Nov 8th-Nov 14th 2026

The Underground Lou

www.theundergroundlou.com

SUBSCRIBE FOR FREE!

Issue #177

#AskAttica: What November's Election Means for Black Louisville

The ballots are counted, the yard signs are coming down, and my inbox is full. This week, readers want to know what Tuesday's results mean for Black folks in Louisville and what we do next. Let's get into it.

What do Black folks in Louisville need to know about November's election results?
First, Black voters showed up in force. Black women's votes, in particular, are why we now have a more representative democracy than we did a week ago.

Look at the South. Black turnout surged in Georgia and Louisiana. Georgia elected Keisha Lance Bottoms, the nation's first Black woman governor. Democrats flipped U.S. Senate seats in North Carolina, South Carolina and Texas. In Alabama, Republicans redrew the congressional map to push out Rep. Shomari Figures, and he won anyway. Voters who were told their power had been cut back by a Supreme Court ruling gutting part of the Voting Rights Act answered with their ballots.

Now look at Kentucky. We saw real movement at the edges. Democrats flipped nine seats in the General Assembly, seven in the House and two in the Senate, and flipped a congressional seat in central Kentucky. Yet, the republican supermajority in Frankfort held, and we failed again to finally send someone Black to DC.

While Southern states from Georgia to the Carolinas to Texas posted historic firsts and gains for Black people and people of color, Kentucky stayed basic. That's the first thing to know: the wave was real, but it broke on the shore without washing over it.

What changes should we look forward to at the local, state and federal levels? Federal.
The South is now the center of the political map. Republican-led efforts to redraw House districts largely backfired. Washington will look different in January. But Kentucky is not sending a Black member to Congress, which means our voices will have to be loud from the outside.

Local. In Louisville, we get the same old, same old. Mayor Greenberg won reelection with about 55 percent of the vote, and there are some shifts on the Metro Council. But the story is in the precinct map. Councilwoman Shameka Parrish-Wright, a Black woman, earned more than 96,000 votes. She carried neighborhoods in and around the urban core, stretching from Deer Park northwest into Shawnee, and she did slightly better in West End neighborhoods than she had in the primary. Greenberg did best on the outer edges of the county, in the predominantly white parts of the county. It figures.

Let's call that what it is: a racial and geographic divide. The predominantly white East End and the outer edges went one way. The predominantly Black West End went the other. Issues like data centers, policing and public transportation drove that split, and none of those issues are going away.

So, here's my warning, and I hope I'm wrong. When a whole section of the city votes against an incumbent, that incumbent has a choice: govern for everyone, or punish the folks who didn't vote for him. I'm bracing for retaliation toward Black Louisville, whether it shows up in budgets, in appointments, or in who gets a seat at the table. We will have to hold the mayor's feet to the fire. That's not disrespect. That's civic duty.

State. At the state level, the numbers did not change enough to change the power. Republicans still hold a supermajority in both chambers, the same supermajority that overrode nearly every one of the governor's vetoes this year. Nine flipped seats are a start, but they're not a majority, and they're not a veto-proof check on anything. When lawmakers return in January for the short 2027 session, I'm not expecting much out of our state Capitol.

But hear me out: we cannot give up. We cannot check out. We have to keep paying attention, stay involved and prepare



for 2027, when Kentucky elects a governor and all five constitutional offices: attorney general, secretary of state, treasurer, auditor and agriculture commissioner. Those offices decide who enforces our laws, who runs our elections and who manages our money. We have work to do.

How do these election results affect us as Black people in Louisville?
Here's the bottom line: These results tell me we still do not have a representative democracy in Louisville or in Kentucky.

Louisville has never had a Black mayor. Kentucky has never sent a Black person to Congress. Other Southern states cracked open doors this November. We got a close look at the door and a reminder that it's still shut.

That's not a reason to despair. It's a reason to lock in. The Black voters who turned out in Georgia and South Carolina and Louisiana didn't win because of a single election night. They won because of years of organizing, door-knocking, voter education and work. Oh, and they didn't do it alone and only for self.

Kentucky's 2027 elections are right around the corner, the legislative session starts in January, and local government never takes a day off. The Louisville Metro Council meets year-round. The school board works year-round, and the decisions it makes about our kids don't wait for an election cycle. We have local work, state work and national work, all at once. Here's how to start.

What can you do if you want to change things?
Run for office. If you've been told it's not your turn, that's exactly why you should consider it. School boards, Metro Council, the legislature and those five constitutional offices all need Black leaders who know our neighborhoods.

Support candidates. Not everyone can run, but everyone can knock doors, make calls, host a house party or donate. Pick someone you believe in and show up for them early, not just in October.

Show up at local and state legislatures. Go to Metro Council meetings and school board meetings. Learn who your state representative and senator are, and call them during the session. Decisions are made by the people in the room, so be in the room.

Vote. Every election, including the primaries, the judicial races and the ones nobody talks about. Make sure your family and your neighbors are registered and have a plan.

Organize. Join a neighborhood association, a faith-based group or a community organization. Power is built in groups, and no one wins this work alone.
Black women have shown the country what's possible when we show up. Now it's our turn to prove it at home. We didn't see the wins that other Southern states saw this November, and that means the work in front of us is bigger, not smaller. Let's lock in.

Have a question for #AskAttica? Send it in to atticascottmedia@gmail.com and I may answer it in a future column.

What to Do in the Lou

11/12 Black Excellence Expo 6PM-9PM 4000 Buechel Bank Rd. www.kynbmbaa.org

11/13 Moonlight Masquerade: Interactive Murder Mystery Party Elixir 414 W. Oak St. 502.384.2428 www.elixerbarlou.com $15

11/14 Chrisette Michele Live in Concert The Bay Cigar Lounge 901 Eastern Blvd. Clarksville, IN www.eventbrite.com

11/18 Indusrty Workshop: tech that works for your usiness 4:30PM-6PM Amped Tech & Learning Center 1701 W. Market St. www.onelouisville.org registration@onelouisville.org *free

11/20-11/22 5th Annual Holiday Marketplaces Grand Shopping Kickoff Weekend Mall St. Matthews 5000 Shelbyville Rd. www.melannaire.com 502.600.1003

11/20 Jam Session Part 3: Friendsgiving Edition 8PM-12AM 8Up 350 W. Chestnut St. ********

11/22 Trap Testimony Brunch 1PM-4PM 5721 Preston Hwy www.eventbrite.com

11/22 The Nutcracker Tea Party 2PM-4PM 904 E. Main St. New Albany, IN www.eventbrite.com

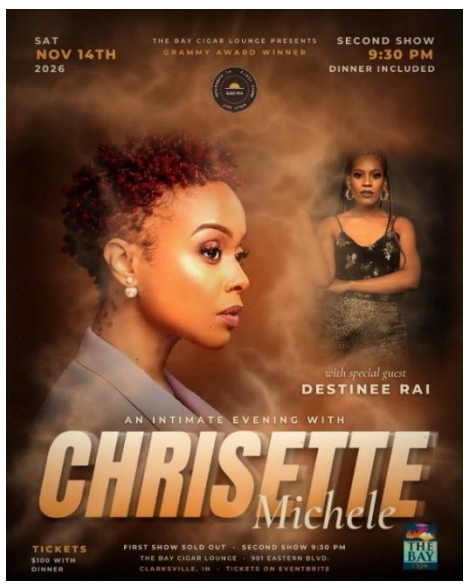
11/27 Annual All Black Fade 2 Black Thanksgiving Celebration 10PM-3AM Cardinal Stadium 215 Central Ave www.goodtimersentertainment.com

WANT TO ADVERTISE YOUR BUSINESS OR EVENT?

-Over 6,400 subscribers!
-50 locations!
-Pricing starts at $25/week!

CONTACT US FOR SPONSORSHIP OPPORTUNITES!

advertise@theundergroundlou.com
502.878.6531
www.theundergroundlou.com







the YMCA
SATURDAY'S WITH Mikesha
ET Fashions 502-759-3165 www.etfashions.net et_fashions_
amped
BLACK OWNED BUSINESS & EXCELLENCE Awards
STELLA'S VENUE
ZOGOHOST

Editor's Note: *"Not every ending is a loss, look for the lessons instead."*

Make Your Business Investor-Ready

Learn how to tell your business story and make your ask. It's live on Teams at no cost.

On Wednesday, Nov. 18 at 12 p.m. ET, Dan Hoffman, Managing Director at Cerberus Capital Management, leads a Shark Tank-style pitch session for small business owners. Who's ready to pitch their business? Join Dan Hoffman for an engaging, Shark Tank–style Inspire & Learn webinar designed to help entrepreneurs bring their investment ask to life.

Building on "Investment Ask: What's in It for Your Investors," this follow-up session moves from planning your funding request to presenting a persuasive business pitch. Explore how to tell your business story, explain the problem you solve, highlight your competitive advantage, and demonstrate your growth potential. Learn how to clearly state the amount of funding you need, describe how you'll use it, and explain what's in it for potential investors.

Through interactive pitch practice and discussion, participants will explore the questions investors ask and how to respond with clarity and confidence. Whether you're preparing to seek funding or strengthening how you present your business, this session will help you sharpen your message and prepare for your next pitch.

Secure your spot for free at www.operationhope.org or by scanning the QR code.

SUDOKU ANSWERS

8	2	1	7	4	5	6	3	9
3	4	6	1	9	2	5	8	7
9	7	5	3	6	8	4	1	2
6	8	7	5	1	9	3	2	4
2	1	3	6	7	4	9	5	8
5	9	4	2	8	3	7	6	1
4	5	8	9	2	6	1	7	3
7	3	9	8	5	1	2	4	6
1	6	2	4	3	7	8	9	5

Sis, Let's Talk: Thankful, but Tired—You Don't Have to Earn Your Rest

Dr. Ashley D. Cham @drashleydcham

Sis, be honest: how many bottles are sitting on your kitchen counter or in your cabinet right now?
Something for energy. Something for sleep. Something for stress. A vitamin. Something for your hormones. And that supplement you bought because a woman on social media said it changed her life.

Meanwhile, lunch was whatever you could grab between responsibilities, your water bottle is still full, and bedtime keeps getting pushed back because everybody needs something.

I understand the appeal. When you're tired of feeling tired, buying something feels like taking action. You want relief, and you deserve support.
But before you add another bottle to your cart, let's look at the life that supplement is being asked to support.
As a Women's Health Nurse Practitioner who incorporates holistic approaches into care, I believe supplements can have a meaningful place in an individualized plan. They can help fill certain nutritional gaps, but they don't replace the variety of foods your body needs. The right choice also depends on your health, medications, and what you already take.

That's why I want us to ask more than, "What should I take?"
Let's also ask, "What does taking care of myself actually look like on an ordinary Tuesday?"

Have you made room to eat?
Some women have a detailed supplement schedule and no plan for lunch.
You deserve an actual meal and time to eat it. Start with something manageable: pack leftovers, keep a few easy options available, or put a lunch break on your calendar. A meal with protein, produce, and foods you enjoy can be simple.
If your schedule regularly leaves you eating for the first time late in the afternoon, that deserves attention alongside whatever is in your supplement cabinet.

Is rest getting a place on your calendar?
We say we want more energy, but sleep often gets whatever time is left after work, laundry, children, emails, and scrolling.
Some seasons make rest difficult. Shift work, caregiving, and symptoms can complicate even your best intentions. Still, look for one thing you can change. Could you close the laptop earlier? Ask someone to take over one evening task? Give yourself a consistent time to begin winding down?
Rest needs room in your routine.

What kind of movement fits your real life?
If you're waiting for an uninterrupted hour and the perfect workout outfit, you may be waiting a while.
Try a walk during a break. Dance while dinner cooks. Schedule a short strength session you can realistically repeat. Give yourself a starting point that works with your current responsibilities.

Where are you carrying too much?
Sometimes the wellness conversation needs to include the group chat, the overflowing calendar, and the responsibilities nobody thought to share.
What could you delegate? What commitment could you reconsider? Where could you ask for help before you reach your breaking point?
Your daily routine includes the demands placed on you—and the support available to you.
None of this means persistent symptoms are your fault. You don't have to perfect your habits before you deserve care. If you continue feeling unwell, bring that concern to your clinician rather than assuming you need more discipline or another product.
This week, give yourself a simple assignment: notice your routine for three days. Write down when you eat, sleep, move, and get a moment to yourself. Then choose one change that would make caring for yourself easier.
If you'd like support putting those pieces together, my **Hormone Lifestyle Boot Camp runs November 9–13**. We'll make space to talk about the everyday choices that belong in your hormone wellness plan.

Sis, you're already willing to invest in your health. Let's make sure that investment includes time, nourishment, and care for the woman taking all those supplements.

Healthy Recipes: Spanish Pork & Rice

Serves: 4 **Est. cost:** $3.20 **Est. cost per serving:** $.80
Ingredients:

- 1 tbsp oil (e.g. grapeseed, avocado, olive)
- ½ cup onion, chopped small
- 1 cup brown rice, soaked overnight and drained well
- 1 ea (14 ½ oz can) diced tomatoes, undrained
- 1/8 tsp cumin, ground
- 1 tsp salt
- 1 tbsp fresh garlic, minced
- 2 ½ cup low-sodium chicken broth
- ½ cup peas
- 1 ea (14 ½ oz can) canned pork, drained



Spanish Pork & Rice

Nutrition Facts

Serving Size: 1 Serving

Amount Per Serving		% Daily Value*
Calories	448.9 kcal	22 %
Total Fat	17.4 g	27 %
Saturated Fat	4.8 g	24 %
Trans Fat	0.1 g	
Cholesterol	52.6 mg	18 %
Sodium	891.5 mg	37 %
Total Carbohydrate	46.1 g	15 %
Dietary Fiber	5.1 g	20 %
Sugars	3.8 g	
Protein	27.5 g	55 %
Vitamin A	13 % • Vitamin C	27 %
Calcium	7 % • Iron	17 %

* 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 cronometer.com

Equipment: Medium saucepan with lid large spoon, knife, cutting board, measuring cup, measuring spoon, can opener, large bowl
Directions:

1. In a medium saucepan, warm oil over medium high heat. Add onions and sauté for 2-3 minutes until lightly browned.
2. Add rice, diced tomatoes, cumin, salt, garlic and chicken broth and bring to a boil.
3. Cover and reduce heat to low and simmer for 20-30 minutes until liquid is absorbed and rice is fluffy.
4. Remove from heat and keep covered for 10 minutes. Stir in peas and pork.
5. Enjoy!

Health Benefits:

- *Brown Rice* has a low glycemic index, which can help to reduce insulin spikes and helps with the stabilization of blood sugar levels. It is also an unrefined carbohydrate, which means it takes longer to break down in the body and keeps you feeling fuller longer.
- *Tomatoes* are a great source of lycopene, an antioxidant that helps to fight the free radicals that can damage your cells and immune system. Lycopene can also help lower the risk of developing certain cancers. *Recipe provided by: LA Dixon, 2023*

2026 Turkey Giveaways & Events

Central Louisville Community Ministries Turkey/Ham Giveaway
Friday, November 20, 2026 9:00 AM – 12:00 PM
Calvary Episcopal Church (Pantry), 821 S. 4th St.
Registration: Advance registration is required at the Calvary Episcopal food pantry during the preceding two weeks (not a walk-up event). You can also support their $25 turkey sponsorships via the www.centrallouisvillecm.org/

The Superstar Market 2nd Annual Thanksgiving Giveaway
Sunday, November 22, 2026 4:00 PM – 6:30 PM
Cherry Pickin', 828 E. Main St.

25th Annual Feed the City Thanksgiving Turkey Box Giveaway
Tuesday, November 24, 2026 Starts at 11:00 AM
The Parkland Boys and Girls Club, 3200 Greenwood Ave.

Let us know where you'd like to see the Lou!
advertise@theundergroundlou.com 502.878.6531 m
SUBCRIBE FOR FREE AT
WWW.THEUNDERGROUNDLOU.COM

Aries 3/21-4/19 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! **Taurus 4/20-5/20** 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.
Gemini 5/21-6/20 You can run, but you can't hide this week! The 7 of Swords acknowledges you may be trying to avoid or escape a situation you're better off confronting head-on. Have you been putting off a tough conversation with a friend? Not yet ready to talk with your partner about where your relationship is headed? Are you letting professional tension build rather than dealing with it? Remember, dodging this issue won't make it better. In fact, it could even make it worse. The time to deal with this matter is now.
Cancer 6/21-7/22 The 8 of Swords is indicating that you are feeling trapped right now, believing there isn't a way out of your current circumstances. This week you're being called to question whether you're truly stuck ... or if you're simply in a prison of your own design. Insecurity, fear, and doubt are often feelings that keep us in situations far longer than we need to be. Examine this matter more closely. You may find that self-imposed limitations have been holding you back this entire time.
Leo 7/23-8/22 If you've been waiting for a sign to get started on an idea you've had, this is it! The Page of Swords indicates you're filled with energy and excitement about a new project or venture. The question is, can you sustain this boundless enthusiasm once you get going? No matter which direction you choose in life, there are always going to be hurdles you're going to have to overcome -- but don't let that deter you. Know that by following your passions, you will be able to keep up this momentum.
Virgo 8/23-9/22 You could find yourself committed to a new cause this week! The Hierophant is a card that represents belief systems, traditions, and institutions. You may have been feeling lost, aimless, and in need of direction. If you've been considering joining a new group, now is the time! Being surrounded by people of a similar mindset could offer you the type of community you've been missing. These allies could eventually become a powerful source of support as you explore the person you're becoming.
Libra 9/23-10/22 Your mind is your greatest asset this week! You may be facing a major decision or exploring uncharted territory in a specific area of your life. The King of Swords is encouraging you to use logic and intellect to navigate this situation, rather than allowing yourself to get swept up in emotion. You will only define the right road to go down once you've truly gotten to the heart of the matter, and this can only happen when impartiality is exercised. Give yourself the opportunity to view this through a much clearer lens and you'll see the path appear.
Scorpio 10/23-11/21 If you've been waiting for a sign from the universe about something, this is it! The Ace of Wands represents a new beginning and all the potential that comes with this new venture. This week you are being encouraged to pursue that new path or project you've felt passionately about but haven't acted on yet. Use this time to take your first steps toward manifesting this goal. There's no need to make huge leaps forward -- even a small step forward is still a step toward your success.
Sagittarius 11/22-12/21 Let the good times flow! The 3 of Cups is a card of celebration and friendship, so you could find yourself in "party mode" this week with those closest to you. Organize a night out on the town with friends. Host a dinner party for family. Gather a few coworkers and hit up a happy hour. This isn't so much about what you do as it is the camaraderie you'll feel with those around you. Life isn't all about responsibilities and commitments, so let loose and enjoy yourself right now!
Capricorn 12/22-1/19 The 5 of Cups indicates you've been allowing yourself to wade in a sea of regret and disappointment. While the pain you're feeling is very real and shouldn't be minimized, it isn't a free pass to stay stuck in this mode forever. By choosing to focus on your perceived failures or mistakes, you can't see the positive things right in front of you, nor can you move on toward greener pastures. There's still hope, and it's important this week that you find where that hope is and shift your attention to that.
Aquarius 1/20-2/18 Temperance is a card of balance and moderation. Receiving this card signifies a need to keep a more go-with-the-flow attitude, practicing patience and adaptability as best you can. Perhaps you've been resisting a change in your life or letting a stressful situation get the best of you. If this is the case, change your approach this week. Allow things to slide off your back instead of meeting them with resistance. By finding your inner balance, you set yourself up to find your outer balance once again.
Pisces 2/19-3/20 Temperance is a card of balance and moderation. Receiving this card signifies a need to keep a more go-with-the-flow attitude, practicing patience and adaptability as best you can. Perhaps you've been resisting a change in your life or letting a stressful situation get the best of you. If this is the case, change your approach this week. Allow things to slide off your back instead of meeting them with resistance. By finding your inner balance, you set yourself up to find your outer balance once again. *Tarot.com*

ZOGOHOST
BLACK OWNED BUSINESS & EXCELLENCE Awards
SATURDAY'S WITH Mikesha
the YMCA
amped
ET Fashions 502-759-3165 www.etfashions.net et_fashions_
STELLA'S VENUE