the road.

Sagittarius 11/22-12/21 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.

Capricorn 12/22-1/19 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.

Aquarius 1/20-2/18 Your breakthrough moment has arrived! The Ace of Swords signals that the fog is lifting, and you have greater mental clarity this week. It may feel as though you’re viewing the world through a brand-new lens, one that helps you cut through the noise and get to the heart of the matter. Is a situation not what it seems? Has someone been deceiving you? Have you been deceiving yourself? You’re being handed an opportunity to clear the air and see things for exactly what they are.

Pisces 2/19-3/20 You’re going to ride the wave of good vibes this week! The Ace of Cups is signaling a time that is overflowing with positive emotional energy. Happiness, creativity, and compassion are yours for the taking. It also signifies the ability to strengthen your existing relationships – and perhaps meet a new friend or lover! If you’ve felt closed off lately, it’s time to open your heart to welcome the love and peace you deserve. This is your chance to sip from the cup of profound spiritual fulfillment, so drink up! *Tarot.com*