

July 21st - July 28th  
2024

# The Underground Lou

www.theundergroundlou.com

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Issue  
#99

## The Underground Lou Celebrates its 100<sup>th</sup> Issue and 2 Year Anniversary!

The Underground Lou is already on its way to publishing our 100th issue! A celebration will be held on Sunday July 28th, 2024, at the historical Roots 101: African American Museum located at 124 N. 1st Street in Louisville, KY. The event will take place from 6PM-9PM and is free and open to the public!

The Underground Lou is not a nonprofit but is able to publish by advertisements and through the help of AMPED led by Dave Christopher who assists with printing and more. AMPED is a free music and technology program that also helps black and brown owned businesses thrive through their annual cohort. If you would like to make a donation towards the Underground Lou you can do so on the event page through Eventbrite by scanning the QR code.



The Underground Lou was started to push positive helpful news and resources in the community. Created by Louisville native Mikeshia Thomas who began her career in 2017 interviewing black owned businesses on Facebook Live through her podcast *Saturdays with Mikeshia*. Realizing there's so much more to cover, the Lou was started. Mikeshia



also started the BOBEAWARDS in 2020 which celebrates and awards black owned businesses with over 40 different industries highlighted. Nominations will start up again this year in August.

The Underground Lou is free to the public and currently has close to 7,000 online subscribers and 50 pickup locations. You can subscribe for free by visiting [www.theundergroundlou.com](http://www.theundergroundlou.com). We hope to see you Sunday July 28<sup>th</sup> at Roots 101: African American Museum!

## What to do in the Lou

7/25-28 *14th Annual Flyover Film Festival* Speed Cinema 2035 S. 3rd Street [www.flyoverfilmfestival.org](http://www.flyoverfilmfestival.org)

7/26 *Strong Women Strong Coffee* 10AM Logan Street Market 1001 Logan Street [www.eventbrite.com](http://www.eventbrite.com)

7/26 *Friday Family Fun Night Sing-A-Long Karaoke Party* 5PM-8PM Logan Street Market [www.loganstmarket.com](http://www.loganstmarket.com)

7/26-27 *The Big Stomp* Waterfront Park Brown-Forman Amphitheater [www.thebigstomp.com](http://www.thebigstomp.com)

7/26 *Garden Jazz Series* 8PM-10PM Nouvelle Bar & Bottle 214 S. Clay Street [www.nouvellewine.com](http://www.nouvellewine.com)

7/26 *The Murder Circus Comedy Show* 11PM Never Say Die Bar 3900 Shelbyville Road [www.blurredmindsmedia.com](http://www.blurredmindsmedia.com)

7/27 *The 2000's Party* 9PM-2AM The Local Seltzery 828 E. Main Street \*Free entry

7/27 *Afro-American Creativity Exhibition Performing Artists & Creatives* 7PM The Presley Post 734 W. Main Street Suite 106 [www.thepresleypost.com](http://www.thepresleypost.com) \*Free entry

7/27 *Garden Jazz Series* 8PM-10PM Nouvelle Bar & Bottle 214 S. Clay Street [www.nouvellewine.com](http://www.nouvellewine.com)

7/27 *St. Mathews Farmers Market (every Saturday)* 8AM-12PM 4100 Shelbyville Road

7/27 *Books & Breakfast Louisville* 10AM-12:30PM 1718 W. Jefferson Street \*Free to the public/Family friendly 7/27-28 KFTC's 2024 Annual Membership Meeting 12:30PM Berea College 101 Chestnut Street Berea, KY [www.eventbrite.com](http://www.eventbrite.com)

7/27 *Live Poetry Workshop: Teens Only Louisville Book Festival* 12PM-2PM 104 Daventry \*Free to the public [admin@louisvillebookfestival.com](mailto:admin@louisvillebookfestival.com)

7/27 *Fashion is Passion* 6PM-9PM 1660 W. Hill Street [www.eventbrite.com](http://www.eventbrite.com)

7/27 *AMPED Gamechanger Awards* 6 PM-9 PM The Ice House 226 E. Washington Street [www.ampedlouisville.org](http://www.ampedlouisville.org)

7/27 *Paradise Saturdays* 10PM-3AM Dasha Barbours 217 E. Main Street

7/28 *Xquisite Hike 8AM Xquisite Nutrition* 8AM 2631 S. 3rd Street 502.290.2020

7/28 *Sundays are for Jazz w/ Avenue Studios* 2PM-6PM Better Days East 921 Barret Ave 502.456.2394

7/28 *Back to School Giveaway* 4PM-6PM 1442 S. 15th Street 502.966.7253 \*Free entry

7/28 *West End Farmers Market* 4PM-8PM 946 S. 25th Street [www.change-today.org](http://www.change-today.org)

7/28 *The Underground Lou's 100th Issue and 2 Year Anniversary Celebration!* 6PM-9PM Roots 101: African American Museum 124 N 1st Street [www.lou100.eventbrite.com](http://www.lou100.eventbrite.com) 502.878.6531 [advertise@theundergroundlou.com](mailto:advertise@theundergroundlou.com) \*Free entry

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The Underground Lou Celebrates Our **100th** Issue and 2 Year Anniversary!!

Sunday July 28<sup>th</sup> 6PM-9PM  
Roots 101: African American Museum 124 N. 1st Street

RSVP for FREE at [www.lou100.eventbrite.com](http://www.lou100.eventbrite.com) or scan the QR code



Come out to help us celebrate this milestone!

Enjoy a free museum tour, hors d'oeuvres, wine, meet the editor and the unveiling of the Underground Lou's all new exhibit!



## Career & Training Opportunities

### Digital Literacy Train the Trainer

University of Louisville: Digital Transformation Center

- Earn digital skills
- Earn \$500 stipend upon completion of program
- Learn conversational, AI, Form Data Gathering & Data Analytics
- Earn four or more micro-credentials
  - Become a community trainer

For more information contact [sherry.duffy@louisville.edu](mailto:sherry.duffy@louisville.edu)



### Mahogany Salon Now Hiring Stylist

- Open booth available
- Full or part time
- Must be licensed
- Mahogany Salon at Mellwood Art Center 1860 Mellwood Ave
- Contact 502.895.0123 for more information

### Summer Works Internship

- Ages 16-21
- Shadow a supervisor in one of many departments
- Perform task that provide value to the organization
- Work in an office, on-site, at a facility, or at a professional development session

[www.kentukiamacarns.com](http://www.kentukiamacarns.com)  
Tim Moran 502.678.8126



## Celebrating Creativity and Community at AMPED's Annual Dream Maker Awards Gala

You are cordially invited to an evening of celebration, creativity, and innovation at AMPED's annual gala, the Dream Maker Awards. Come out on July 27th from 6 PM to 10 PM at the Ice House, located at 226 E. Washington Street, for a special event dedicated to fundraising \$110,000 to support AMPED's transformative programs. This gala not

only honors the Class of 2024 high school senior Music Academy participants but also recognizes the individuals, businesses, and organizations that have played a crucial role in helping make their dreams a reality.

Guests will enjoy an elegant evening beginning with a Heaven Hill Brands sponsored Cocktail Reception, featuring signature hors d'oeuvres and a main course that promises to delight. The event will be enlivened by live music and will include a silent auction where all proceeds directly support AMPED's initiatives. As the evening draws to a close, guests can look forward to an exciting after-party. Tickets are priced at \$100, and guests are encouraged to dress in business casual attire or simply their best outfit for a memorable night out.

To secure your spot please visit [www.ampedlouisville.org](http://www.ampedlouisville.org). If the cost of a ticket is a barrier, consider making a monthly donation of \$20.14 in honor of our 10-year anniversary, which will cover your ticket. Visit [www.ampedlouisville.org](http://www.ampedlouisville.org) for more details. Additionally, there are sponsorship opportunities available for those who wish to contribute further. For more information, please contact Erika Samuels at [esamuels@ampedlouisville.org](mailto:esamuels@ampedlouisville.org).

### Louisville Urban League Summer School

Series of educational sessions aimed at empowering the community with knowledge about JCPS systems, policies, and advocacy against harmful legislation. Provide valuable information and resources to support public education and promote racial equity

**Session 1:** 7/29 Introduction to JCPS systems and policies

**Session 2:** 8/21 House Bill 2/Protect our schools KY

**Session 3:** 8/21 Jefferson County Board of Education roles and responsibilities

**Session 4:** 8/28 JCPS panel discussion/community forum

Register at [www.lul.org](http://www.lul.org)

### Back to School Events

- 7/27 Hazelwood Elementary 1325 Bluegrass Ave
- 7/27 5PM-8PM Shelby Park [www.olmstedparks.org](http://www.olmstedparks.org)
- 7/28 House of W.O.M.B & The Black Nurse Practitioners of Louisville 4PM-6PM 1448 S. 15th Street 502.966.7253
- 7/31 Shawnee Park 4501 W. Broadway 4PM-7PM [www.tinyurl.com/memberplay](http://www.tinyurl.com/memberplay)
- 8/3 1PM-3PM Greater New Beginnings Christian Church

### PICKUP LOCATIONS

- The Bakery 901 S. 15<sup>th</sup> Street
- Dynamic Nutrition 1561 Bardstown Rd
- 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
- Julees Mocha 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. 18<sup>th</sup> Street
- Shawnee Library 3912 W. Broadway
- Bates Memorial Baptist Church 620 E. Lampton
- Southern Hospitality 3402 W. Broadway
- Health Daddy Wow 1806 Ralph Ave
- Black Jockey's Lounge 630 S. 4<sup>th</sup> Street

Let us know where you'd like to see the Lou!  
[advertise@theundergroundlou.com](mailto:advertise@theundergroundlou.com) 502.878.6531  
SUBSCRIBE FOR FREE AT [WWW.THEUNDERGROUNDLOU.COM](http://WWW.THEUNDERGROUNDLOU.COM)

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Donations: \$pcimediaandco





**West on Wednesday**  
AT  
**THE PALM ROOM**  
1821 W. Jefferson Street  
Free onsite parking.

**LOUISVILLE INDEPENDENT BUSINESS ALLIANCE**  
BUY LOCAL

**WEDNESDAY**  
7/31/24  
5PM - 7PM  
Palm Room Karaoke starts at 8pm

The West on Wednesday event series shines a spotlight on great local and independent restaurants in West Louisville. Each event is an opportunity for our community to collectively support West Louisville entrepreneurs and strengthen the local economy by keeping our dollars circulating locally. Join us at The Palm Room for camaraderie, a drink from sponsor Heaven Hill and a buffet style dinner.

PRESENTED BY  
**HEAVEN HILL BRANDS**

REGISTER NOW  
\$15 Includes Menu Below

**DINNER MENU (SERVED BUFFET STYLE)**

<b>MAIN ENTREES</b>	<b>SIDES</b>
Salmon and Shrimp Pasta	Garlic Bread
Baked Chicken with Gravy	Side Salad
BBQ Chicken	Mashed Potatoes
<b>DRINKS</b>	Green Beans with Smoked Turkey
Tea	Corn on the Cob
Lemonade	Broccoli with Cheese
1 Ticket for Heaven Hill Products, then cash bar	Rolls

www.keeplouisvilleweird.com/upcoming-events

## West on Wednesday at the Palm Room

The Louisville Independence Business Alliance (LIBA) brings West on Wednesdays to the Palm Room! West on Wednesdays is a series that highlights different black owned restaurants in West Louisville.

The event is hosted by Heaven Hill and each attendee will receive a drink ticket for their product. There will be a cash bar which is included in your ticket price along with dinner. Options include the following: Salmon and shrimp pasta, baked chicken with gravy and BBQ chicken. Sides include garlic bread, side salad, mashed potatoes, green beans, corn on the cob and broccoli with cheese.

The Palm Room is located at 1821 W. Jefferson Street and the event is from 5PM-7PM. Karaoke will start at 8PM. Tickets are \$15 and can be purchased at [www.keeplouisvilleweird.com](http://www.keeplouisvilleweird.com) or you can scan the QR code to grab your ticket.



## Rivulet Liqueur

Celebrating 10 Years!

"We believe that our Rivulet Artisan Pecan Liqueur is best sipped and savored neat, but we also know that it mixes incredibly well in handmade cocktails. Not only does Rivulet mix well with Bourbons, Vodkas and Tequilas, but it also lends a profile all its own to other flavored spirits to create one of a kind cocktails you will suddenly love. Mixologists everywhere have created some beautiful cocktails. We hope you'll find one you love."

[www.rivulet.com](http://www.rivulet.com)



*Rivulet 7th & 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

Visit [www.rivulet.com](http://www.rivulet.com) to order yours today!



**the Y** | **THE WORLD IS OURS**  
YMCA OF GREATER LOUISVILLE

**YMCA Black Achievers and YMCA Youth Achievers**

REGISTRATION OPEN NOW THROUGH AUGUST 31



WE OUTSIDE THIS SUMMER!!

**XQUISITE HIKE**

\$10 Tea or Shake

2 Sundays a month

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July 28th  
Meet up Xquisite Nutrition @8am  
2631 S. 3rd st "Hike in a jar"

CONTACT US  
502-290-2020  
Xquisite.nutrition22@gmail.com



**the Y** | **USING SKILLS TO KEEP YOUR COOL**  
Most-Fit Fitness League  
Republic Bank Foundation YMCA

**Most-Fit Fitness League**

The Y is offering a FREE 10-week session for kids in grades 5th-8th and their families who reside in the Russell neighborhood. Most-Fit Fitness League will use sports competitions to educate youth and adults in the following areas:

- Physical and mental health and wellness
- Nutrition education
- Conflict resolution
- Positive community interactions
- Avoid confrontations that lead to gun violence

Families who complete the 10-week session will receive a complimentary 6-month family community-wide YMCA membership.

SCAN HERE TO REGISTER or stop by the front desk

July 23-September 27  
Tuesdays & Fridays  
6-8pm  
Republic Bank Foundation YMCA  
1720 West Broadway



**BOOKS & BREAKFAST LOUISVILLE**

*Community Conversation:*  
Activating The People & Black August

Saturday, July 27th  
10am - 12:30pm  
1718 W. Jefferson St.

## Books And Breakfast Louisville

Join Books and Breakfast Louisville for the opportunity to connect, share ideas, and collaborate with fellow community members. The event aims to bring a sense of unity and shared purpose, ensuring that everyone's voice is heard and valued. Together, we can envision and work towards a brighter future for Louisville. By understanding our history, we can better shape our future and empower our community.

Breakfast will be provided, so come ready to engage and contribute to the dialogue! As always, feel free to bring books to exchange or donate, adding a literary touch to the gathering. Free books, free breakfast, and free love will be available. Whether you're passionate about community building, social justice, or simply enjoy a good book, there's something for everyone. Come out to create a stronger, more empowered Louisville.

The event is FREE to the public and will be held at 1718 W. Jefferson Street from 10AM-12:30PM on Saturday July 27<sup>th</sup>. For more information email [chad.golden87@gmail.com](mailto:chad.golden87@gmail.com).

## What to do in the Lou Cont. from page 1

- 7/28 *The Royal Experience All White Day Party* 5PM-10PM KFC Yum Center 1 Arena Plaza [www.ticketmaster.com](http://www.ticketmaster.com) 502.546.5310
- 7/28 *Funniest Person in Louisville: Sean Smith* 7PM TEN20 Craft Brewery 1020 E. Washington Street [www.ten20brewery.com](http://www.ten20brewery.com)
- 7/29 *Introduction to JCPS Systems & Policies* 6PM-8PM Louisville Urban League 1535 W. Broadway [www.lul.org](http://www.lul.org)
- 7/30 *Taking Care of Business Tuesdays: Retail Mastery* 6PM-7:30PM Louisville urban League 1535 W. Broadway [business@lul.org](mailto:business@lul.org)
- 7/31 *Network w/ Professionals Member Mixer* 5:30PM The Presley Post 734 W. Main Street Suite 106 [www.thepresleypost.com](http://www.thepresleypost.com)
- 7/31 *July Networking Night* 6PM-7:30PM Republic Bank Foundation YMCA 1720 W. Broadway [www.eventbrite.com](http://www.eventbrite.com) \*Free to the public w/RSVP
- 8/2-3 *Louisville Jazz Festival Iroquois Amphitheatre* 1014 E. Broadway 502.368.5865 [www.iroquiosamphitheatre.com](http://www.iroquiosamphitheatre.com)
- 8/3 *Black Business Expo* 11AM-5PM Norton Sports & Learning Center 3029 W. Muhammad Ali Blvd [www.lul.org](http://www.lul.org)
- 8/4 *Sumer Vibes Customer Appreciation Day Party* 5PM-10PM Sports & Learning Center [www.goodtimersentertainment.com](http://www.goodtimersentertainment.com)

## Healthy Recipes

### Fresh Salmon Burgers

#### Ingredients:

- 1 ½ lb. fresh salmon, skinned, diced
- 3 tbsp tarragon, fresh, chopped
- 4 tbsp dill, fresh, chopped
- 2 tbsp shallots, minced
- 1 tbsp Greek yogurt (optional) To taste, salt and black pepper
- 1 tbsp cooking oil (e.g., coconut, grapeseed, ghee)
- 4 each whole grain buns (OR lettuce for bun substitute)
- Optional: ½ cup celery, chopped small
- ½ cup bell pepper (green, red, yellow)
- 1 tbsp black/brown sesame seeds

**Equipment:** 1 mixing bowl, medium pan, spoon, knife, sanitized/clean cutting surface, spatula and plate.

#### Directions:

1. In a large bowl, mix salmon, tarragon, dill, shallot, salt, and pepper.
2. Form into 4 patties and refrigerate for up to 30 minutes, or until ready to cook.
3. In a large skillet, warm the cooking oil over medium-high heat.
4. (Optional) Brush the marinade on each side of the patty and place the salmon patties in the skillet.
5. Cook for 3 minutes on each side or until the burgers are cooked through the middle. Salmon can be cooked to the desired temperature, rare to well done.
6. Serve with cucumber sauce, fresh onion, and lettuce. Enjoy!

#### Health Benefits:

Salmon contains health-benefiting Omega-3 fatty Acids that are not only a natural blood viscosity (thickness/thinness) regulator, but also protect against irregular heartbeats (murmurs), help keep the arteries clean, and are a reliable source of protein.

Serves: 4 Est. cost: \$10 Est. cost per serving: \$2.50

References: Recipe provided by Dr. Eleonora Gafton, 2019



#### Nutrition Facts

Serving Size		1 Serving
Amount Per Serving		
<b>Calories</b>		<b>300</b>
		% Daily Value*
<b>Total Fat</b>	15.3 g	20 %
Saturated Fat	2.7 g	13 %
Trans Fat	0.1 g	
<b>Cholesterol</b>	119.8 mg	40 %
<b>Sodium</b>	180.7 mg	8 %
<b>Total Carbohydrate</b>	3.8 g	1 %
Dietary Fiber	0.6 g	2 %
Total Sugars	0.8 g	
Added Sugars	0.2 g	0 %
<b>Protein</b>	34.9 g	
<b>Vitamin D</b>	17.6 mcg	88 %
<b>Calcium</b>	38.5 mg	3 %
<b>Iron</b>	1.1 mg	6 %
<b>Potassium</b>	679.9 mg	14 %

\* 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.

## Horoscopes

**Aquarius 1/20-2/18** Have you had your head in the clouds recently? The Knight of Pentacles is urging you to come back down to Earth and apply effort to your ideas this week. Maybe you've been suffering from a case of "all talk and no action."

Alternatively, you could be putting off your day-to-day responsibilities in favor of more exciting offers. No matter what your situation, you're being encouraged to create a plan of action or stick to a routine, as progress is best achieved through discipline.

**Pisces 2/19-3/20** Brace yourself! Unexpected change might be headed your way this week. The kind of change The Tower signifies is sudden and unforeseen. Your first instinct may be to reject this shift – but ask yourself why you're so resistant. Yes, these situations aren't easy to go through, but change is necessary to progress. This jolt to your system is what you've needed to see where the cracks in your foundations are. In turn, it allows you to rebuild on more stable ground. Embracing this transition period and what it can teach you will lead to greater personal rewards down the road.

**Aries 3/21-4/19** This week could be all about new beginnings for you! The Fool represents the start of a journey and embracing the unknown. If you've been wanting to move in a brand-new direction, this is your signal from the universe to finally go for it! Yes, exploring uncharted territory can be scary. It's always so much easier to stick with what you know. However, your safety zone is not where the greatest growth and fulfillment happens. Throw out the road map and take a leap of faith. You could end up somewhere better than you expected to.

**Taurus 4/20-5/20** The Queen of Cups indicates emotional maturity, compassion, and a nurturing spirit. This week you are being called to express this energy in some way. Perhaps a friend will approach you with relationship troubles, or it could be that a colleague is coming to you for support with a problem they're facing. When this happens, listen from the heart as they speak, but remain emotionally separated from the issue. While it may be tempting to dive head-first into the situation with them, understand that only they can work themselves out of their predicament.

**Gemini 5/21-6/20** Don't give up just yet! Your card this week, the 7 of Pentacles, is reminding you that anything worth having can't be achieved overnight. Perhaps you've been working on a project or area of your life and haven't yet reaped the rewards of your efforts. Understandably, this has been a source of frustration for you. Remind yourself that this wasn't an easy task and take pride in the effort you've already put forth. Your hard work and patience may not have paid off just yet, but they will soon enough.

**Cancer 6/21-7/22** The 8 of Wands represents high energy and forward momentum, signaling a time of getting things done and making things happen. You might feel as though a lot is coming at you this week, and it could become difficult to figure out what you should pay attention to. Combat these distractions by homing in on a single goal and removing any distractions so you can focus on it. By using this energy to your advantage, you will turn this into a period of great productivity and progress.

**Leo 7/23-8/22** 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.

**Virgo 8/23-9/22** 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.

**Libra 9/23-10/22** 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!

**Scorpio 10/23-11/21** 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.

**Sagittarius 11/22-12/21** The 4 of Cups signals that you have been feeling unfulfilled and craving some kind of change in your life. Perhaps you are looking around and seeing what others have, longing for those things that aren't a part of your own life. It might also be that you feel unmotivated in your present circumstances. While it's nice to aspire, it's easy to get caught up in an unhealthy cycle of desire. This week try to address the root cause of these feelings. Is the grass really greener on the other side, or do you just need to spend time watering your own grass?

**Capricorn 12/22-1/19** The line between pleasure and pain is razor thin! The Devil represents your habits, temptations, and vices – all the things that activate your shadow side and lead you away from your true self. You're being called to examine whether short-term gratification is creating a long-term problem. This week, consider your actions. Are you truly in control? Are these behavior patterns healthy? What are the benefits besides temporary satisfaction? If you've been going overboard, now is the time to pull back before you veer too far off course. Tarot.com

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Free Groceries Weekly Giveaway

- TUESDAY - New Leaf Clinic  
215 W Breckinridge St.  
Louisville, KY 40203
- WEDNESDAY - 2234 West  
Muhammad Ali Blvd,  
Louisville, KY 40212
- THURSDAY - Alberta O Jones  
717 South 24 Street,  
Louisville, KY 40211

Starting at 12 PM until we run out  
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a Feed the West family

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[tinyurl.com/CTCTMonthly](http://tinyurl.com/CTCTMonthly)