

Sept 22nd- Sept 28th  
2024

# The Underground Lou

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Issue  
#105

## Nominations Are Now Open for the 4th Annual BOBEAWARDS

*Celebrating & Highlighting Black Owned Businesses*

This year marks the fourth annual Black Owned Business and Excellence Awards and nominations have officially opened! Every year over 1,000 black owned businesses are nominated in over 40 different categories. The event will take place in December of this year. Once nominations are cut off October 18th, you will be able to vote for your favorite business in November.

There will be vendor spaces available as well as a chance to be a sponsor for this year's award ceremony. If you would like to get additional information on sponsorships, you can contact [info@bobeawards.com](mailto:info@bobeawards.com) or 502.878.6531 by phone.

Volunteers are also needed! Volunteers will receive a FREE ticket to the award ceremony as well as acknowledgments in the program and website. Email us at [info@theundergroundlou.com](mailto:info@theundergroundlou.com) or by phone at 502.878.6531.

To nominate, visit [www.bobeawards.com](http://www.bobeawards.com) and make sure to follow us @bobeawards on Instagram and @TheBlackOwnedBusiness&Excellence Awards on Facebook. Good luck to all, we can't wait to see you later this year!



## What to Do in the Lou

9/25 *Dress for Success Women's Expo* 11AM-3PM 2722 Crittenden Drive 502.584.8050

9/25 *Network & Chill: Stacy Spikes* 5:30PM West Sixth at 817 E. Market Street  
[www.rhedorick.com](http://www.rhedorick.com) [rhedorick@gmail.com](mailto:rhedorick@gmail.com)

9/25 *Black Women for Political Education Meeting* 6PM Western Branch Library 604 S. 10th Street 502.724.3545

9/25 *Top Shelf Wednesdays* 6PM-10PM The Biscuit Lounge 120 S. 10th Street  
[www.thebiscuitlounge.com](http://www.thebiscuitlounge.com)

9/25 *Deepsea & Friends* 9PM Noraebar 717 E. Market Street 502.209.8399

9/26-28 *Russell Homecoming Weekend 2024* [www.russellpromise.com](http://www.russellpromise.com)

9/26 & 28 *Picnic Lunch* 1PM-3PM 401 W. River Road [www.belleoflouisville.org](http://www.belleoflouisville.org)

9/26 *Twilight Thursday* 4PM-9:30PM Churchill Downs 700 Central Ave [www.churchilldowns.com](http://www.churchilldowns.com)

9/26 *Financial Literacy Retirement Workshop* 6PM Southwest Regional Library 9725 Dixie Hwy 502.933.0029 \*Free to the public 18+

9/26 *Kentuckians for the Commonwealth Town Hall Tabling & Voter Registration* 7PM-9PM Lyric Theatre & Cultural Arts Center 300 E. 3rd Street Lexington, KY [info@kftc.org](mailto:info@kftc.org)

9/26 *Poetry & Parlays Open Mic w/Robin G (Every Thursday)* 8PM-11PM Derby City Gaming Downtown: Fascinator Bar 401 W. Market Street \*Free

9/27 *Blak Koffee II Grand Opening* 7AM-3PM Goodwill Opportunity Campus 2820 W. Broadway [www.blakkoffee.com](http://www.blakkoffee.com)

9/27 *The Bishops Table (Every Friday)* 9AM-10PM Gospel Missionary Church 3226 Vermont Ave \*Free to the public

9/27 *Tyler Park Stage Opening w/ Music for a Purpose* 6:30PM Tyler Park 1506 Castlewood Ave [www.musicforapurpose.org](http://www.musicforapurpose.org) \*Free to the public/Family friendly

9/27 *Downtown Drive-In: Wakanda* 8PM-11PM Brown-Forman Amphitheater 8PM-11PM 1301 River Road [www.louisvilledowntown.org](http://www.louisvilledowntown.org) \*Free to the public/Family friendly

9/27 *Juvenile and the 400 Degreez Band* 8PM The Louisville Palace 625 S. 4th Street [www.ticketmaster.com](http://www.ticketmaster.com)

9/28 *St. Matthews Farmers Market* 8AM-12PM 4100 Shelbyville Road [www.smfarmersmarket.com](http://www.smfarmersmarket.com) \*Every Saturday

9/28 *South End Community Market* 8AM-12PM Iroquois Park 2120 Rundill Road [southendcommunitymarket@gmail.com](mailto:southendcommunitymarket@gmail.com)

9/28 *Pet Vaccination & Free Microchip Clinic* 9AM-12PM Jeffersonian 10617 Taylorsville Road 502.574.1120

9/28 *Guide to Entrepreneurship* 10AM-1PM Goodwill Opportunity Center 6201 Preston Hwy 502.709.5760 \*Free to the public

9/28 *2024 Aflora at the Ali Center* 10AM-5PM Muhammad Ali Center 144 N. 6th Street [www.alicenter.org](http://www.alicenter.org)

9/28 *Brightside Pollinator Garden & Rain Garden Workshop* 1PM-4PM Alberta O. Jones Park 744 S. 23rd Street [www.parksalliancelou.org](http://www.parksalliancelou.org) 502.309.44580

9/28 *Downs After Dark Oktoberfest* 5PM Churchill Downs 700 Central Ave [www.ticketmaster.com](http://www.ticketmaster.com)

9/29 *Community Health & Safety Fair* 11AM-3PM Holy Family Saffin Center 3938 Poplar Level Road 502.899.6842 \*Free to the public

9/29 *Tyler Park Jazz Festival: UofL Jazz Studios* 5PM-7PM Tyler Park Drive [www.tylerpark.org](http://www.tylerpark.org) \*Free to the public/Family friendly

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## In This Week's Issue!

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### KY VOTER REGISTRATION GUIDE

#### HOW TO REGISTER

**ONLINE:** Visit [govote.ky.gov](http://govote.ky.gov) to provide your information. A KY driver's license helps but is NOT required. Deadline is 10/7/24, 4PM local time.

**BY MAIL:** Print a voter registration form at [elect.ky.gov](http://elect.ky.gov). Mail to the address on form OR your county clerk. Must be postmarked by 10/7/24.

**IN PERSON:** Find your local county clerk's office at [elect.ky.gov](http://elect.ky.gov). Request a voter registration card or print & bring your own form. Visit by close of business on 10/7/24.

For other important info visit [tinyurl.com/KYVoterGuide](http://tinyurl.com/KYVoterGuide)





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30% LEAVE IN TEA RINSE

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**SIGN UP NOW!**

**TEEN VIBE FALL CAMPS**  
Featuring YMCA LOVE NOTES

Floyd County Family YMCA  
October 7-11

Northeast Family YMCA  
September 30-October 4

Republic Bank Foundation YMCA  
September 30-October 4

AGES 14-18 • REGISTRATION IS FREE

**CHANGE TODAY**

**FEED THE WEST Kiosk**  
Free Groceries Weekly Giveaway

• TUESDAY - 2500 W Broadway Ste 3  
Louisville, KY 40211

• 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  
During inclement weather, pop up will be at 2500 W Broadway Ste 3

## Career & Training Opportunities

**MOMS & DADS MATTER!**  
Participate in our study and show us how!

**WHAT:** Parenting Teens Project (primary investigator: Dr. Chelsie Temmen)

**HOW:** We are looking for teens ages 13-18 and their mother and father to complete an online survey. Teens must be living with both their parents to qualify for participation.

**WHY:** We want to learn how mothers and fathers are involved in their teens' lives.

**WHEN & WHERE:** All surveys can be completed on your computer or mobile device. Parent surveys take 15-20 minutes. Teen survey takes 25-30 minutes.

Each family will receive a \$40 Amazon gift card after completing the survey.

For more information about the Parenting Teens Project or to sign up, call (502) 694-0650 or email [temmenyouthlab@gmail.com](mailto:temmenyouthlab@gmail.com)

**UNIVERSITY OF LOUISVILLE**

Scan this QR code for a copy of this flyer.

**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

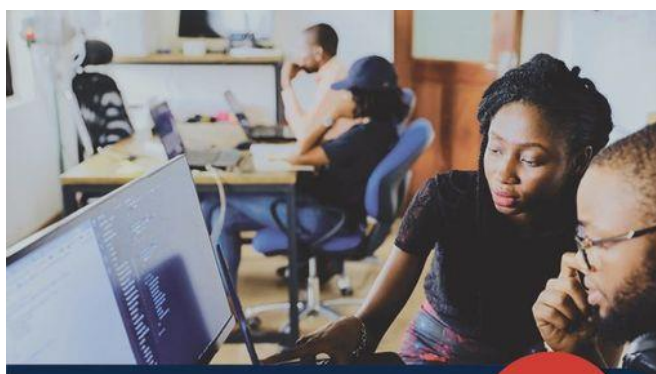
**Digital Literacy Train the Trainer**  
University of Louisville: Digital Transformation Center

- Earn digital skills
- Earn \$500 stipend upon completion of program
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- Earn four or more micro-credentials
- Become a community trainer

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

**APPLY HERE**

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**Are you interested in technology? Paid Training**

Our 12-week **Advanced Technology Training** program will equip you with the latest tools and techniques for in-demand tech jobs like IT Support Specialist and Helpdesk Technician. Starting in **October 14, 2024**, the program offers up to \$7,400 in stipend pay (including bonuses). Attendance is strictly enforced, and students must pass the MS-900 certification within the first six weeks to continue through weeks 7-12. Get ready to thrive in a dynamic industry with personalized guidance, hands-on training, and an inclusive learning environment. **Limited spots available—check your eligibility today!**

**12 WEEK PROGRAM**

Our Immersive Program is located in downtown Louisville. Classes will be from 10AM - 4PM Monday - Friday

**EARN CERTIFICATIONS**

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Job placement support with our employer partners for technical positions starting at an average of \$40,000- \$45,000.

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Contact Us 502-513-6119 [ampedlouisville.org](http://ampedlouisville.org)

\*Students can receive up to \$7,400 in stipend pay including bonuses.

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- Delivery drivers

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- PICKUP LOCATIONS**
- 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. 18th 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. 4th Street

Let us know where you'd like to see the Lou!  
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Donations: \$pcimediaandco



## Pet Vaccination & Free Microchip Clinic

Join Metro Animal Services for a low-cost vaccine and FREE microchip clinic generously sponsored by councilman Kevin Kramer, (District), Councilwoman Marilyn Parker (District 18) and Councilman Stuart Benson (District 20).

The event takes place Saturday September 28<sup>th</sup> from 9AM-noon at the Jeffersonian 10617 Taylorsville Road. Services at the clinic include:

- 1 year rabies vaccination \$10
- 3 year rabies vaccination \$15
- Microchip FREE for the first 100 pets- \$25 after
- DAPP vaccine FREE
- Bordatella \$10
- 1 year altered pet license \$10
- 1 year altered pet license senior \$5
- 1 year unaltered pet license \$60
- 3 year altered pet license \$27
- 3 year altered pet license senior discount \$13.50



All pets must be contained on a leash or secured in a carrier. There is a 6% sales tax added to all services.

Walk-ins only, no appointments. Services are limited to Jefferson County residents only. 100 FREE microchips will be given out on a first come, first served basis.

For additional information contact 502.574.1120.

## 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."*

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*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!

## Kentucky State University Celebrates Inauguration of 19<sup>th</sup> President, Dr. Koffi C. Akakpo

On Friday, September 20, 2024, Kentucky State University (KSU), hundreds gathered to witness the historic inauguration of its 19th president, Dr. Koffi C. Akakpo, and pay tribute to KSU's long legacy and exciting future ahead. The inauguration oath of office ceremony was preceded by a luncheon in the Carl M. Hill Student Center Ballroom. Speakers testified to Dr. Akakpo's dedication to KSU and its students and their eager anticipation for his inauguration. Notably, the City of Frankfort Mayor Layne Wilkerson and Franklin County Judge/ Executive Michael Mueller gave a joint city and county proclamation declaring that Friday, September 20, 2024 was Dr. Koffi C. Akakpo day in the city of Frankfort and throughout Franklin County, gathering cheers and applause from all attendees.

In his address at the inauguration luncheon, Mayor Wilkerson remarked, "We stand here today on the brink of a new era, not only for KSU but for the city of Frankfort also. The inauguration of Dr. Koffi Akakpo marks a turning point in this university. This institution has shaped countless lives over the last 138 years and contributed so much to the fabric of our city. I have full confidence that under Dr. Akakpo's leadership this university is not only going to get stronger but it's going to expand its impact across this state and beyond. His vision and commitment to excellence is exactly what this university needs to steer us into the future."

Celebrations continued as guests headed to David H. Bradford Hall to witness the start of a new chapter at KSU, filled with hope and perseverance. The ceremony included a procession of the KSU community, musical performances, and speeches by KSU alumni and students all of which represented the rich heritage of KSU. Representatives from the Commonwealth also shared their congratulations and included Dr. Aaron Thompson, President of the Kentucky Council on Postsecondary Education, Representative Bobby McCool, Senator Gerald A. Neal, and videos from Senator Mitch McConnell and Governor Andy Beshear.

The Oath of Office was administered by the Chair of the Board of Regents, Tammi Dukes. The crowd erupted in cheers and applause as the newly inaugurated President Akakpo was ceremoniously robed in presidential regalia and presented with the presidential medallion, reflecting his commitment to lead and serve KSU. Dr. Akakpo began his inaugural address by expressing his deep gratitude for everyone who has helped him discover his purpose in life, believed in him, and helped him become who he is today. Thereafter Dr. Akakpo reflected on his first year as president at KSU. "My first year as president at Kentucky State University has been very challenging, hectic, and frantic. Faculty, staff, and students, I believe you have felt it as well. We all have worked extremely hard despite repeated pressures and frustrations dealing with budgetary issues, financial and internal control challenges, multiple past year audits, accreditation issues, low enrollment, academic and student services challenges, several dorms and building issues, just to name a few..." shared Dr. Akakpo. "I am extremely proud of how we all have approached these challenges. Thanks to our Board of Regents, legislature, alumni, community leaders, business partners, and supporters we have been able to turn the page successfully."

Dr. Akakpo shared some of the remarkable results that KSU has achieved over the past fourteen months some of which included:

- KSU has balanced the budget for the first time in many years and began building a fund balance which was nonexistent previously
- KSU was awarded 44 grants that brought in about \$34 million for research including the prestigious \$7 million grant from the National Science Foundation - the largest single competitive grant in the history of the university
- The School of Nursing at KSU is experiencing remarkable growth, with bachelor's degree enrollment up by 37% and doctoral degree enrollment up by an impressive 167% since 2019

"Faculty, staff, and students, the critical question I have for you today is 'how do we lead for impact?'" he questioned. "Leading for impact 'requires one to fight against the popular tide with conviction and not be afraid to set higher and higher standards to bring about real change.' This means creating a lasting positive difference while creating a new landscape for success."

"Our new strategic plan will help steer us forward. Our plan consists of four key pillars that have been designed to sharpen our impact and determine who we are as an institution, what our purpose is, where we want to go, and what it means to lead for impact. Briefly, here are the four key pillars: Affordable Access, Transformative Engagements, Equitable Student Success, and Sustainable Educational Resources," he continued. "My commitment to you is to do my best to help KSU lead for impact," he said. As the ceremony concluded, the crowd joined together to sing KSU's Alma Mater, testifying to a spirit of unity and hope for the bright future ahead - onward and upward.

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

- 9/29 **Goodtimers Annual Summer Blowout Day Party Finale** 5PM-10PM Fourth Street Live Entire 2nd Level 411 S. 4th Street [www.goodtimersentertainment.com](http://www.goodtimersentertainment.com)
- 9/30 **Monday Movie Matinee: Hocus Pocus** 2PM Southwest Regional Library 9725 Dixie Hwy 502.933.0029 \*Free to the public/Family friendly
- 9/30 **Dasha Barbours's** 6PM-9PM 217 E. Main Street [www.dbbistro.com](http://www.dbbistro.com)
- 10/1 **Maxwell: The Serenade Tour w/ Jazmine Sullivan & October London** 7PM KFC Yum! Center 1 Arena Plaza [www.ticketmaster.com](http://www.ticketmaster.com)
- 10/2 **Crescent Hill Gatehouse Walking Wednesday** 11AM-1PM & 5PM-7PM 121 Reservoir Ave \*Free to the public 502.583.6610
- 10/3 **DIY Haunted Gingerbread House** 2PM-4PM Southwest Regional Library 9725 Dixie Hwy 502.933.0029 \*Free to the public/Family friendly
- 10/4 **Brew & Sip Ribbon Cutting** 3PM 2860 Packerland Way Suites B & C 502.384.2300
- 10/4 & 5 **Steamboat Nights** 7PM-11PM Big Four Lawn 299 Pearl Street Jeffersonville, IN \*Free to the public/Family friendly [www.jeffparks.org](http://www.jeffparks.org)
- 10/4 **Louisville Live** 8PM KFC Yum! Center 1 Arena Plaza [www.ticketmaster.com](http://www.ticketmaster.com)

## Healthy Recipes



### Kale and Apple Salad

Serves: 2 Est. cost: \$4.98 Est. cost per serving: \$2.49

#### Ingredients:

- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 tbsp vinegar (white or apple cider)
- 1 ea kale bunch, washed, de-stemmed and chopped
- 1 apple, thinly sliced
- 1/2 onion sliced
- To taste: salt and pepper



**Equipment:** Cutting board, knife, large mixing bowl, whisk

#### Directions:

1. Combine oil, lemon juice, vinegar, salt, and pepper into a large mixing bowl.
2. Mix with a whisk to combine flavors. Taste and adjust seasonings.
3. Add kale, apple, and onion.
4. Mix well to coat. Enjoy!

#### Health Benefits:

**Kale** is a great source of vitamin K that plays a role in blood clotting. It also contains antioxidants like beta-carotene and polyphenols which help protect cells from oxidative damage.

**Apple** is an excellent fiber and water source that helps keep one full for longer. Contains anti-inflammatory compounds like quercetin to help relieve inflammation.

*References: Recipe by Reneatta Perkins, 2023*

### Seasonal Egg Scramble

Serves: 2 Est. cost: \$4.00 Est. cost per serving: \$2.00

#### Ingredients:

- 6 large eggs
- 1 tbsp olive oil (or butter)
- 2 green onions (scallions), finely chopped
- 1 cup seasonal vegetables of choice, chopped
- To taste salt and pepper



**Equipment:** Bowl, whisk (or fork), skillet, spatula (or wooden spoon)

#### Directions:

1. In a bowl, crack the eggs and beat them until well combined. Season with salt and pepper, to taste.
2. Heat the oil in a skillet over medium heat.
3. Add the chopped green onion and seasonal vegetable(s) to the skillet and saute for about 1-2 minutes, until softened.
4. Pour the beaten eggs into the skillet with the vegetables.
5. Stir gently and cook the mixture for about 2-3 minutes, or until the eggs are fully cooked and scrambled.
6. Remove from heat and transfer the scramble to a plate. Enjoy!

#### Health Benefits:

**Green onions** (also known as scallions) are a nutrient-rich way to easily add flavor to any dish. They contain various antioxidants that help protect cells from damage caused by harmful environmental toxins.

**Eggs** are highly nutritious and contain a variety of vitamins and minerals that support the immune system, eye and brain health, and a healthy metabolism. In addition, eggs are an excellent source of high-quality protein that is vital to tissue and muscle growth/repair, blood sugar control, and bone health

*References: Recipe by Gabrielle La Chappelle, 2023*

## Horoscopes

**Aquarius 1/20-2/18** You may feel compelled to go above and beyond for others this week! The 6 of Pentacles is a card of generosity, charity, and giving and receiving. This could be in a literal sense, indicating that you may give someone a loan or some other kind of financial support. However, this could also be a time when you are generous in spirit, helping someone move, lending advice, or offering much-needed support to a loved one going through a tough time. Some of the most treasured gifts we give to others are free.

**Pisces 2/19-3/20** The 5 of Pentacles acknowledges that you've fallen on hard times recently. Have you suffered a job loss? Are finances not flowing as easily as you'd like them to? These kinds of struggles don't just take a toll on your pocketbook -- they can become emotional, mental, and spiritual burdens as well. Don't shoulder the weight of the world by yourself. This week you're being encouraged to call out to your friends and family for help. All difficult periods pass eventually, but they pass much more easily when you have support.

**Aries 3/21-4/19** 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.

**Taurus 4/20-5/20** You could be facing a major decision this week! This situation may be presenting a moral dilemma for you, and The Lovers card represents the need to develop greater clarity on what your values and beliefs are before determining how to proceed. Do you feel compelled to go a certain direction based on fears or feelings of guilt? Don't let those things become motivating factors. Instead, try to understand that every action has a reaction and decisions such as these are never easy. Stay true to yourself -- you can't go wrong.

**Gemini 5/21-6/20** It's time to take a break from your everyday life! The Hermit is indicating that you may have a need to withdraw and reflect this week. It could be that you've been immersed in many new experiences or spent much of your time recently socializing. Now it is necessary to go for a walk in the forest, take a long bath, book a weekend getaway, or anything else that helps you disconnect from the outside world and reconnect with your inner world. Recharging your spiritual batteries will help you re-emerge with a renewed perspective.

**Cancer 6/21-7/22** The Ace of Pentacles is signaling that an abundance of new opportunities in your material world is emerging for you this week. Have you been feeling stalled in your career? Has an investment not paid off the way you thought it would? Have you been unable to make money from an idea you had? That could all change now! Keep your eyes and ears peeled as a new beginning in any of these areas could be just around the corner. Whether you decide to take advantage of it is up to you, but the option is certainly there.

**Leo 7/23-8/22** The Strength card is signaling that you have the inner fortitude needed to gracefully navigate a difficult situation in your life. It's easy to get lost in emotions like anger, sadness, fear, or shame, but you're being called to rise above that this week and remain calm in this time of adversity. Don't act on your base instincts. Instead, embrace your more compassionate and forgiving side. This allows you to become a silent warrior who remains in control not only of yourself but the situation as well.

**Virgo 8/23-9/22** The 2 of Cups recognizes that partnership is going to be center stage for you this week. This partnership could be of the romantic variety, or it might be a something you've built with a platonic or professional ally. Even though the relationship you have with this person is still in the early stages, it has the potential to grow into something that will benefit the both of you long-term. Spend time cultivating this relationship now, while also rejoicing in the fact that your combined forces and mutual admiration will take you both far.

**Libra 9/23-10/22** Receiving The Hanged Man could indicate a major shift in perspective is coming this week. Alternately, it may mean that some sort of sacrifice is needed. The process The Hanged Man wants you to undergo in the days ahead may feel uncomfortable, but it can lead you to a much-needed release of negative past patterns that are no longer serving you. What have you been holding on to, and how have these beliefs held you back? This week you're being encouraged to let go of them once and for all.

**Scorpio 10/23-11/21** The 3 of Swords wants to recognize the grief or heartbreak you may be suffering from currently. Perhaps you've been betrayed, or it could be that you're experiencing some sort of mental anguish. This week, this card is asking you to persevere and stay in control of your emotions so that you can move forward without falling apart. Just be sure that you don't become permanently detached in your efforts to remain strong. If you remain in touch with your emotional side, you could come out on the other side of this situation capable of loving even more deeply.

**Sagittarius 11/22-12/21** Has it felt like you've been shouldering the weight of the world? The 10 of Wands acknowledges an immensely heavy burden you've been carrying around. It's possible you've taken on too much in trying to meet your goals, and now it's essential you ask for help or scale back on what you've committed yourself to. This may be a tough pill to swallow, because there are issues of pride and an unwillingness to delegate at play. However, you've reached a point where your ability to meet your goal is compromised. You deserve to enjoy life, so ask for that helping hand this week.

**Capricorn 12/22-1/19** 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. Tarot.com

