Nov 15th-Nov 21st 2026

The Underground Lou

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Issue #178

D'Angelo Russell Foundation to host fourth annual thanksgiving turkey giveaway in west louisville

Louisville families will have an opportunity to receive a turkey for the Thanksgiving holiday during the annual community giveaway.

The spirit of giving will once again take center stage in West Louisville as the D'Angelo Russell Foundation prepares to host its Fourth Annual Thanksgiving Turkey Drive on Saturday, November 21, 2026, at the Goodwill West Kentucky Louisville Opportunity Center.

The event will take place from noon to 4 p.m. at 2820 W. Broadway, bringing together community partners, volunteers and local organizations with a shared goal of helping families enjoy a Thanksgiving meal.

This year, the foundation plans to distribute up to 2,500 turkeys to Louisville families. The annual initiative has grown into a significant community tradition, providing assistance to households while bringing people together during a season centered on gratitude, family and generosity.

What began as a simple act of giving has continued to expand through community support and partnerships. The foundation's efforts reflect the importance of giving back to the city and neighborhoods that have helped shape its mission.

In addition to turkey distribution, vendors and community organizations will be on site to provide information about additional resources and services available to individuals and families. The event also creates an opportunity for residents to connect with organizations working to address needs throughout the community.

Families interested in receiving a turkey must register in advance to participate. Distribution will be on a first come, first served basis, with a limit of one turkey per household.

The D'Angelo Russell Foundation's annual Thanksgiving initiative serves as a reminder of the impact that community investment and collective efforts can have on families, particularly during the holiday season.

Registration is required for families receiving turkeys. Additional information about registration, volunteering and vendor participation is available through www.bit.ly/dloturkey.com.



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MELANnaire Marketplace returns to mall st. matthews for fifth annual holiday shopping season

Louisville shoppers will once again have an opportunity to shop local and support Black owned businesses as MELANnaire Marketplace returns to Mall St. Matthews for its fifth annual holiday shopping season.

The marketplace will officially open Friday, November 20, 2026, with a public grand opening and ribbon cutting at 11 a.m. Located inside Mall St. Matthews next to the women's Dillard's, the temporary retail space will bring together a variety of Black owned businesses, independent makers, artists and entrepreneurs under one roof. Founded by Nachand Trabue in 2020, MELANnaire Marketplace was created to provide greater visibility and business opportunities for Black entrepreneurs. The concept gives small businesses an opportunity to reach new customers, showcase their products and generate sales without having to maintain a traditional storefront. This year's marketplace will feature a wide selection of merchandise, including clothing, jewelry, accessories, artwork, home décor, specialty foods, handcrafted gifts and other unique products. Youth entrepreneurs will also have an opportunity to participate, creating additional exposure for young people interested in business ownership.

For many participating vendors, the marketplace provides an important opportunity to introduce their brands to shoppers who may not otherwise discover their products. It also allows entrepreneurs to connect with customers during one of the busiest retail seasons of the year. The marketplace has continued to grow since its introduction at Mall St. Matthews, becoming a holiday shopping destination for people looking to support local businesses while finding gifts that offer something different from traditional retail stores.
MELANnaire Marketplace operates with a mission centered on empowering Black entrepreneurship, creating economic opportunities and encouraging the circulation of wealth within the community. Its message, encouraging shoppers to spend their money intentionally with Black owned businesses, is especially important during the holiday shopping season when consumer spending can make a significant difference for small businesses.

The holiday marketplace will be open Fridays, Saturdays and Sundays from November 20 through December 20 and is located next to the women's Dillard's. For additional information about the marketplace, vendor opportunities and upcoming events, visit www.melannaire.com.



What to Do in the Lou

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

11/18 Her: Ladies Night at the Lounge 6PM-10PM Smokeasy 566 S. 5th St. www.smokeasycigarlounge.com

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 Club Curfew 4:30PM-7:30PM Mashup Food Hall 750 E. Jefferson St. www.mashuplou.com *free

11/20 House Party 6PM-10PM House of Marigold 624 E. Market St. 502.384.3767

11/20 Gin & Jazz 7PM Jimmy Can't Dance 730 E. Market St. 502.589.4115

11/20 Jam Session Part 3: Friendsgiving Edition 8PM-12AM 8Up 350 W. Chestnut St. 502.631.4180

11/21 Dom Haley: Center Bar Stage 10PM-2AM Derby City Gaming 4520 Poplar Level Rd. www.derbycitygaming.com

11/22 Pinkmas Bash 11AM-4PM Mellwood Art Center 1860 Mellwood Ave www.womenownedwallet.com

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

11/22 Sound + Supper: Friendsgiving Edition 2PM-6PM Helm & Honey 1359 Bardstown Rd. Rd. www.posh.com

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

11/26 Juice Bowl 2026 9AM-2PM Shawnee Park 4501 W. Broadway 502.200.5930

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



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Editor's Note: *"Do not let fear lead your life. Instead, start every day with love and acceptance of all the blessings around you."*

Nov 15th-Nov 21st 2026 **The Underground Lou** Issue #178

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: When the Holidays Don't Feel Happy

Dr. Ashley D. Cham @drashleydcham

The invitations are coming. The decorations are going up. Somebody is already asking what you're bringing to Thanksgiving dinner. And you're trying to figure out how to get through the day.

Maybe this is your first holiday without someone you love. Maybe a relationship has changed, and the plans you imagined no longer fit your life. Maybe money is tight, family dynamics are complicated, or you're surrounded by people and still feel lonely.

Whatever the reason, the excitement around you may feel very far from what's happening inside you.

Sis, you don't have to pretend here.

There is room for how you actually feel

Holiday gatherings often come with an expectation: show up, smile, and be grateful.

But grief doesn't follow a calendar. Loneliness doesn't disappear because the house is full. And a difficult year doesn't suddenly feel easier because someone puts on Christmas music.

You can appreciate an invitation and dread the questions that might come with it. You can laugh during dinner and cry on the drive home. You can enjoy a moment without feeling ready to call this a happy season.

Give yourself room for those feelings without turning them into a reason to criticize yourself.

You may be grieving something people cannot see

Some losses are easy for others to recognize. Others happen quietly.

The marriage you hoped would look different by now. The child you imagined holding. The relationship with a parent or sibling that still feels strained. The financial stability you worked hard for and suddenly lost.

Sometimes, you're grieving the way life used to be—or the way you thought it would be.

You don't owe everyone the details. But you deserve at least one place where you can tell the truth without having to make it sound prettier.

That might be a trusted friend, a counselor, a support group, or someone in your faith community who knows how to listen.

Make a plan that leaves room for you

Before you agree to every invitation, pause and consider what you have the capacity for.

Would a shorter visit feel more manageable? Would it help to drive yourself so you can leave when you need to? Is there someone you can call for support afterward?

You can decide ahead of time how to respond to questions you aren't ready to answer.

"I appreciate you checking on me, but I'm keeping that private right now."

"This year has been difficult. I'd rather talk about something else."

"I'm glad I came, but I'm heading home early."

You don't need a long explanation.

If gathering feels comforting, let yourself go. If a particular event feels overwhelming, consider a smaller way to connect. Share breakfast with a friend. Take a walk with someone you trust. Ask a loved one to check in that evening.

Traditions can change with your life

You are allowed to do things differently this year.

Maybe you order dinner instead of cooking. Maybe you celebrate somewhere new. Maybe you honor someone you miss by making their favorite dish, telling a story about them, or leaving time to remember them quietly.

A new tradition doesn't erase the old one. It can give you a way to move through the season as you are today.

And if your faith is important to you, bring your honest feelings into that space, too. Prayer can include tears, questions, and the words, "I need help."

Let someone know what support would look like

Sometimes people care but don't know what to offer. Try being specific.

"Could you call me on Thanksgiving morning?"

"I'd like company, but I don't have the energy to host."

"Can you listen for a few minutes without trying to fix this?"

You don't have to wait until you have the right words to reach out.

You don't have to navigate this season alone. Join me for my **November 16 A Holistic Conversation About Mental Health class**, where we'll continue this conversation. **Inbox me for the free registration link.**

If you'd also like to add a comforting aroma to your moments of prayer, reflection, or rest, **inbox me to grab a bottle of Console Essential Oil Blend** for your holiday self-care routine.

Sis, you don't owe anyone a performance of holiday happiness. You deserve care on the days you're celebrating—and on the days you're simply getting through.

Healthy Recipes: Instant Creamy Potato Soup



Serves: 6 **Est. cost:** $5.64 **Est. cost per serving:** $0.94

Ingredients:

- 2 1/2 cups low sodium chicken broth or water
- 2 cups frozen chopped
- carrot, onion, celery blend OR 1 medium yellow onion, chopped
- 2 ea medium carrots, diced
- 2 ea stalks celery, diced
- 2 1/2 cups potato flakes
- 1/2 cup heavy cream or milk
- 1/4 tsp salt, or to taste
- 1/4 tsp black pepper, or to taste
- 1/4 tsp garlic powder

Optional Toppings: cheddar cheese, bacon, fresh herbs, diced bell pepper, red pepper flakes

Equipment: large pot, spoon, (optional: cutting board, knife)

Directions:

1. In a large pot, add broth and vegetables and bring to a simmer for 5 minutes (10 minutes if using fresh vegetables). Remove from heat.
2. Add potato flakes, heavy cream (or milk), salt, pepper, and garlic, and stir to mix. Add more milk or water for a thinner soup. Add more potato flakes for a thicker soup.
3. Taste and adjust seasonings.
4. Top with your favorite additions and enjoy!

Instant Creamy Potato Soup

Nutrition Facts

Serving Size: 1 Serving

Amount Per Serving		% Daily Value*
Calories	160.6 kcal	8 %
Total Fat	7.3 g	11 %
Saturated Fat	4.6 g	23 %
Trans Fat	0.2 g	
Cholesterol	22.4 mg	7 %
Sodium	164.5 mg	7 %
Total Carbohydrate	21.8 g	7 %
Dietary Fiber	2.4 g	10 %
Sugars	3.2 g	
Protein	2.7 g	5 %
Vitamin A	17 % • Vitamin C	32 %
Calcium	4 % • Iron	2 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Recipe provided by Reanetta Perkins, 2023.

Health Benefits: *Potatoes* contain soluble fiber called resistant starch that acts as a prebiotic by improving the gut. The skin of the potato contains potassium, which balances sodium levels in the body to help control blood pressure. *Carrots* are an excellent source of beta carotene, which is an antioxidant that converts to Vitamin A in the body. This nutrient supports the eyes, immune system, and growth and development. *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/

D'Angelo Russell Foundation Annual Thanksgiving Turkey Drive 12PM-4PM Goodwill Opportunity Center 2820 W. Broadway
Registration is required. www.bit.ly/dloturkey.com

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.

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Aries 3/21-4/19 You could be on the verge of a decision that will have a long-lasting impact! You've been at this crossroads for a while, unsure of which path to go down. The Judgement card knows the best choices come from the perfect blending of head and heart. This will require you to look to your past for tangible lessons you've learned, but you must also connect with your inner self and listen to what your intuition is trying to tell you. This is the week to make your decision -- and you already have everything you need to do so.

Taurus 4/20-5/20 Lucky you! The 10 of Pentacles represents security, as well as success and accomplishment. Have you not been properly recognized for your professional efforts? Has it felt like the universe has put one obstacle after another in front of you? Has money been tight? Have you felt deflated in matters of the heart? Well, good news has arrived! You could finally see things coming together for you this week in one or more of these areas, rewarding you with a sense of satisfaction for staying the course no matter how tough things were.

Gemini 5/21-6/20 The 7 of Wands is urging you to stand your ground this week. Receiving this card indicates you're experiencing some kind of opposition or roadblock in your life right now. Your initial instinct may be to retreat, giving into whatever challenge is standing in your way. However, it's important to stand up for what you believe in. Setbacks are inevitable but giving up is not. Put on your emotional armor and draw upon your courage and inner strength as you tackle this obstacle, so you can eventually overcome it.

Cancer 6/21-7/22 Don't be intimidated by this card! The Death card is one of the more commonly misunderstood cards in the Tarot. It doesn't represent a physical death -- rather, it's about transformation of the self and letting go of the things that are no longer serving us. What have you been holding onto that you need to let go of? Ending this chapter of your life could pave the way for something far greater down the road. This week, notice opportunities to move on from whatever it is that's been holding you back from the future you deserve.

Leo 7/23-8/22 The Page of Pentacles represents enthusiasm for new beginnings and new ventures. This week, you are being encouraged to express your creative talents in some way. Have you been thinking about starting something but haven't taken the first steps to get it off the ground? This card wants you to take those imaginative ideas you've been toying with and start working toward manifesting them. By remaining focused and applying a strong work ethic, you give yourself the ability to turn your dreams into a reality.

Virgo 8/23-9/22 You're going to learn that life is a balancing act this week! The 2 of Pentacles represents achieving harmony with opposing forces. Have you been called in different directions recently? Are what you want and what you need conflicting? Has work taken time away from your personal life or vice versa? This card wants you to take a step back and figure out where your priorities are. By knowing where you want to spend your time and energy, you can come up with a solution that sets you up for long-term success in all areas of your life.

Libra 9/23-10/22 The possibilities are truly endless for you right now! The 3 of Wands is signaling that you will have an abundance of opportunities to expand your horizons in some way. Look beyond your current circumstances for a moment and consider your future. What is it that you envision for yourself? Now is not the time to think small. Your potential is limitless, so take advantage of these opportunities as they present themselves to you. The greatest successes lie beyond your comfort zone.

Scorpio 10/23-11/21 You're being encouraged to choose your battles wisely this week. The 5 of Swords signals that a conflict is currently brewing in a particular area of your life, and a confrontation could take place soon. When it does, you may be tempted to win the argument at all costs -- but have you considered what those costs are? In your attempt to prove you're right, you may say or do things you regret later, as well as sabotage your relationship with the other person (or people). Before going to battle, consider how winning in the moment could lead to a long-term loss.

Sagittarius 11/22-12/21 You're being encouraged to choose your battles wisely this week. The 5 of Swords signals that a conflict is currently brewing in a particular area of your life, and a confrontation could take place soon. When it does, you may be tempted to win the argument at all costs -- but have you considered what those costs are? In your attempt to prove you're right, you may say or do things you regret later, as well as sabotage your relationship with the other person (or people). Before going to battle, consider how winning in the moment could lead to a long-term loss.

Capricorn 12/22-1/19 The Sun is truly shining down on you this week! This card represents abundance, optimism, success, and the warmth of a happy time in your life. It may be that you've been going through a tumultuous time in your life, feeling as though there wasn't an end in sight. Well, it's always darkest before the dawn -- and dawn has arrived! Through these obstacles you've learned a lot about yourself and have gained confidence from knowing that you can weather any storm. Enjoy this period of positivity because you've earned it.

Aquarius 1/20-2/18 This could be the week you finally release something that has been hanging over you for far too long. The 6 of Swords serves as a reminder that, although it may be difficult, sometimes we have no choice but to move on from a challenging situation. What have you been holding onto that has prevented you from creating a brighter future for yourself? Now is the time to let this go once and for all. This won't be an easy task, but ultimately, it is the right thing to do.

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*