

Nov 10th- Nov 16th
2024

The Underground Lou

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Issue
#111

Shop Small & Celebrate Big at the West Louisville Holiday Market

Fun for the Entire Family in West Louisville

Kick off your holiday shopping season with a community event at the Norton Healthcare Sports & Learning Center! On November 30th, from 10 AM to 6 PM, the venue will transform into a holiday market filled with West Louisville's finest small businesses. Whether you're searching for unique gifts or simply want to enjoy a day of fun with the family, this event has something for everyone!

This event is part of AmEx's Shop Small campaign, encouraging residents to support local entrepreneurs and businesses during the holiday season. By shopping small, you're helping to boost the local economy and uplift West Louisville's vibrant business community. The event features a variety of vendors offering everything from handcrafted jewelry and apparel to delicious treats and holiday décor. It's the perfect opportunity to check off everyone on your shopping list with one-of-a-kind gifts that you won't find anywhere else.

In addition to the shopping experience, the West Louisville Holiday Market offers a full day of family-friendly activities including a meet with Santa, multiple kids' activities, entertainment and concessions.

You'll also be able to watch the best college football games of the season on the Jumbotron while enjoying an indoor tailgate atmosphere. Bring your family and friends to cheer on your favorite teams in style!

This exciting event is made possible thanks to the generous support of sponsors including Republic Bank, Louisville Metro, and Essential Embrace Healing. It is presented in partnership with several community organizations dedicated to empowering local businesses including LIBA (Louisville Independent Business Alliance), Louisville Urban League, MELANnaire Marketplace, and Russell Neighborhood Association.

If you have additional questions or for vendor information visit www.keeplouisvilleweird.com.

SMALL BUSINESS SATURDAY
West Louisville
SATURDAY, NOVEMBER 30TH | 3PM -7PM
NORTON HEALTHCARE SPORTS & LEARNING CENTER
3029 W. MUHAMMAD ALI BLVD

EVENT PARTNERS

LOUISVILLE INDEPENDENT BUSINESS ALLIANCE BUY LOCAL

Louisville Urban League

MELANnaire Marketplace

RUSSELL A PLACE OF PROMISE

SHOP SMALL

AM EX

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REPUBLIC BANK Community & Multicultural Banking

LOUISVILLE METRO

Metro Council Members Shameka Parrish-Wright (D3) and Districts 4, 6, 8, 9, 10, 12, 14, 15, 17, 21

Essential Embrace Healing

Waterfront Park

Supporters: My HUB Center, Solar By Ecos, GLI Power to Prosper Minority Business Accelerator

SANTA SHOPPING GIVEAWAYS CONCESSIONS KIDS ACTIVITIES COLLEGE FOOTBALL

WATCH THE BEST COLLEGE GAMES ON THE Jumbotron WHILE THE WHOLE FAMILY TAILGATES INDOORS. SOMETHING FOR EVERYONE!

What to Do in the Lou

11/11 Melanin Music Monday x BEATS Week 11:30AM-1PM Red Barn UofL 2011 S. Brook Street Walk <https://library.louisville.edu/beatsweek> *Free entry

11/12 LUL State of Black Louisville 2024 4PM-6PM Central High School Auditorium 1130 W. Chestnut St www.lul.org *Free to the public

11/12 Brand New: Branding & NIL Panel 6PM-7:30PM UofL College of Business 110 W. Brandeis Ave <https://library.louisville.edu/beatsweek> *Free to the public

11/12 & 19 Body Movement w/ Angelica 6PM-8PM Stella's Venue 1348 River Road www.eventbrite.com

11/12 Erica Banks Cocky on Purpose Tour 7PM Zanzabar 2126 S. Preston Street www.zanzabarlouisville.com

11/12 Poetry Nights 8PM-11PM Tartan House 1027 E. Main Street www.tartanhousebar.com *Free entry

11/13 Tap In: Resource Fair & Pitch Competition 12PM-3PM Ekstrom Library 2215 S. 3rd Street <https://library.louisville.edu/beatsweek> *Free to the public

11/13 Cheap Skate Wednesdays 5PM-8PM Champ's RollerDome 9851 La Grange Road www.skateatchamps.com *Family friendly

11/13 N.E.W: Holiday Hustle 6PM-8PM YogaSix Old Henry 2300 Terra Crossing Blvd Suite 105 www.networkofentrepreneurialwomenky.com

11/13 Free Karaoke Wednesday 7PM-11PM Dasha Barbours 217 W. Main Street www.dbsbistro.com *Free entry

11/14 Sky is the Limit: From Idea to Profit 4PM-6:30PM FirstBuild 335 E. Brandeis Ave <https://library.louisville.edu/beatsweek> *Free to the public

11/14 The Yearlings Club Post-Election Analysis 5:15PM 7:30PM The Yearlings Club 4309 W. Broadway 502.852.3042 *Free to the public

11/14 Thermal Stitch Crochet Adult Workshop 6:30PM-8PM KMAC Museum 715 W. Main Street www.kmacmuseum.org

11/15 The Outro: After hours at the Speed 5PM-10PM Speed Art Museum 2035 S. 3rd Street <https://library.louisville.edu/beatsweek>

11/15 90's Vs. 2000's Friday Night Vibe 7PM Black Jockey's Lounge 630 S. 4th Street www.blackjockeyslounge.com

11/15 Soul Friday: A Night of Great vibes 8PM-12AM NTABA Coffee Haus 2407 Brownsboro Road www.ntabacoffeehaus.com

11/15 A List Saturday 10PM-2AM Number 15 121 W. Main Street www.eventbrite.com

11/16 SNL Middle School Social Party 6PM-9PM Schooler Prep Academy 2509 Portland Ave *Free entry www.schoolerprepacademy.com

11/16 After Hours 711PM-3AM Zanzabar 2100 S. Preston Hwy 502.635.9227

11/18 POP 2025 Business Planning Training 6:30PM Jeffersontown Library 10635 Watterson Trail www.partneringonpurpose.com

11/20 Poetry Karaoke 7PM-9PM Art Portal 1512 Portland Ave 502.242.3437

11/20 Louisville Film & TV Table Reads 7PM-10PM Gravely Brewing Co. 514 Baxter Ave www.louisvillefilmsociety.org

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In This Week's Issue!

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The Sparrow House

The Sparrow House is committed to creating lasting impact through its B.L.A.K. (Building Leaders and Kidpreneurs) program, which provides youth in the California Neighborhood and West Louisville with the tools, mentorship, and skills needed to become leaders and entrepreneurs.

www.thesparrowhouseca.org

Scan To Donate

Our goal is to raise \$15,000 by the end of 2024 to continue and expand this transformative program.

www.thesparrowhouseca.org

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#dentsellgrandmashouse



Paid UofL COLOR Lab Study

The COLOR Lab at UofL is investigating reactions to stress and use of stress reduction techniques for Black adults (RED Study). If you're interested in helping and receiving up to \$65 in Amazon gift cards, please see the information below.

To be eligible you must

- Be 18 years or older
- Identify as Black
- Be able to complete an in-person study at UofL

Location Part 1: Online, link below Part 2: Davidson Hall at the UofL

Compensation

- You will receive a \$15 electronic Amazon gift card for the online part of the study *Eligibility to complete the entire online portion will be based on responses to initial online items
- You will receive a \$45 Amazon gift card for completing the in person study + \$5 bonus for completing the study during your first scheduled appointment

Contact: Principal Investigator: Dr. Yara Mekawi, PhD yara.mekawi@louisville.edu. Study Coordinator: Maddie Bailey colorlab@louisville.edu. Link to begin the online portion of the study: www.UofLcolorlab.com/RED



To be eligible you must:
 A) Be 18 years or older
 B) Identify as Black
 C) Be able to complete an in-person study at the University of Louisville



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

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 or themahoganyosalonllc@gmail.com for more information

- ### 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
 - My Hub 2900 W. Broadway inside the NIA Ctr
 - Nia Center 2900 W. Broadway
 - Goodwill West Louisville 2820 W. Broadway
 - Chestnut Street YMCA 930 W. Chestnut Street
 - Republic Bank Foundation YMCA 1720 W. Broadway
 - The Fish House & Grill 2124 W. Broadway
 - Wing Station 2119 Crums Lane
 - Hair La Flaire 1859 Berry Blvd
 - 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

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

LEARN MORE

APPLY HERE

WRBS Foundation Scholarship

Royal Blues Scholars Foundation Inc.

The 2024-2025 Royal Blue Scholars Foundation, Inc. scholarship application is now open! To apply, please send your completed application and supporting documents to baxzscholarships@gmail.com. The deadline to submit your application is January 15, 2025 at 11:59 pm EST.

If you have any questions or need assistance with the application process, please feel free to contact our Scholarship Committee at baxzscholarships@gmail.com or visit www.betaalphaxizeta.com.

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Free Week of Resources & Community Building

Business, Equity, Arts and Science

AMPED and the University of Louisville have partnered together to connect entrepreneurs, minority business owners, students and creatives to provide resources and community building. Beats Week takes place Monday November 11th through Friday November 15th and is free to the community. The leadership team includes Aaron J. Barnes with UofL College of Business, Brittany Hill-Whitehead with AMPED an Alexandria Howard and Courtney Shareef with University Libraries.

\$10 tickets are available for After Hours at the Speed with BEATSWEEK promo code. Attendees have the chance to win free tickets during Beats Week. For more information visit <https://library.louisville.edu/beatsweek> or contact 502.513.6119.

The schedule for Beats Week includes the following:

Day 1 Monday 11/11 Melanin Music 11:30AM-1PM Red Barn Monday

Business showcase and student performances by Ki Carroll, joshjames, Rei and El Stephens. Lunch will be provided.

Day 2 Tuesday 11/12 Brand New: Branding and NIL Panel 6PM-7:30PM College of Business

Learn about personal brand name, image and likeness. Dinner will be provided.

Day 3 Wednesday 11/13 Tap In: Resource Fair & Pitch Competition 12PM-3PM Ekstrom Library

Headshots, resume reviews and creating a video reel to enter to win the ELSB and Forcht Center video pitch competition. Lunch will be provided.

Day 4 Thursday 11/14 Sky is the Limit: From Idea to Profit 4PM-6:30PM FirstBuild

Engage with the stages of business development (idea, discovery, development, profit) and tour of FirstBuild. Dinner will be provided.

Day 5 Friday 11/15 The Outro: After Hours at the Speed 5PM-10PM Speed Art Museum

Music, art and celebration headlined by ray Keys and the Elements and featuring UofL’s faculty Septet.

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



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 to order yours today!

Norton West Louisville Hospital Opens Its Doors

A Milestone for Health Equity

The long-awaited Norton West Louisville Hospital opens today, bringing much-needed healthcare services to a historically underserved area. The hospital, located at 850 S. 28th St. on the Norton Healthcare Goodwill Opportunity Campus, marks the first hospital built in West Louisville in over 150 years. This new facility is set to transform healthcare access for residents in nine neighborhoods, where limited services have contributed to health disparities for decades. West Louisville has faced years of disinvestment, with significant gaps in access to medical care. According to the latest Health Equity Report by the Louisville Metro Center for Health Equity, residents here have a life expectancy 15 years lower than those in other parts of the city. The area also records higher rates of death from stroke, heart disease, and cancer.



Russell F. Cox, president and CEO of Norton Healthcare, emphasized the hospital's mission to eliminate healthcare barriers and promote a healthier community. “Norton West Louisville Hospital was constructed to provide access to quality medical treatment by eliminating obstacles so all residents can live a healthy and prosperous life,” said Cox. Governor Andy Beshear expressed his gratitude for the new facility, noting its importance for families. “As a dad, I know that when your child is hurt or sick, it’s scary. Every minute feels like an eternity,” he said. “Now, thanks to our partners at Norton Healthcare, no one in West Louisville will have to wait, because they’ll have a world-class hospital close to home.”

The hospital offers a comprehensive range of services, designed to address the needs of both adults and children. Key features include:

- 24/7 Emergency Department: Providing immediate care for urgent medical needs.
- Inpatient and Surgical Services: Operating rooms for various surgical procedures.
- Imaging and Laboratory Services: Advanced diagnostic tools like X-ray, ultrasound, CT, and MRI.
- Retail Pharmacy: Convenient access to prescription medications.
- The hospital also houses medical offices with a variety of specialties, including cardiology, endocrinology, pulmonology, oncology, neurology, and women's care.
- Pediatric services include primary care and specialties such as pediatric endocrinology and oncology.

Norton West Louisville Hospital stands out for its integrated design, featuring medical offices within the hospital building itself, rather than a separate structure. This setup is intended to streamline care and improve patient experience. The facility also incorporates a range of community-focused amenities, such as a centralized check-in area, a bistro, outdoor green spaces, and community rooms. Notably, a Dare to Care food pantry is included on-site, addressing food insecurity, a critical issue in West Louisville.

Chief Administrative Officer Corenza Townsend highlighted the community's role in shaping the hospital's services. “Members of our community were instrumental in providing feedback on the services and amenities they wanted to have in their community hospital,” said Townsend. Feedback was gathered through forums and a survey completed by over 4,500 local residents and workers.

The hospital pays tribute to the area's rich history with special features like construction beams signed by more than 2,000 community members and employees, displayed prominently outside the Gouverneur H. Nixon Jr. Community Education Center. A unique collection of artwork curated by a West Louisville resident features pieces by local artists, showcasing the vibrant cultural heritage of the community. Additionally, a monument dedicated to medical pioneers of West Louisville honors the contributions of those who provided care to people of color in the late 19th and early 20th centuries. This tribute was funded by the family of Dr. Richard S. Wolf, a former medical director at Norton Children’s Hospital, in recognition of his lifelong advocacy for children’s health. With over 350 new jobs created, Norton West Louisville Hospital is not only a healthcare provider but also an economic catalyst for the area. The opening of this facility is expected to significantly improve health outcomes and quality of life for local residents, setting a new standard for healthcare access and equity in the region. Norton West Louisville Hospital’s grand opening marks a pivotal step towards reducing health disparities and providing the community with the resources needed to thrive. As Mayor Craig Greenberg aptly stated, “The first hospital built in West Louisville in more than 150 years is long overdue. This investment will improve health, wellness, and economic well-being for residents who’ve been underserved for too long.”

For those seeking care, online scheduling is available for both adult and pediatric primary care appointments. Residents can call (502) 629-1234, option 3, for adult appointments, or (502) 629-5437 (KIDS) for pediatric appointments.





BOBEAWARDS 2024

Sponsorships are available for this year's award show! Email us at info@bobeawards.com or call us at 502.878.6531. Over 1,000 black owned businesses are nominated each year! Close to 8,000 participants nominate and vote each year.

Nominations now closed! Visit www.BOBEAWARDS.com to keep an eye open on voting for your favorite black owned business or individual in this year's awards!



Healthy Recipes



Chickpea, Carrot, Squash & Sweet potato Bake



Serves: 3-4 Est. cost: \$3.30

Est. cost per serving: \$1.10

Ingredients:

- 2 whole carrots, diced medium
- 1 butternut squash, diced medium OR 2 cups pumpkin, diced medium OR 2 large sweet potatoes, diced large
- 2-15 oz cans Chickpeas (garbanzo beans) OR 2 ½ cups garbanzo beans, soaked overnight
- 3 tbsp cooking oil (olive oil, canola oil, ghee)
- ½ tsp sumac
- ½ tsp cumin
- ½ tsp paprika
- 2 cloves garlic, minced OR ½ tsp garlic powder
- ½ tsp black sesame seeds OR toasted sesame seeds
- ½ tsp black pepper
- ½ tsp dried thyme
- ½ tsp coriander
- ½ tsp dried oregano
- ¼ tsp salt

Optional:

- Add 1-2 sweet potatoes, diced medium.
- Replace all dry seasonings with 3 tbsp Mediterranean Za'tar Seasoning
- To taste, sea salt and black pepper

Equipment: medium bowl with lid, spoon, large baking pan, oven

Directions:

1. Preheat oven to 385 F and prepare a sheet tray with parchment paper and set aside.
2. Place all vegetables and chickpeas in a bowl and add oil and seasoning.
3. Thoroughly mix/toss to coat everything with oil and seasonings.
4. Roast for 35-45 minutes, until soft and tender.
5. Remove sheet pan from oven and place on a bed of basmati rice, garlic couscous, or top with feta dip. Enjoy!

Health Benefits:

Orange Vegetables have an abundance of carotenoids, that provide endocrine regulating activities and support the reproductive system / sacral chakra.

Squash/ Pumpkins are filled with Beta-carotene - which is a precursor for Vitamin A, helps muscle growth, and prevents inflammation, supporting eye health and a healthy immune system. These can also be found in carrots, sweet potatoes, and orange squashes.

References: Recipe provided by LA Dixon, 2024

Horoscopes

Aquarius 1/20-2/18 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.

Pisces 2/19-3/20 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.

Aries 3/21-4/19 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.

Taurus 4/20-5/20 The 3 of Pentacles wants to acknowledge that you're on the right track! Are you working toward something new right now? This card is encouraging you to keep going. Regardless of how grandiose this idea is, you have the skills and capabilities to make it happen. This week is the time to do your homework and prepare, creating a comprehensive plan if you don't have one already. And don't be afraid to reach out to others for help -- teamwork could take you further than you expected.

Gemini 5/21-6/20 Your breakthrough moment has arrived! The Ace of Swords signals that the fog is lifting, and you have greater mental clarity this week. It may feel as though you're viewing the world through a brand-new lens, one that helps you cut through the noise and get to the heart of the matter. Is a situation not what it seems? Has someone been deceiving you? Have you been deceiving yourself? You're being handed an opportunity to clear the air and see things for exactly what they are.

Cancer 6/21-7/22 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.

Leo 7/23-8/22 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.

Virgo 8/23-9/22 The Wheel of Fortune reminds you this week that life is full of ups and down. If you've been going through a problematic time in your life, this card could signal an end to this difficult period. If you've been going through a prosperous period, things could soon return to normal. Don't lament this change -- it is a natural part of growth and a natural part of life. Every experience you have serves a purpose in your understanding of yourself and your situations. Let this card serve as a reminder to embrace the ebbs and flows of life.

Libra 9/23-10/22 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.

Scorpio 10/23-11/21 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.

Sagittarius 11/22-12/21 The 9 of Swords indicates that you are suffering from some kind of loss or disappointment right now. This could have been something you saw coming, or it could have been something sudden and unexpected. Regardless, this stress has been weighing on you, possibly making you feel as though you'll never recover from this situation. Take the time necessary to grieve and heal, keeping in mind that although what you're going through is tremendously difficult, you can move on and grow from this experience.

Capricorn 12/22-1/19 The 9 of Swords indicates that you are suffering from some kind of loss or disappointment right now. This could have been something you saw coming, or it could have been something sudden and unexpected. Regardless, this stress has been weighing on you, possibly making you feel as though you'll never recover from this situation. Take the time necessary to grieve and heal, keeping in mind that although what you're going through is tremendously difficult, you can move on and grow from this experience. *Tarot.com*

Roasted Vegetables - Squash		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	458.1	
		% Daily Value*
Total Fat	21.9 g	28 %
Saturated Fat	2.9 g	14 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	324.4 mg	14 %
Total Carbohydrate	57.8 g	21 %
Dietary Fiber	17.5 g	63 %
Total Sugars	11.5 g	
Added Sugars	0 g	0 %
Protein	13.2 g	
Vitamin D	0 mcg	0 %
Calcium	272.9 mg	21 %
Iron	4.6 mg	26 %
Potassium	904.4 mg	19 %

* 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.