

Mar 23rd- Mar 29th  
2025

# The Underground Lou

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Issue  
#124

## Anonymous Donor Pledges \$300,000 to Support Food Justice in Louisville's West End

Change Today, Change Tomorrow (CTCT) has received a \$300,000 pledge from an anonymous UK-based donor committed to advancing food justice and sustainable community health. This generous contribution, dispersed in \$50,000 increments over the next six years, will directly support the West End Farmers Market, the only farmers market serving Louisville's West End and its more than 60,000 residents.

At a time when federal grants are being cut and grassroots organizations struggle to secure funding, this donation highlights the increasing role of private philanthropy in fueling community-driven solutions. CTCT is actively seeking additional private foundation matches and individual donors to expand this sustainable funding model without bureaucratic hurdles.

"In a moment when federal dollars are drying up, and public investment in communities like ours continues to fall short, this international act of solidarity reminds us that individuals—especially those with generational wealth—have a role to play in resourcing liberation," said Taylor Ryan, Executive Director of Change Today, Change Tomorrow. "We are shifting from begging institutions to calling in those who believe in redistributing their privilege and investing in community-led systems."

The West End Farmers Market, held biweekly on Sundays from **May 4 through October 5** at California Park, has become a vital cultural and community hub. Recently approved to accept SNAP benefits and participating in the Kentucky Double Dollars program through Community Farm Alliance, the market ensures that fresh, local produce remains accessible and affordable.

"This donation is not just about dollars," Ryan emphasized. "It's about believing in Black-led solutions, in food sovereignty, and in the West End community's power to nourish itself—literally and spiritually."

The farmers market has also received support from the Wild Seed Fund, whose \$10,000 investment will fund a dedicated Farmers Market Director, ensuring strong leadership and continued growth. The market is carefully curated with Black farmers, artists, and artisans, creating an environment that goes beyond commerce. It serves as a gathering space for cultural celebration and collective care. Among the market's key features are Tribe Time & Family

CHANGE TODAY, CHANGE TOMORROW PRESENTS THE

### West End FARMERS MARKET

Running a vibrant farmers market every other Sunday, providing local produce, and fostering community engagement.

**EVERY OTHER SUNDAY  
MAY 4 - OCT 5, 2025  
3 - 7 PM  
CALIFORNIA PARK**

Corner, providing intergenerational resources and activities, Fresh RX, offering free locally sourced produce for expecting mothers, live performances showcasing local talent, and interactive food demonstrations fostering community fellowship.

Change Today, Change Tomorrow is a Black-led nonprofit dedicated to food justice, education equity, and public health in Louisville, KY. Through bold organizing and innovative programs, CTCT uplifts historically disinvested communities by centering local power, love, and liberation. CTCT is calling on philanthropists and foundations to follow this donor's bold example by investing directly in community-driven initiatives. Those interested in contributing or learning more can visit [www.changetodaychangetomorrow.org](http://www.changetodaychangetomorrow.org).

## What to Do in the Lou

- 3/25 Explore, Learn & Engage w/AMPED** 12PM-1PM AMPED RTBI 1219 W. Jefferson St. Suite 206 [www.ampedlouisville.org](http://www.ampedlouisville.org) \*Free
- 3/25 Get Legit or Quit: The No-Nonsense Biz Clinic** 6PM St. Matthews Eline Library 3940 Grandview Ave [www.kentuckysbdc.com/louisville](http://www.kentuckysbdc.com/louisville)
- 3/25 Taking Care of Business Tuesdays Preparing for Lending: Are You Capital Ready?** 6PM-7:30PM LUL Center for Entrepreneurship 1535 W. Broadway [business@lul.org](mailto:business@lul.org) \*Free
- 3/26 Grand Opening of Waterfront Park Playport** 11AM 1105 Rowan St. 502.574.3769 \*Free
- 3/26 Big Brothers Big Sisters: Mentorship on Tap** 5PM-7PM Hop Atomica 1318 McHenry St. [www.eventbrite.com](http://www.eventbrite.com)
- 3/26 LULYP Connect** 6PM Louisville Urban League 1535 W. Broadway [www.lul.org](http://www.lul.org) \*Free
- 3/27 YPAL 101** 5:30PM-7PM Whiskey Thief Distilling Co. 610 Nanny Goat Strut [www.ypal.org](http://www.ypal.org)
- 3/27 The Organic Pop Up** 6PM-10PM Trellis Brewing 827 Logan St. [www.eventbrite.com](http://www.eventbrite.com) \*Free
- 3/27 Queens Rooted in Wellness** 6:30PM Newburg Public Library 800 Exeter Ave [www.eventbrite.com](http://www.eventbrite.com) \*Free
- 3/28 Just Us Girls: Makeup Fun!** 6PM-7PM South Louisville Community Center 2911 Taylor Blvd 502.574.3206 \*Free
- 3/28 Kid Rock** 7:30PM KFC Yum! Center 1 Arena Plaza [www.ticketmaster.com](http://www.ticketmaster.com)
- 3/29 Shining a Light: Iconic Women Networking Brunch** 10:30AM-12:30PM Muhammad Ali Center 144 N. 6th St. [www.alicenter.org](http://www.alicenter.org)
- 3/29 90's Throwback: Legs & Gutes** 11AM The Power Station 935 W. Oak St. [www.kmdfit.com](http://www.kmdfit.com)
- 3/29-30 Swap & Shop** 11AM-3PM Ten20 1020 E. Washington St. [wallofplantsshop@gmail.com](mailto:wallofplantsshop@gmail.com)
- 3/29 Hope & Healing Mini-Retreat** 11AM-3PM Waterfront Botanica Gardens 1435 Frankfort Ave [www.eventbrite.com](http://www.eventbrite.com)
- 3/29 Brunch & Book Club** 12PM-2PM Porch Kitchen + Bar 280 W. Jefferson St. [www.eventbrite.com](http://www.eventbrite.com)

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GOLD, SILVER, BLACK AND WHITE FORMAL ATTIRE

SHOW TIME 7PM-10PM

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## What to Do in the Lou

3/29 **KMAC Poetry Slam** 5:30PM-7:30PM KMAC Museum 715 W. Main St. [www.kmacmuseum.org/poetry-slam](http://www.kmacmuseum.org/poetry-slam) \*Free

3/29 & 3/30 **Cabaret at Speed Cinema** 6PM-8PM & 3PM-5PM Speed Art Museum 2035 S. 3rd St. [www.speedmuseum.org](http://www.speedmuseum.org)

3/29 **R&B Silent Disco** 9PM-12AM Vernon Lanes 1579 Story Ave [www.eventbrite.com](http://www.eventbrite.com)

3/29 **Von's Arias Birthday Bash** 10PM The Portal 1535 Lytle St. 502.438.8110

3/30 **Family Movie Night** 12PM-3PM KFC Yum! Center 1 Arena Plaza [www.eventbrite.com](http://www.eventbrite.com)

3/30 **Girls POV NY International Film Festival** 12:30PM-1:30PM Speed Art Museum 2035 S. 3rd St. [www.speedmuseum.org](http://www.speedmuseum.org)

3/30 **Change Makers** 1PM-4PM Speed Art Museum 2035 S. 3rd St. [www.speedmuseum.org](http://www.speedmuseum.org) \*Free

3/30 **Soulful Disco** 7PM-10PM Stella's Venue 1348 River Road

3/31 **Mindful Momma Collective: The Walking Series** 12PM-1PM Des Pres Park 4709 Lowe Rd. [www.simsounseling.org](http://www.simsounseling.org) \*Free

4/12 **4th Annual Black Owned Business & Excellence Awards** 5:30PM-10PM Center for African American Heritage 1701 W. Muhammad Ali [www.bobeawards.com](http://www.bobeawards.com)

## Healthy Recipes



As we get ready to close out the month of February, we still would like to promote one of the top three chronic conditions affecting our Country's Health Score per year, and it's Cardiovascular Disease. 1 in XX people die per day from a heart condition, and African Americans have the highest risk of mortality rate. Nonetheless, to keep it light-hearted, here are a few heart health recipes geared to preventative heart health, and to support the active chronic cardiovascular disease persons in your community.

### Banana Porridge

Serves: 2 Est. cost: \$3.06 Est. cost per serving: \$1.55

#### Ingredients:

- 1 banana
- 2 cups milk (or water or milk alternative)
- 1 tsp honey
- 1/4 tsp ground cinnamon, plus for topping
- 1 tsp vanilla extract
- Pinch of salt
- 1/3 cup cream of wheat (oatmeal, cream of rice, cream of buckwheat)
- Optional: Sliced bananas, blueberries, strawberries



**Equipment:** Medium saucepan, measuring cup, measuring spoon, small bowl, fork, stove, whisk

#### Directions:

1. In a small bowl, smash the banana until smooth, and a few lumps remain. Set aside.
2. In a medium saucepan, over medium-high heat add milk and bring to a simmer.
3. Stir in banana, honey, ground cinnamon, vanilla extract, salt, and Cream of Wheat. Wisk until fully incorporated for 2-3 minutes until desired thickness is reached.
4. Serve immediately topped with fresh fruit and additional cinnamon (optional).

#### Health Benefits:

*Honey*, an alternative to refined sugar, is a natural sweetener. When purchasing honey, local raw honey has the most benefits. Local honey can strengthen your immune system and can help with seasonal allergies.

*Bananas* are high in potassium, which helps to regulate fluid levels and the movement of nutrients in the body. It also helps with muscles and nerves and can help reduce the effects of muscle spasms.

References: Kelley Robertson

### Canned Tuna Pasta Dinner

Serves: 4-5 Est. cost: \$8.50 Est. cost per serving: \$1.70

#### Ingredients:

- 2 ea 3oz can tuna (or salmon) or 1 ea 5oz can of tuna (or salmon)
- 2 tbsp cooking oil (e.g. olive oil, canola oil, etc.)
- 2-3 cloves garlic, chopped
- 1 ea onion chopped
- 1-2 stalks celery, chopped
- 1 tbsp oregano fresh or dried
- 1/2 lemon, juiced
- To taste, salt and pepper
- 1 box pasta, cooked
- Optional: Parmesan cheese, 1 cup of peas, 1/4 cup of red pepper, diced



**Equipment:** Can opener, knife, clean / sanitized cutting surface, sauté pan, pot for cooking pasta

#### Directions:

1. Cook pasta according to box directions and set aside.
2. In a sauté pan, warm oil over medium heat. Add onions, celery, garlic, and a pinch of salt. Sauté for 3-5 minutes or until translucent.
3. Add canned tuna, oregano, and lemon juice, and cook until the onions are golden brown.
4. Taste and adjust seasonings with salt, pepper, or more lemon.
5. Add fresh cooked pasta and serve with optional garnishes.

**Health Benefits:** Use the same recipe and add everything to a baking dish with 1 can of cream of mushroom for a hearty tuna casserole. Bake it at 350F for 25-30 minutes.

*Tuna* is a healthy source of protein and a good source of selenium. Tuna contains healthy Omega-3, and essential fatty acids DHA and EPA.

*Oregano* is rich in antioxidants, supports digestive health, supports immune health, and may reduce inflammation

References: Recipe provided by Angelina Andriacchi, 2024

#### Nutrition Facts

Serving Size: 1 serving	
<b>Amount per serving</b> .....%	Daily Value
<b>Calories</b> .....	237 kcal.....12%
<b>Total Fat</b> .....	2.4 g.....4%
Saturated Fat.....0.5g.....3%	
Trans Fat.....0 g	
<b>Cholesterol</b> .....	27.4 mg.....9 %
<b>Sodium</b> .....	215.5 mg.....9%
<b>Total Carbohydrate</b> .....	50.3.....17%
Dietary Fiber.....3.5 g.....14%	
Sugars.....23.1 g	
<b>Protein</b> .....	5.3 g.....11%
<b>Vitamin A</b> .....	1% <b>Vitamin C</b> .....0%
<b>Calcium</b> .....	2% <b>Iron</b> .....10%
* Percent Daily Values are based on a \$2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. Full info at <a href="http://www.cronometer.com">www.cronometer.com</a> .	

#### Nutrition Facts

Serving Size: 1 full recipe	
<b>Amount per serving</b> .....%	Daily Value*
<b>Calories</b> .....	222.5 kcal.....11%
<b>Total Fat</b> .....	1.6 g.....3%
Saturated Fat.....0.5g.....2%	
Trans Fat.....0 g	
<b>Cholesterol</b> .....	38.7 mg.....13 %
<b>Sodium</b> .....	137.7 mg.....6%
<b>Total Carbohydrate</b> .....	17.4 g.....6%
Dietary Fiber.....4.6 g.....18%	
Sugars.....5.5 g	
<b>Protein</b> .....	35.5 g.....71%
<b>Vitamin A</b> .....	3% <b>Vitamin C</b> .....33%
<b>Calcium</b> .....	16% <b>Iron</b> .....26%
* Percent Daily Values are based on a \$2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. Full info at <a href="http://www.cronometer.com">www.cronometer.com</a> .	

## PICKUP LOCATIONS

- **Exquisite Nutrition** 2631 S 3rd Street
- **Small Business Administrative** 600 M. L. King Jr. Pl.
- **Franco's** 3300 Dixie Hwy
- **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
- **Oppportunity 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
- **Black Jockey's Lounge** 630 S. 4<sup>th</sup> Street

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## Music Without Borders: Jazz Meets Orchestra in a Free Concert Series

Music has the power to transcend barriers, bring communities together, and create unforgettable shared experiences. The Louisville Orchestra's Music Without Borders concert series does exactly that, offering free performances that bring live music directly to neighborhoods across the city. This initiative is designed to inspire and uplift, making classical and contemporary music accessible to all.

This March, Jazz Meets Orchestra takes center stage in a genre-blending program that fuses the elegance of orchestral music with the free-spirited energy of jazz. Under the direction of conductor David Baker, the evening will feature the Ansyn Banks Jazz Ensemble, a group known for its vibrant and expressive performances. The program highlights the deep connections between jazz and classical music, showcasing how these seemingly distinct styles influence and enrich one another.

The concert opens with George Gershwin's Girl Crazy Overture, a playful and energetic piece that captures the composer's signature blend of jazz and symphonic traditions. The journey continues with Miles Davis's legendary All Blues, a cornerstone of modal jazz that exemplifies the genre's depth and improvisational beauty. The orchestra will also present Claude Debussy's Prelude to the Afternoon of a Faun and Fêtes, two impressionistic masterpieces that have inspired countless jazz musicians over the decades. The evening culminates in a world premiere performance of Baldwin Giang's Leviathan, a striking new work filled with twisting, intertwining melodies that take listeners on a thrilling musical adventure.

This special performance offers a unique opportunity to witness the interplay between musical genres and generations, celebrating a shared artistic language that unites audiences from all walks of life. Whether you're a longtime lover of jazz, a fan of classical music, or simply looking to experience something new, Jazz Meets Orchestra promises an evening of inspiration and joy.

Don't miss this chance to experience the transformative power of live music right in your community. Reserve your free tickets today and join friends, family, and neighbors for an unforgettable night with the Louisville Orchestra. RSVP here: Louisville Orchestra Tickets. Learn more about the program: Louisville Orchestra

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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!

## What's Happening at the Presley Post!

### Credit, Capital, and Connections with Erin Ray

Mar 27 - 6PM to 7:30PM at Chase Bank Downtown 416 W Jefferson St - Unlock the Keys to Business Funding with our newest event: Credit, Capital, and Connections! Happening on March 27, join Erin Ray, Business Relationship Manager at Chase Business Banking, as she shares expert insights on securing capital, meeting lender requirements, and making smart financial decisions to fuel your business growth. Don't miss this opportunity to take control of your financial future!

### Post & Play

Mar 29 - 5PM to 8PM at The Presley Post 734 W Main St. Suite 106 - In collaboration with Prizm Mixy, come out for Post & Play, an exciting evening of live entertainment, creativity, and connection! This dynamic event is where local artists, musicians, performers, and creatives come together to showcase their talent in an intimate setting, while guests enjoy an inspiring and vibrant atmosphere.

### Call for Performers

Now accepting applications for performers. Interested applicants can visit this link to apply: <https://forms.gle/tYrgEyEn1aAksUBD8>. Visit [www.thepresleypost.com](http://www.thepresleypost.com) for more details.

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## BIG FOUR ARTS FESTIVAL

SEPT 6 - 7, 2025

Big Four Arts Festival Artist Early Application Period Opens  
Jan 1, 2025 - Artist application period begins  
May 10, 2025 - Artist application deadline @ midnight EST

Sign up at:  
<https://bigfourbridgeartsfestival.com/artists-apply/>  
<https://www.zapplication.org/event-info.php?ID=12747>

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## Scholarships Application Deadline this Saturday March 29th

Visit [www.cbcfinc.org/programs/scholarships/](http://www.cbcfinc.org/programs/scholarships/) to apply**Innovation Leader Scholarship**

This scholarship was created to encourage and support the next generation of engineers and computer scientists. The scholarship will award rising sophomore, junior, and senior students pursuing a degree in engineering or computer science at an ABET accredited College of Engineering (AMIE Institution) at an historically black college or university (HBCU).

The applicant must attend one of the listed qualified historically black college or university (HBCU): Alabama A&M University, Central State University, Florida A&M University, Hampton University, Howard University, Jackson State University, Morgan State University, Norfolk State University, North Carolina A&T University, Prairie View A&M University, Southern University A&M College, Tennessee State University, Texas Southern University, Tuskegee University, University of the District of Columbia, University of Maryland Eastern Shore, and Virginia State University.

**CBC Spouses Education Scholarship**

This scholarship was established in 1988 by the spouses of Congressional Black Caucus members to address the educational need in the congressional districts in response to federal cuts in spending for education programs and scholarships, which disproportionately affect people of color. This opportunity awards scholarships to academically talented and highly motivated African-American or Black students pursuing an undergraduate, graduate, or doctoral degrees in a variety of fields.

**CBC Spouses Essay Contest**

Each year, qualified African-American and Black junior and senior high school students participate in the Essay Contest and Issue Forum. Students are presented with a topic that embodies some of our communities' most pressing issues and are asked to write an essay to defend their research, analyses, and opinion. Submissions are judged by a special committee of CBC Spouses.

For general information, contact [scholarships@cbcfinc.org](mailto:scholarships@cbcfinc.org) or 202-263-2800.

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**Horoscopes**

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

**Taurus 4/20-5/20** 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.

**Gemini 5/21-6/20** The Knight of Cups is a card of vision and advancement. This week, there's a possibility that you are going to receive some sort of invitation or proposal that you may not have been expecting. This card wants you to be open to this new possibility and take advantage of it, but it also wants you to exercise caution as you move forward. The Knight warns against getting too caught up in fantasies. Evaluate this situation before proceeding to ensure everything will be as you think it will be and that you will benefit from it.

**Cancer 6/21-7/22** The 6 of Cups is about the past impacting the present. This week, you're being called to examine whether or not you're tethered to your past in some way. While it's true we sometimes need to look in the rearview mirror as a way of informing current or future decisions, we can easily become stuck living in the past if we're not careful. Don't let nostalgia or distorted memories prevent you from making progress and appreciating what's happening in the here and now. Allow your past to be a source of improvement rather than a source of stagnation.

**Leo 7/23-8/22** Victory is yours this week! The 6 of Wands is a card of resolution and honor. It's indicating that not only have you worked hard and achieved your goals, but you're starting to gain recognition because of them. Have you gotten praise from higher ups at your company for your efforts on a project? Have you put a new health regimen into place and others are taking notice? Soak it in. You may be inclined to brush off this kind of recognition, but now is not the time to be bashful. It's OK to be acknowledged for your achievements, so bask in this moment.

**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** Aren't you quite the social butterfly? The Queen of Wands indicates that a charming and enthusiastic energy is overflowing from within you this week, and others won't be able to help but take notice. In fact, you could find yourself smack dab in the center of the attention! This is the perfect time to put yourself out there, connect with others, and integrate yourself into a group of like-minded individuals. Don't hold back -- your enthusiasm could end up being contagious.

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

**Sagittarius 11/22-12/21** Get ready to sit high upon your throne this week! The Queen of Swords is incredibly perceptive, embodying an intellectual sharpness and maturity that helps her tune out the noise of emotion and outside opinion. You could be facing a decision now or in the near future, and this card is serving as a reminder to rely on your logic and to look at all the facts before proceeding. You have an abundance of experience and wisdom that you can draw upon, so make sure to utilize it.

**Capricorn 12/22-1/19** An opportunity could present itself to you this week, and the King of Wands is acknowledging that you have the strength and fortitude to accept it! Have you shied away from leadership roles in the past? Have you felt overwhelmed by taking on more responsibilities? Now is the time to stand firm in your power and own the visions you have. The key to success is becoming very clear about where you want to go and setting realistic goals that will help you get there. Go out there and grab the brass ring!

**Aquarius 1/20-2/18** This week you're being called to separate yourself from a disappointing situation or unfulfilling relationship in your life. The 8 of Cups acknowledges that this split will be painful, especially since you've devoted so much time and energy to it. In fact, this could be one of the reasons you haven't moved on already. Rather than focusing on what the situation could have been or hoping things will change, accept reality for what it is. Remember, leaving will hurt you temporarily, but staying could hurt you more in the long run.

**Pisces 2/19-3/20** The 5 of Cups indicates you've been allowing yourself to wade in a sea of regret and disappointment. While the pain you're feeling is very real and shouldn't be minimized, it isn't a free pass to stay stuck in this mode forever. By choosing to focus on your perceived failures or mistakes, you can't see the positive things right in front of you, nor can you move on toward greener pastures. There's still hope, and it's important this week that you find where that hope is and shift your attention to that. *Tarot.com*