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The Underground Lou

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Issue
#141

Hostile white university: U of L professor says House Bill 4 was never the only problem

There is a common consensus among minority students at the University of Louisville (at least those involved in politics) that our greatest enemy is House Bill 4 and the changes it brought.

But to Dr. Ricky L. Jones, House Bill 4 only acted as a gateway for universities that already didn’t really care if Black students attended them to hide their actions behind “government mandates.”

Jones first joined the University of Louisville as a staff member in 1996. While he is currently a professor in the Pan-African Studies department, he previously served as its chair for 10 years.

Before his time spent with UofL, he received his bachelor’s degree in political science at Morehead College and was the second African American man to receive his Ph.D. in political science at the University of Kentucky.

According to him, a hostile white university is “Not in the best interest of Black people. One that ignores their interests largely, gaslights them, and silences them by putting bureaucratic structures in place while consistently telling people that they have their best interests at heart, but they don’t.

It’s one that consistently gives out misinformation or no information regarding Black folk.”

“One of the most insidious ways that is happening at the University of Louisville right now is just utter silence around issues of importance. And they’ve accomplished that in numerous ways.”

That is what he believes to be currently happening at the University of Louisville. He states that both the Black leadership and the diversity, equity, and inclusion initiatives at the school have become watered down, and that Trump’s presidency isn’t all to blame for it either.

“I don’t want to use anti-DEI because that’s a loaded term. They demonize that as a catch-off, but they’re pushing anti-diversity [legislation], which is really anti-Black legislation,” he said.



“And if you look at the legislative record, they were pushing these things before Trump was reelected. So, this is not all about Donald Trump. You’ve got Republican legislators that were



trying to do this in Kentucky, and certainly in other places too.” Previous efforts to rollback funding for “DEI initiatives” occurred in March 2025 when the Kentucky House voted to defund DEI offices at public universities, following in the footsteps of more than 30 other states at the time who also introduced anti-DEI policies. U of L students march with a banner that reads, “WE BELONG HERE,” Feb. 28, 2025. More than 200 students gathered to protest House Bill 4 aimed to rollback diversity, equity and inclusion initiatives on Kentucky college campuses. (Photo by Brennan Allen) But Jones doesn’t see our Republican super majority government to be the only one to blame for pushing what he refers to as “anti-diversity” and “anti-Black” legislation. “We’ve always had a relatively low representation of Black students at the University of Louisville since it was integrated in 1950 and a relatively low representation of Black faculty, even though the folk in Frankfort are making the argument that somehow Black students and faculty staff are getting these extra benefits and extra considerations because of race,” he said. “The administration (UofL’s board of trustees and presidents’ office) is doing nothing to refute that argument, and initiatives that have been put in place to help grow the population of Black students and faculty are now being attacked and abandoned. That makes things hostile.” When asked his opinion on the threat of public universities losing their federal funding if they didn’t comply with House Bill 4, he said that he believes it was a “cowardly stance.”

“Everything that Hitler did in Germany was legal,” said Jones. “How do we look at the Germans who bowed to that? Like cowards and some war criminals. Even if you had to comply, I personally would have felt better if the current president of the University of Louisville stood up like a leader and said; Look, we’re gonna comply because we have to, because we’re backed into a corner. Not because we agree.” Jones also criticizes other Black UofL staff members for their heavy compliance with the university’s anti-diversity initiatives, and their reluctance to talk to students about the issue. When asked for a statement on the impact of House Bill 4 on Louisville’s campus, one Center for Belonging, Access and Engagement staff member stated, “We can’t speak on that.”

“I say shame on Black faculty, shame on Black staff who choose to stay silent,” Jones said. “We’re here because there were Black people who chose not to stay silent. We’re here because of people like Yvonne Jones, Joseph McMillan, Blaine Hudson, many Black faculty and staff members who are dead or retired or on the brink of retirement, who really fought like dogs to have Black presence and a modicum of Black influence and advocacy on this campus.”

“To take their work and just abandon it by cowering and making excuses [...]shame on them,” said Jones. “The biggest hit here lately was not HB4. It was the systematic longitudinal erosion of strong Black leadership.” Jones only sees *(cont. on page 2)*

What to Do in the Lou

- 10/22 LULYP Connect General Body Meeting 6PM Louisville Urban League 1535 W. Broadway www.lul.org/events
- 10/22 Scorpio Zodiac Night 7PM-10PM Moxy Louisville Downtown 100 W. Washington St. 502.212.9148
- 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
- 10/23 Samples’N Sips 6PM-10PM Tribe 430 S. 3rd St. www.tribectrl.com
- 10/23 Mariah the Scientist 8PM Old Forester’s Paristown Hall 724 Brent St. www.tickets-center.com
- 10/23 Level Up Homecoming Edition: The Ultimate Game Night Experience 9PM-1AM 4741 Rockford Plaza www.villageesports.com
- 10/24 Louisville Strong Women Strong Coffee: Capitol Ready 10AM-11:30AM Noble Funk Brewing 922 S. 2nd St. www.eventbrite.com
- 10/24 Local Media Mixer 6PM-9PM The Presley Post 734 W. Main St. www.tfortalking.com *free entry
- 10/24 3rd Annual Spooky Sips 6PM-10PM Myriad Hotel 900 Baxter Ave www.myriadhotel.com
- 10/24 Downtown Silent Disco 7PM-9PM Big Four Lawn 1101 E. River Rd. www.ourwaterfront.org *family friendly/free entry
- 10/24 Therapy Thursdays 8PM-12AM Atomic Soundclub & Gameyard 1124 Bardstown Rd. www.atomiclouisville.com
- 10/24 The Kiana Del Duo 9PM-11PM Tartan House 1027 E. Main St. www.tartanhousebar.com
- 10/24-25 Dasha’s After Dark 10:30PM-2AM Dasha Barbours www.dbsbistro.com *free entry
- 10/25 Books & Breakfast Louisville 10AM-12PM Portland Promise Center 1831 Baird St. chad.golden87@gmail.com *free
- 10/25 Derby City Music Expo 10AM-3PM Triple Crown Pavilion 1780 Plantside Dr. 502.338.1765
- 10/25 Halloween Parade & Fest 11AM-7PM Nulu: East Market District www.kallouweenfest.com
- 10/25 F.A.T Friday Halloween Trolley Hop on Frankfort Ave 4PM-9PM Frankfort Ave 2010 Franking Ave www.funonfrankfort.com
- 10/26 Trick or Treat at the Track 12PM Churchill Downs 700 Central Ave www.ticketmaster.com
- 10/26 Fall Festival Clothing Swap & Vendor Market 1PM Stella’s Venue 1348 River Rd. www.eventbrite.com



(cont. from page 1) the university’s Black presence becoming less prominent and acknowledged in the years to come, due to both the lack of willpower and knowledge. “I think it’s going to get worse because we just don’t have people who are willing to fight. On any level. At this point, they’re not even paying attention. It’s amazing how many Black students ain’t even aware now. They walk around just oblivious to things.”

“There’s no campus infrastructure. You ain’t gonna get aware by going over to the Cultural Center. Their leadership is not such that it’s going to make you aware and encourage you to do anything. You know, they just want to feed you some hot dogs every now and then and chicken wings or whatever, and go on about your business.” To the current and future Black students of UofL, Jones only has two things to say. “You’re in trouble. Black people are under attack here. Black leadership here is terrible. It does not have the heart to truly fight for you in the way that you need to be fought for,” said Jones. “Lastly, for I don’t know how long it’ll still be around, do your best while you have the opportunity to take Pan-African studies classes. And I’m not saying that because I am a Pan African studies professor. I’m saying it because that is the only place that you are going to be able to learn about yourself.”

Written by Brennan Allen

Navigating Healthy Growing Pains

Changing Habits & Finding Peace

When you’re a child you think *I can’t wait to grow up and do whatever I want*. You know you have to work so you can have a car, a home, children, travel. What you don’t think about is, do I love my work environment? Am I living in my purpose? How is my mental? How have a handled traumatic situations in my life? How can my body and mind feel the best that it can be? How are my relationships? My circles? All of these topics and more come to mind slowly but surely once you’re an adult. Especially after age 30. That’s when consequences really start to steep in.

These topics can be so overwhelming at times and feel like a heavy burden that you’re always trying to carry and lighten. Well let’s start to unpack those burdens. First let’s start by acknowledging that they are not burdens in actuality they are growing pains. No one talks about the growing pains while you’re moving from one age group to the next. The way time flies, who even has the time?

The people we have around us and the habits we have whether they are good or bad, determine our future. How much order and discipline did you grow up with? Extracurricular activities, chores, routines and order make a huge impact on who you become as an adult. How hard is it for you to replace old habits with new ones? How hard is it for you to accept change? To let go? When you know you need to make changes but the old ways feel so comfortable, but is it really comfortable? If the comfortability you’re in right now is what you truly want for yourself you should be sleeping like a baby, right? The amount of peace you have is so plentiful that you are able to enjoy every minute of your life even when things don’t go your way? That type of peace is earned. Worked for. Chased. We can do what works for us or we can do what’s best for us.

What changes do you need to make? Think about the version of yourself that you want to be and be that person right now. Claim that person and tell yourself you are them. As a child we imagine ourselves as adults and we see ourselves. Now we’ve looked up and we are them. What does that person eat everyday? How do they enjoy themselves? How is their faith? Friend circles? What is their workout routine?

By waking up and telling yourself that you are your best self right now, you are already on the right path. It feels less overwhelming and more in the present. More obtainable. So begin to celebrate each win. Brush your teeth today? Win. Flossed? Double win. Drunk a glass of water today? Win. Walked for 10 min. Win. Don’t like to walk? Walk in the mall. In the store. Those walks count because you could’ve easily ordered online but here you are using those legs!

This week I will leave you with a few tips to help you celebrate small wins to start. Have suggestions of your own? Email them to advertise@theundergroundlou.com.

1. Add a squeeze of lemon to a glass of water in the morning to start your day
2. Walking around the mall or your favorite department store counts as steps
3. If you see something that takes less than 2 minutes or even 30 seconds, go ahead and knock it out
4. Prepare for the day the night before including meals, clothes and accessories and bags the night before or for the week
5. Utilize your calendar and notes app on your phone
6. Listen to church while driving, cooking or doing chores if you missed service and are trying to get back consistent
7. What you listen to in the morning sets the tone for the day. Find a podcast, sermon or soothing music
8. Switch out a traditional breakfast for fresh fruit instead
9. Get a daily planner that helps you plan your day in 30-minute increments
10. Take time to lotion and exfoliate and notice how it impacts your day
11. Get a face routine
12. An apple gives you more energy than coffee. Try it
13. Speak positively to yourself. No negative self-talk
14. If you think you can, you can. If you think you can’t then you can’t
15. Do something uncomfortable that you’ve been wanting to do

All of the topics discussed are issues that I’m pushing through right now. Together, we can go on this journey of growth, self-love and peace while remembering that we are all human and are all facing some of the same battles. Give yourself grace and help those around you grow as well. All we have is each other.

Written by Mikesha Thomas Editor in Chief

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
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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.
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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/.

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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:
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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.



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Healthy Recipes

MUIH

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 Go within. You're being offered the space to understand yourself on a deeper emotional level, and while it may be confusing at times, this is how you learn more about yourself and your soul. It's a good idea to give yourself a chance to rest during this time -- consider spending a few hours in nature, contemplating, meditating, or simply playing as you please. What has your soul been needing? Once you figure that out, do your best to provide it.

Taurus 4/20-5/20 People from your past might be returning. You may find that people you haven't seen in a long time begin popping up, possibly reaching out to spend time with you or just catching up quickly in line at the grocery store. It's a good idea to connect with them and see what information they have to give you, because you may learn something that improves your connection -- or even opens new windows for you to find community. Take their outstretched hand.

Gemini 5/21-6/20 Barriers to your success may be dissolving. You might find that co-workers who consistently frustrated you move on, obstacles that were preventing you from making progress disappear, or, inversely, that you or your projects are offered boosts you deserved long ago. It's time to buckle down and make sure that you're doing your end of the bargain, working toward your success, because the road to your finish line is open. Take your chances, and see what's at the end of that track!

Cancer 6/21-7/22 Stepping out of your comfort zone can lead you to delightful places. You may find that you are unusually drawn in by an unexpected opportunity or less familiar acquaintance. You'll potentially have more fun than you expected if you say yes to what's being offered. It may not be the way that you usually spend your days, but it might open your mind up to renewed possibilities and even strengthened connections with this pal and others. You never know if you don't try.

Leo 7/23-8/22 Strengthening bonds with your loved ones is a great way to spend today. Someone close to you may request assistance very soon, and if possible, you should at least try to help out. It might be that they have no one else to rely on, and that this will be a way that you can support your shared future. While you're boosting their chances of success in this moment, you're simultaneously strengthening your bond going forward. Be that person in their corner.

Virgo 8/23-9/22 The right words are there, Virgo. Once upon a time, you may not have known what to say when it came to the way you were feeling or while you were having a difficult conversation with someone, but you're finding ways to make amends in your own manner. Whether you're making it up to yourself by speaking your truth, or making it up to someone else by telling them what you should have said before, you're using your voice to find healing.

Libra 9/23-10/22 Setting boundaries is a key part of protecting yourself. You may have been letting someone get away with not respecting your fences, or you may have never built them. Now, though, you are using your voice and speaking up for yourself. Regardless of what they have to say in return, it's important for you to stand your ground and maintain your boundaries with a calm, direct, and matter-of-fact attitude. It's about what makes you feel safe and heard, not about controlling others.

Scorpio 10/23-11/21 You can find yourself by looking at the past. The moment is right to tap into your inner child and spend time with the media or memories that remind you of when you were small. As you begin to remember what inspired you as a child, what made you feel discouraged, and what still speaks to you today, you may gain clarity that was not there before. These sensations are a part of you, so make sure to listen to your inner child.

Sagittarius 11/22-12/21 Trust yourself enough to heal. It might be that you have spent a long time identifying with an emotional wound that you have within. Maybe it doesn't align with your personal narrative to find healing. This process may require you to dig deep. Ask yourself if it really benefits you to avoid seeking growth, because the truth may be that you are uncertain of your identity without the wound. Discover the person that you could be if you gave peace a chance.

Capricorn 12/22-1/19 Spirituality might be suppressed by your current mindset. You may be ignoring what your soul is asking you to do because you're so devoted to what you think you ought to be doing. It's possible that you have a road map for your life that you're attempting to adhere to so tightly. Be wary of ignoring whether or not your plans actually make you happy and fulfilled. Instead of trying to make a logical argument for everything you're doing, let your soul speak.

Aquarius 1/20-2/18 Exhaustion will make reaching your goals even more difficult than it usually would. You might be pushing yourself beyond reason, and the harder you strive without resting or slowing down, the harder it will get to keep moving forward. Eventually, this is likely to drive you to burn out! Once you burn out, catching back up will be even more of a struggle. Make sure that you're providing opportunities for yourself to recharge -- then you can get back to reaching for the stars.

Pisces 2/19-3/20 You might be unsure of where this current path is leading, but that's okay. Brace yourself -- the universe could be encouraging you to enter situations that have a slight sense of uncertainty to them. Don't worry, as this shouldn't end up being a negative or scary matter overall. You're being prepared to find pleasant surprises, learning experiences, and sociable strangers who are unlike anyone you've ever met before. Luckily, you're no stranger to reinventing yourself and adapting to circumstances. Enjoy riding the wave! *Tarot.com*

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THURSDAY

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