

July 27th– August 2nd  
2025

# The Underground Lou

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Issue  
#132

## Free Youth Career Training & Development Resources Through Blueprint 502

Blueprint 502 is welcoming the community to lunch next Wednesday August 6<sup>th</sup> from 12pm-1pm for a chance to learn more about the free resources offered for youth. At the event you'll be able to take a look at the facility inside the all-new Smoketown community center located at 538 E. Breckinridge Street, which opened this past May, and a chance to hear from the President & CEO Lynn Rippy, Communications Director Marcus Davis and COO Marcus Poyntz.

Blueprint 502 is a Louisville-based nonprofit organization (formerly YouthBuild Louisville) whose mission is to champion young adults, especially those from low-income and under-resourced backgrounds, to become engaged community leaders, gain essential workforce skills, and build sustainable lives through education, vocational training, and community service.

Blueprint 502 offers a wide range of programs including GED testing and vocational certification in construction, culinary arts, nursing, brownfields assessment, apartment maintenance, and hazardous materials handling. It also provides youth housing support, case management, and leadership development opportunities.

High school completion, vocational skill-building, community service, and access to AmeriCorps scholarships is also provided while expanding its services to meet broader community needs. These include the Urban Conservation Corps, a public GED Testing Center, Project Warm home weatherization,

**BLUEPRINT 502**

**LUNCH & LEARN**

Wednesday, August 6, 2025 | 12:00 PM - 1:00 PM

Come to learn more about our mission, meet our CEO, and tour our new Smoketown Community Center!

**GUEST SPEAKERS**

**Lynn Rippy**  
President & CEO

**Marcus Davis**  
Communications Director

**Marcus Poyntz**  
Chief Operations Officer

RSVP: (email) [EA@Blueprint502.org](mailto:EA@Blueprint502.org)

Visit our website [Blueprint502.org](http://Blueprint502.org)

STEAMS mentorship for middle schoolers, SummerWorks career exploration, and youth housing placement for unhoused young adults. For more information visit [www.blueprint502.org](http://www.blueprint502.org) or email [EA@blueprint502.org](mailto:EA@blueprint502.org).

## What to Do in the Lou

7/29 *Restorative Yoga* 7PM Art Portal 1512 Portland Ave 502.242.3437  
7/29 *Buffalo Trace Industry Night* 7PM-10PM Hell or High Water 112 W. Washington St. [www.hellorhighwaterbar.com](http://www.hellorhighwaterbar.com)  
7/30 *Industry Recognized Credential Fair* 1PM-3PM The Spot 216 W. Chestnut St. 502.220.4120  
7/30 *STREAMing in the 502* 6PM-7:30PM Chickasaw Park 1200 Southwestern Pkwy [sustainability@louisvilleky.gov](mailto:sustainability@louisvilleky.gov) \*Free  
7/30 *Waterfront Wednesday: Community Meetup* 6PM-10PM Big Four Lawn [www.vpal.rog](http://www.vpal.rog)  
7/30 *Pop-Up Burlesque* 7:30PM Black Rabbit 122 Sears Ave 502.897.9721  
7/30-8/3 *The Wiz* 7PM The Kentucky Center 501 W. Main St. [www.kentuckyperformingarts.org](http://www.kentuckyperformingarts.org)  
7/31 *Black Men's Mental Health: Bridging Generations Through Conversations* 5:30PM-7:30PM Roots 101 African American Museum 124 N. 1<sup>st</sup>  
7/31 *Atomic Sound Club & Gameyard* 6PM-11PM  
8/1 *Creative Coworking & Coffee* 12PM-5PM The Presley Post 734 W. Main St. [www.thepresleypost.com](http://www.thepresleypost.com) \*free  
8/1 *Louisville Jazz Fest 2025* 7PM Iroquois Amphitheater 1080 Amphitheater Rd. [www.ticketmaster.com](http://www.ticketmaster.com)  
8/1 *Downtown Drive-In: Honey, I Shrunk the Kids (PG)* 8PM-11PM Brown-Forman Amphitheatre Waterfront Park 1271 River Rd. [www.louisvilledowntown.org](http://www.louisvilledowntown.org)  
8/1 *Love Jones Verses & Vibes* 8PM Smokeasy 566 S. 5th St. \*open to the public  
8/1 *Rec & Bingo* 8PM Dasha Barbours 217 E. Main St. [www.eventbrite.com](http://www.eventbrite.com)  
8/1 *Old School Hip Hop & Reggae Party* 10PM-5AM Midnight Club 651 S. 4th St. 502.776.1120  
8/2 *New Albany Farmers Market* 8AM-12PM 202 E. Market St. New Albany, IN 812.946.6550 \*Every Saturday  
8/2 *Roots of Change Youth Summit* 9:30AM-3:30PM Muhammad Ali Center 144 N. 6th St. [yes@louisvilleky.gov](mailto:yes@louisvilleky.gov)  
8/2 *Black Business Expo* 10AM-5PM Nortons Sports & Learning Center 3029 W. Muhammad Ali Blvd. [www.lul.org](http://www.lul.org)  
8/2 *Shively Farmers & Artisans Back to School Market* 10AM-2PM 2627 Crums Lane [shivelyfarmersmarketky@gmail.com](mailto:shivelyfarmersmarketky@gmail.com)  
8/2 *Made Market: Louisville Summer Market* 10AM-5PM Mellwood Art Center 1860 Mellwood Ave [www.mademkt.com](http://www.mademkt.com)  
8/2 *Hammer's Great Backpack Giveaway* 3PM-5PM Lynn Stadium 350 Adams St. [www.wewin.com](http://www.wewin.com)  
8/2 *Dude Perfect Hero World Tour* 7PM KFC Yum! Center 201 W. Main St. [www.ticketmaster.com](http://www.ticketmaster.com)  
8/2 *Jamaica Independence Celebration* 9PM-12AM Elliment Restaurant 707 S. 3rd St. 502.290.3770 \*Free 21+  
8/2 *Summer Saturdays* 10PM-3AM Happy Endings 723 S. 4th St. 502.533.5217 30+ \*free before midnight  
8/3 *Back 2 School Bash* 4PM-7PM 1842 Magazine St. 502.776.7173  
8/3 *Summer Vibes Customer Appreciation Day Party* 5PM-10PM Tavern Sports & Social Club 427 S. 4th St [www.goodtimers.com](http://www.goodtimers.com)  
8/3 *Back to School Teen Supply Giveaway* 7PM-8:30PM POP Safe Place 4105 Larkwood Ave [www.kypop.org](http://www.kypop.org)  
8/4 *Macy Gray on How Life is 25th Anniversary Tour* 8PM Mercury Ballroom 611 S. 4th St. [www.ticketmaster.com](http://www.ticketmaster.com)

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## In This Week's Issue!

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Page 1

Editor's Note: "Remove the chains that are holding you back."



All Kids Play Youth Sports Grants

All Kids Play provides funding to families and communities who lack the resources to pay for youth sports. Grants are available to qualifying families with kids in grade K-12 and not-for-profit community-based recreational sports organizations in low income areas on a need and first-come, first served basis as funds are available.

Individual grants can be used for registration, equipment and other associated fees for sports classes, recreational leagues, and travel sports. Please visit <https://allkidsplay.org/youth-sports-grants/> for information on qualification and the process.



Healthy Recipes



Breakfast Potatoes and Turkey Sausage

Serves: 3-4 Est. cost: \$7.00 Est. cost per serving: \$2.40

Ingredients:

- 1 tbsp cooking oil
- 1 cup onion, diced
- 1 cup green pepper, diced OR 1 bag frozen onion-pepper blend
- 1 ½ cups turkey sausage, diced or ground
- 3 ea potatoes, diced
- ½ tsp salt or celery salt
- 1 ½ cups water
- To taste, pepper

Optional Toppings:

- Salsa
- Green onion
- Fried egg



Nutrition Facts

Serving Size: 1 serving	
Amount per serving	% Daily Value
Calories	649.7%
Total Fat	40.8 g52%
Saturated Fat	6 g30%
Trans Fat	0.1 g
Cholesterol	13.6 mg5 %
Sodium	532.7 mg23%
Total Carbohydrate	64.9 g24%
Dietary Fiber	8.1 g29%
Sugars	6.8 g
Added sugars	0.2
Protein	9.5 g
Calcium	79.6%6%
Iron	2.9 mg16%
Potassium	1551.3 mg33%
* Percent Daily Values are based on a \$2,000 calorie diet. Your daily values may be higher or lower depending on	

Equipment: cutting board, knife, skillet with lid, spoon

Directions:

1. In a skillet, warm your oil, cook onion and pepper for 3-5 minutes.
2. Add sausage and cook another 3-5 minutes.
3. Add potatoes, celery salt, salt, and pepper and cook another 3-5 minutes.
4. Add water and cover. Steam for 10-15 minutes, until potatoes soften.
5. Top with fresh salsa or green onion and serve in a bowl, or next to your favorite breakfast item(s). Enjoy!

Health Benefits:

Potato juice has been shown effective for health benefits since the 19th century, containing most of the potato nutrients except starch and fiber, shown to alleviate gastrointestinal diseases and discomforts.

Green (bell) pepper is known for its good nutrition, which has become the basis for illness prevention and extremely useful in the treatment of existing health problems.

Recipe provided by LA Dixon

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, ¼ cup of red pepper, diced



Nutrition Facts

Serving Size: 1 full recipe	
Amount per serving	% Daily Value*
Calories	222.5 kcal11%
Total Fat	1.6 g3%
Saturated Fat	0.5 g2%
Trans Fat	0 g
Cholesterol	38.7 mg13 %
Sodium	137.7 mg6%
Total Carbohydrate	17.4 g6%
Dietary Fiber	4.6 g18%
Sugars	5.5 g
Protein	35.5 g71%
Vitamin A	3%
Vitamin C	33%
Calcium	16%
Iron	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> .	

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

PICKUP LOCATIONS

- 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. 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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Amped Russell Technology Business Incubator (RTBI)  
The support small businesses need to launch in West Louisville communities

A state-of-the-art Black and Latinx business incubator and technology service center offering business development training, business services, assessments, referrals, and wraparound services to incubating businesses. RTBI support includes access to startup coaches, access to mental health counseling, and access to seed capital needed for their businesses to maximize their potential for success. Participants receive business development certificate classes from universities and colleges in pricing, marketing, accounting, entrepreneurship, and more. Within 3-5 years, RTBI will be a national model for creating spaces for businesses that foster economic growth, mobility, entrepreneurship, and independence. RTBI is a one-year intensive educational and support program that is meant to accelerate the growth of your startup business. It is important to understand that your business is unique and in its own stage of development. Throughout the program, you cannot compare your progress to others. Rather, your progress should be compared to where you started. You will participate in numerous assessments throughout the years. These assessments will help you, your coach, your advocate and the rest of your support team ensure you are getting the support you need to continue moving forward. This program is not for everyone. However, we will do our best to support you and hope you will find it beneficial. Informational Session Dates: July 30 from 5PM-6PM virtual link provided after registration.

You should apply to Amped RTBI Program if:

- You are Black and/or Latinx living in the West or South Louisville.
- You have or are founding a small business and can:
- Articulate the problem that your business addresses and the solution
- Understand how the solution plays a role in the community
- Are ready to make a commitment to growing your business, are ready to learn, and have community-oriented values
- Have a willingness to learn, can handle constructive feedback, and a desire to grow
- Believe in yourself and have the capacity to overcome obstacles
- Recognize opportunities, seize chances, and create value



How to register: [ampedlouisville.org](http://ampedlouisville.org). Applications open AUGUST 2025-Click the QR code to get on the RTBI waitlist.

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MARIVULET 7th

- 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!

2025 Kentucky Shakespeare Festival in Central Park Continues!

KENTUCKY SHAKESPEARE'S GLOBE PLAYERS PROFESSIONAL TRAINING PROGRAM FOR HIGH SCHOOL STUDENTS PRESENTS

Nightly Schedule

JULY 30

- 6:00 p.m. Free “Art in the Park” arts activities with Louisville Parks and Recreation
- 6:00 p.m. Food Trucks: Con Aji, Velvet Couch Hospitality Group
- 7:00 p.m. Kids' Globe, Will's Gift Shop, and Will's Tavern
- 7:15 p.m. Pre-Show Performance: Soggy Bottom Brass
- 8:00 p.m. TWELFTH NIGHT

JULY 31

- 6:00 p.m. Food Trucks: Booty’s Diner, Brain Freeze
- 7:00 p.m. Kids' Globe, Will's Gift Shop, and Will's Tavern
- 7:15 p.m. Pre-Show Performance: The Chamber Theatre
- 8:00 p.m. TWELFTH NIGHT\*

\*ASL Interpretation

AUGUST 1

- 6:00 p.m. Food Trucks: Bamba Egg Rolls, Con Aji, Froggy’s Popcorn
- 7:00 p.m. Kids' Globe, Will's Gift Shop, and Will's Tavern
- 7:15 p.m. Pre-Show Performance: Mind’s Eye Theatre Company
- 8:00 p.m. TWELFTH NIGHT

AUGUST 2

- 6:00 p.m. Food Trucks: Bamba Egg Rolls, Made in Brazil, Brain Freeze
- 7:00 p.m. Kids' Globe, Will's Gift Shop, and Will's Tavern
- 7:15 p.m. Pre-Show Performance: Great River Voices
- 8:00 p.m. TWELFTH NIGHT

AUGUST 3

- 6:00 p.m. Food Trucks: Spinelli’s Pizza, Brain Freeze
- 7:00 p.m. Kids' Globe, Will's Gift Shop, and Will's Tavern
- 7:15 p.m. Pre-Show Performance: The Academy of Flamenco Arts
- 8:00 p.m. TWELFTH NIGHT

Free to the public! Visit [ww.kyshakespeare.com](http://ww.kyshakespeare.com) for mar information.

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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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- Practices begin in August
- Ages 3-14
- Available at locations in Jefferson, Bullitt, and Oldham counties, as well as Southern Indiana.

FINANCIAL ASSISTANCE:  
The Y believes every child should be able to participate. Financial assistance is available.

REGISTER through JULY 31 and SAVE!  
Registrations after July 31 will be charged a \$15 late fee.

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NFL FLAG FOOTBALL

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the Y YMCA OF GREATER LOUISVILLE

NFL FLAG

REGISTER TODAY FOR YOUTH NFL FLAG FOOTBALL AT THE Y

ADD TO YOUR PLAYBOOK!  
Learn the basics of the game, as well as how to be a quarterback, running back, and wide receiver.

Practices begin mid-August  
Ages 5-11 • Locations include:

- Clark County Family YMCA
- Northeast UPS Fields
- YMCA at Norton Commons
- Oldham County Family YMCA
- Republic Bank Foundation YMCA
- Southeast Family YMCA
- Southwest Family YMCA

FINANCIAL ASSISTANCE:  
The Y believes every child should be able to participate. Financial assistance is available.

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# Kentucky State Researchers Find Surface Water Poses Higher Contamination Risk



Researchers at Kentucky State University have published critical findings from a project showing that surface water used for irrigation poses significantly higher risks for bacterial contamination than groundwater, potentially threatening food safety, especially for small-scale farmers across the state.

The study, led by Dr. Avinash Tope along with John Thomas and Tyler London, examined 296 water samples from 90 Kentucky producers over 18 months. Published in the high-impact journal Agriculture, their report titled "Helping Small-Scale and Socially Disadvantaged Growers in Improving Microbial Quality of Irrigation Water in Kentucky" reveals important findings for

the state's agricultural community. Surface water samples showed contamination levels ranging from zero to over 1,000 colony-forming units of E. coli per 100 milliliters—far exceeding federal safety thresholds. In contrast, groundwater samples rarely exceeded acceptable limits, with most showing zero contamination.

These findings are particularly significant given that approximately 77% of Kentucky's farmers operate small-scale operations, with many selling directly to consumers through farmers' markets and other venues worth \$24 million annually.

Kentucky's heavy reliance on surface water—comprising 95% of the state's daily water usage—makes these findings particularly significant.

"We are grateful to the USDA's Agricultural Marketing Service for funding this project," said Dr. Tope. "This initiative has enabled Kentucky State's Land Grant Program to strategically establish four water testing laboratories across the Commonwealth, providing essential services to farmers and stakeholders to ensure produce safety—particularly for fresh produce, our most vulnerable food commodity that is typically consumed raw with minimal processing. The outcomes of this project will expand our service capabilities and contribute to making our food supply safer at local, regional, and global levels."

Through four regional sites across Kentucky, the team provided free microbial water quality testing to small-scale farmers who often lack resources for regular monitoring. Their program analyzed samples for coliform bacteria and E. coli, key indicators of potential contamination that can lead to foodborne illness outbreaks.

Findings emphasized the critical need for continued outreach, education, and accessible testing resources to support small-scale producers in maintaining safe agricultural practices.

Development of practical tools for assessing and improving water quality will help promote enhanced production safety and efficiency among participating growers, particularly those operating small-scale farms.

## Horoscopes

**Aries 3/21-4/19** Keep an open heart and an open mind this week! The Page of Cups is urging you to go back to the time in your life when you were more childlike, more fearless, more idealistic. It could be that past or recent circumstances have made you more cynical and closed off as a way to shield yourself from getting hurt. While this approach can certainly help you avoid more pain, it may also prevent you from experiencing life's pleasures. Don't let your past dictate your future in this way. Learn to trust again.

**Taurus 4/20-5/20** There may be no stopping you this week ... but is that a good thing? The Knight of Swords is a card cautioning against going after what you want at all costs. Yes, it's good to have dogged ambition, but only when you've considered all the challenges and consequences first. Before making your move, examine all the variables. What will you gain? What could you lose? Will you be neglecting those around you in pursuit of your goals? Understanding the fine line between determination and obsession could prevent you from potential headaches down the road.

**Gemini 5/21-6/20** 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.

**Cancer 6/21-7/22** The Page of Wands wants you to embrace your more free-spirited side this week! Sometimes it's easy for us to get stuck in our routines or to keep going along with what's most comfortable for us. However, there's so much more to life left to explore! What is that you've been wanting to do but thought you couldn't? No dream is too big or small right now. When you combine your passion with your enthusiasm, the sky will truly be the limit for you.

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

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

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

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

**Sagittarius 11/22-12/21** Don't let fear get the best of you! The Moon indicates that lingering hang-ups from a past experience could creep up this week, flooding you with memories you'd just as soon forget. This could be something you tried to stuff down into your subconscious, hoping it would work itself out over time. Instead of attempting to ignore the issue, choose to bring it out of the shadows and heal yourself. It might be painful at first, but keep in mind that the burden you've been carrying has also hurt you over time.

**Capricorn 12/22-1/19** This week the 9 of Pentacles is inviting you to savor the fruits of your labor. You've been putting your blood, sweat, and tears into your goals, and you are now seeing deserved success as a result of your efforts. This is the time to take advantage of the material comfort you've created for yourself. So, go ahead and book an expensive spa package. Take yourself on a trip. Buy that expensive bottle of wine you've been eyeing. You've more than earned the right to splurge!

**Aquarius 1/20-2/18** 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 bashful. It's OK to be acknowledged for your achievements, so bask in this moment.

**Pisces 2/19-3/20** 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. *Tarot.com*