

Oct 12th– Oct 18th
2025

The Underground Lou

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Issue
#140

Saddle Up Saturday: Dance, Donate & Drive Change

Dust off your boots (or wear any darn thing you got!) and get ready for Saddle Up Saturday on October 18, 2025, at 8:00 pm! This energetic night brings together line dancing, Southern Soul, and Zydeco vibes for an unforgettable evening on the dance floor.

Leading the floor is Cowboy Troy, Saddle Up Saturday’s official Line Dance Maestro, joined by co-host Monica Monique Bizzle. Together, they’ll guide guests through high-energy moves and soulful grooves with the night hosted by *Saturday’s with Mikesha’s* own Kesh Love.

Come enjoy Food-Drinks-Fun!!!Reigning 502 Wing Champ: Quitas Quisine will be serving good food!

Location:

The Triple Crown Pavilion

1776 Plantside Drive

Louisville, Ky 40229

This event is proudly sponsored by Samsung and our Community Partners: Xquisite Nutrition, Change Today Change Tomorrow, Zogohost.com, and Saturdays with Mikesha. These four Louisville organizations are driving wellness, equity, digital empowerment, and community storytelling.

Vendors are welcome! A few Spaces Left!

Don't forget to bring a Toy for the Toy Drive and help make the holidays special for kids in the community.

GET YOUR TICKETS NOW below and get ready to ride!

Saddle Up Saturday (Line Dancing) Tickets on Eventbrite.



What to Do in the Lou

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

10/15 *Monster Mash* 5PM-9PM High Stakes 710 E. Jefferson St. 502.574.4646

10/16 *Speed Dating + Matchmaking* 6PM-8PM Logan Street Market 1001 Logan Street www.gofind.events

10/15 *Taste of Louisville* 6PM-9PM Mellwood Art Center 1860 Mellwood Ave www.thetasteoflouisville.com

10/16-22 *Front Porch Film Lab Master Classes* www.502film.org/masterclass

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

10/16 *Fireside with the Front Porch* 8PM High Horse Bar 810 E. Market St. 810 E. Market St. www.highthorsebar.com

10/16 *Elijah Craig Old Fashioned Week* 8PM-10PM Tartan House 1027 E. Main St. www.tartanhousebar.com

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

info@lccnews.org 502.583.8821

10/17 *Pickin' in Paristown Feat. Hot Brown Smackdown* 6PM-10PM Paristown Art District 731 Brent St. www.paristown.com/happenings

10/17 *Halloween Movie Night* 7PM-10PM Copper & Kings Distillery 1121 E. Washington St. 502.561.0267

10/17 *Movies at the Field* 8PM-11PM 529 E. Burnett Ave www.jubileefield.com

jubileefieldky@gmail.com

10/18 *Louisville Earth Walk* 10AM Shawnee Park 460 Northwestern Pkwy www.louisvilleearthwalk.org

10/18 *WESTERN Library Block Party* 11AM-2PM Western Liobrary 604 S. 10th St. 502.574.1779

10/18 *5K Community Run Walk* 12PM-3PM California Community Center 1600 W. St. Catherine St. 502.574.2658

10/18 *Gorlin's Ball* 6:30PM Shawnee Golf Course 460 Northwestern Pkwy www.leslieproductions.com

10/18 *Sunset River Party 7PM-11PM Drift Bar* 1900 Victory Lane 502.777.3340

10/18 *Hot Wheels Monster Trucks Live Glow-N-Fire* 7:30PM KFC Yum! Center 1 Arena Plaza www.ticketmaster.com

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

10/18 *CarniVille Vol. 2: An Evening of Mysterious Masquerade* 9PM-1AM Louisville Palace 625 S. 4th St. www.louisvillepalace.com

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

10/21 *BLOK Networking* 5PM-8PM The Palm Room 1821 W. Jefferson St. broadeninglouisville.org

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.bourrebonne.com

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9th Annual West Louisville
Economic Mobility Summit

The Wealth Building Summit:
Prosperity Through Peace

Friday October 17th, 2025
10:00 AM - 3:00 PM

Featuring Jasmine Presley, Founder/CEO
of The Presley Post as Keynote Speaker

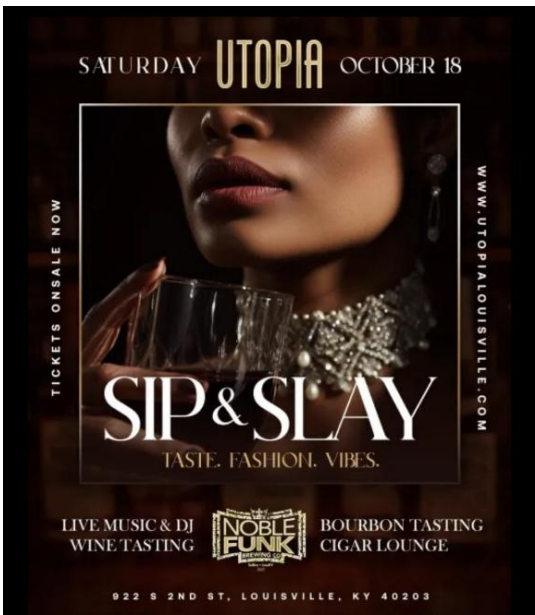
- Panel Discussion
- Breakout Tracks
- Community Solutions Symposium
- Networking Opportunities
- and More!

Old Walnut Family Strengthening Center
Home to Louisville Central Community Centers, Inc.
1300 W. Muhammad Ali Blvd
Louisville, KY 40203

For more information:
(502) 583-8821
or info@lccnews.org



SCAN ME
TO RSVP
OR VISIT
bit.ly/25WealthBuilder



Editor’s Note: “Never underestimate a smile and a hug. We all need both.”

Family Fit Fun Day at the Y!

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.



Dining for Dignity Returns October 19

Combat Period Poverty and Drive Menstrual Equity in Kentuckiana

Period poverty is a pervasive issue, forcing approximately 1 in 4 menstruating individuals in the U.S. to miss school, work, and daily activities due to a lack of access to essential menstrual products. The Louisville-based nonprofit For Lady's Sake (FLS) is on the front lines of this fight, and its signature event, Dining for Dignity, is set to return on Sunday, October 19, 2025, to fuel the movement.

Held at UAW Local 862, 3000 Fern Valley Rd., this inspiring afternoon will bring together influential community leaders, advocates, and supporters—including Attica Scott and WLKY's Alexis Mathews—for an afternoon of connection, advocacy, and tangible impact.

Dining for Dignity coincides with National Period Day, a moment FLS will commemorate by receiving a proclamation from the Mayor's office in recognition of their vital work.

Guests will enjoy food generously sponsored by Biscuit Belly and mimosas provided by The Canary Club while taking part in live entertainment and an exciting silent auction. Every contribution directly supports FLS's mission to provide free, reliable access to period products and eliminate the harmful stigma surrounding menstruation.

"Dining for Dignity is more than just a fundraiser—it's the fuel for a movement," said Candice Crawford of For Lady's Sake. "This event ensures we can keep our Period Pods stocked across Kentuckiana and expand access to those who need it most. Every ticket, every bid, and every donation helps us restore dignity and empower our neighbors."

The dollars raised at Dining for Dignity are critical, directly supporting FLS's three pillars of menstrual equity work:

Period Pods & Distribution: Maintaining and expanding the network of 24/7 accessible outdoor cabinets that provide free period products in neighborhoods throughout Louisville.

Education & Advocacy: Providing the community with the resources and tools needed to speak up and push for sustainable menstrual equity policies.

Community Partnerships: Collaborating with local schools, nonprofits, and businesses to dramatically expand product access and reduce barriers for those in need.

This year's event will also shine a spotlight on FLS's new legislative and community advocacy efforts, offering attendees a direct path to join the movement and help shape policies that make menstrual products affordable and accessible for all.

When: Sunday, October 19, 2025 @Noon

Where: UAW Local 862, 3000 Fern Valley Rd

Tickets: Secure your spot now at <https://donorbox.org/events/765894>

Silent Auction: Bid early! The auction is open now and runs through October 19 at <https://www.zeffy.com/en-US/ticketing/for-ladys-sakes-silent-auction>

About For Lady's Sake

Founded in Louisville, KY, For Lady's Sake (FLS) is a nonprofit organization dedicated to achieving menstrual equity across Kentuckiana. Through innovative solutions like Period Pods, community education, and legislative advocacy, FLS is committed to empowering all menstruating people with access, dignity, and choice. To learn more or get involved, please visit <http://www.forladyssake.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
- Pro Nails 801 W. Broadway #2

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Policy for the People
Economic Advancement
Summit
Building Black Wealth

The 2025 Policy for the People Economic Advancement Virtual Summit will spotlight one of the Center for Policy Analysis and Research’s key policy areas: closing the racial wealth gap. The summit builds upon Forward Together: The Black Policy Playbook for an Equitable America, a co-developed policy agenda released by the

Congressional Black Caucus Foundation and the Joint Center for Political and Economic Studies earlier this year.

Each session in this three-part webinar series will focus on a core pathway to wealth-building outlined in the Playbook, including expanding access to homeownership, reimagining the tax code, and strengthening Black entrepreneurship. Participants will hear from leading experts, advocates, and policymakers about how structural inequities in housing, taxation, and access to capital have contributed to the racial wealth gap and what it will take to dismantle these barriers. Panelists will discuss innovative policy solutions, offering a roadmap to ensure that Black families and communities are economically empowered for generations to come. Summit Schedule & Topics include:

- Oct 23rd; 10 AM - 11:15 AM - Session 1: **Unequal Returns: Reimagining Tax Policy to Build Black Wealth**
- Oct 28th; 10 AM - 11:15 AM - Session 2: **A Place to Prosper: Expanding Black Homeownership and Housing Equity**
- Oct 30th; 10AM -11:15 AM - Session 3: **Session 3: Financing Black Futures: Investing in Black Business to Grow America’s Future**

Register by contacting eventsupport@cbcfinc.org or visiting www.cbcfinc.org/events/.

Rivulet Liqueur

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Rivulet No. 1 Main

- 1 1/2 oz Rivulet Liqueur
- 1 oz bourbon
- 1/2 oz Campari

Glass Type:
Martini Glass

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

Garnish:
Orange peel
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Free community event promoting breast cancer awareness in
Jeffersonville

Learn your risk for developing breast cancer during event at Norton Cancer Institute Pat Harrison Resource Center

With one in eight women facing a breast cancer diagnosis in her lifetime, early detection and education are critical – and that's exactly what an upcoming event in Jeffersonville, Indiana, aims to provide. Thanks to increased awareness, early detection and new treatments, 99% of early-stage breast cancer patients survive at least five years. The key is early detection, which leads to faster treatment and better outcomes. Breast cancer often has no symptoms, so regular breast health checkups are crucial.

Norton Cancer Institute invites the community to wear pink and come together for a special Pink Out event on Wednesday, Oct. 29, 2025, from 5 to 7 p.m. at Pat Harrison Resource Center, 1206 Spring St., Jeffersonville, IN 47130. This free community event is dedicated to raising awareness about breast cancer and empowering individuals with the knowledge they need to take charge of their breast health. Attendees will have the opportunity to:

- Learn about risk factors and screening guidelines
- Receive a personalized breast cancer risk assessment
- Take home valuable educational resources
- Enjoy light refreshments and connect with others in the community
- Two informative breast health presentations will be held at 5:30 p.m. and 6:30 p.m., led by health care professionals committed to education and early detection. The event is open to the public.

Registration is encouraged, but walk-ins are welcome. Call (812) 288-1156 to register.

The Norton Cancer Institute Pat Harrison Resource Center is committed to offering all cancer support services at no cost through support from the Norton Healthcare Foundation. The resource center was created by Southern Indiana real estate agent Pat Harrison, whose own battle with cancer inspired her to create a place of healing and hope for other cancer patients. Harrison recognized just how important it is to have a welcoming and healing environment where cancer patients can receive information, guidance and resources while connecting with other patients and families going through similar experiences. To schedule a mammogram or see mobile mammogram options, visit www.nortonhealthcare.com.

Skate for Voting Rights

Saturday, November 1st, 2025 from 5:30 - 9:00 pm at Robben's Roost, 5906 Six Mile Lane, Louisville, KY RSVP: <https://qrco.de/kftc-skate>

We believe that Kentucky needs to Restore the Vote and that Everybody deserves the right to vote!
Join us on Saturday, Nov 1st, from 5:30 - 9 pm as we SKATE FOR VOTING RIGHTS! Bring your skates, or use rental skates (for free). This is a family-friendly event, so bring the whole crew! Don't skate? Don't worry - come anyway for the fellowship, call to action, and to stand with us for Voting Rights in Kentucky.

- Best Skate Outfit contest
- Voting Rights Cake
- Call to action for voting rights

This is a free event, open to the public. Donations are gladly accepted, but not required. You will be able to donate in-person at the event, and you can contribute online here: <https://qrco.de/Skate4VR>. Our goal is to raise \$1,500.



Health Daddy Wow
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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>

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WEDNESDAY LENORD MOLLY PORTLAND COMMUNITY CENTER 640 NORTH 27TH STREET 12 PM - 2 PM
THURSDAY CALIFORNIA COMMUNITY CENTER 1600 ST CATHERINE STREET 11:30 AM - 1:30 PM
TRADER JOE'S

Horoscopes

Aries 3/21-4/19 You're able to connect with people on a new level today – one where you don't have to be perfect. Show your companions that you're the type of person who can make a mistake and recover from it. Everyone messes up, so the best thing that you can do when you fall flat is to acknowledge it and move on accordingly (or pretend that was what you intended all along). You don't have to be perfect; you just have to learn and keep going.

Taurus 4/20-5/20 Sometimes, a routine doesn't turn out the way that you expected. You may have thought when you started this routine that it would be less time-consuming or easier. Oops! Now that you're fully aware of the true commitment required by these habits, you're realizing that you may have to cut out other areas of your life in order to make it work. How much does this matter to you? If you aren't willing to drop anything else, you might be better off without it.

Gemini 5/21-6/20 Reaching your goals might take a little creativity. You may have to tap into your sense of creativity and think outside the box to eliminate a barrier to your success. It's important that you don't give up, because there is an answer – you just may not have seen it yet! Step away from the chaos for a moment and let your mind clear before going back to your duties. The answer is likely to formulate in your mind by the time you get back.

Cancer 6/21-7/22 Responsibilities can make it difficult to keep up with your home. You might find that your chores have slipped while you have been working or caught up with errands, but it's time to restore order to the place where you lay your head every night. Crafting an enjoyable domestic environment is vital, because otherwise, you won't be able to restore your energy. No one wants their home to be as stressful as the outside world can be! Make your comfort zone comfortable.

Leo 7/23-8/22 How you express yourself may be distorted by the information you're providing. It's possible that you're striving to show how much you care about a friend. While you just want them to know the sincerity of your words, they could see you as demanding an answer from them. The way that you deliver the message is sometimes as important as the message itself, because it directly affects the way that it'll be accepted. Tell them how you feel in a way that they will understand.

Virgo 8/23-9/22 You're restoring your security. Someone might have caused you to feel like you should not have the level of confidence that you exhibit. Maybe they even directly claim that you don't measure up. Forget that! Their perspective is theirs, not yours. Whether they're trying to help or harm, their words aren't helpful right now. And guess what – YOU decide how you react to their statements. No one can control you with words alone, so show them what you can really do.

Libra 9/23-10/22 Knowing exactly how someone else feels is practically impossible at the moment. You might crave knowing what's really on their mind, but they may be putting up a wall and refusing to let anyone see their true feelings. Remind yourself that you can still feel secure even without knowing their every thought. It may take time for them to warm up to you, or perhaps they're simply not the sharing type. Continue to shine your light and don't concern yourself with unraveling everyone's mysteries.

Scorpio 10/23-11/21 What's your next step? It's okay if you don't know just yet. Perhaps your soul is yearning for something currently indefinable – it happens. For now, it's probably best to wait. Take some time to ponder where you see yourself a year from today. Once you've thought about that future for long enough, ask yourself, if you were the future you, what would you have hoped that the past you would have done right now? Don't let yourself have any regrets!

Sagittarius 11/22-12/21 Your friends don't all have fun the same way. At any moment, some pals could start encouraging you to join an activity that you don't personally enjoy. While it's understandable that you may not be raring to try something that you didn't enjoy in the past, you might want to try it again – especially if it's been a while. You never know when your tastes will change. If they haven't, though, be honest with yourself and others. You don't have to like everything!

Capricorn 12/22-1/19 It may seem like you've got it all together, but on the inside, you might feel confused. It's potentially easier for you to handle the day-to-day responsibilities than it is to unravel your inner feelings. You could struggle to express yourself, even when people ask for your honest emotional response. Instead of just trying to power through the problem, take some time and sit with yourself to see what your heart is telling you. You might be surprised by what it says.

Aquarius 1/20-2/18 Undergoing a deep inner change isn't always obvious from the outside. Right now, your peers may not realize what you're going through, even as an intense shift alters your perspective on multiple areas of life. It can be difficult to express why you're feeling what you're feeling. Instead of trying to intellectualize your updated feelings and dissect them in your head, let yourself feel your feelings. They could be simply momentary emotions that will pass. The more concrete changes will make themselves known.

Pisces 2/19-3/20 Some plans are better kept to yourself. You might have a plan that you're excited about, tempting you to spill the beans to everyone. Be careful! There may be people in your midst who aren't necessarily supportive of your dreams. They could feel that these ambitions are irresponsible or lack foresight, but they're probably not paying attention to how much thought you've put into this. Don't let them discourage you from following your dreams – just let them see the results when it's finished. *Tarot.com*