

Aug 24th – Aug 30th
2025

The Underground Lou

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Issue
#136

Become a Mentor with the Y-NOW Program

Children with parents battling addiction or incarceration face unique challenges, often carrying the burden of stigma, fear, and shame. These struggles can lead to bullying, academic difficulties, and emotional hurdles such as anxiety, depression, and trust issues.

YMCA Safe Place Services' Y-NOW Mentoring Program offers these youth, ages 11–15, a path to healing and success by pairing them with trained mentors who provide encouragement, stability, and guidance.

Mentors are the heart of the Y-NOW Program, creating safe, supportive relationships that help these youth overcome obstacles and reach their full potential. Volunteers receive comprehensive training and ongoing support, and no prior experience is required—just a willingness to listen and inspire. The program also provides ongoing case management to address the needs of the youth, their families, and mentors, ensuring lasting impact beyond the program.

Mentors are urgently needed! If you're ready to make a difference in a young person's life,



email ynowvolunteers@ymcalouisville.org to get started. Volunteer requirements include an application, background check, orientation, and adherence to YMCA Safe Place Services' Volunteer Code of Conduct. Join us in empowering the next generation—your guidance could change a life! Learn more at ymcalouisville.org.

What to Do in the Lou

8/27 West on Wednesday: Blak Koffee II 12PM-2PM Blak Koffee II (Goodwill Center) 2820 W. Broadway www.keeplouisvilleweird.com/wow

8/27 The Blend: Mic'd Up Edition 5PM Vines Wine Bar & Spirits 1985 Douglas Blvd advertise@theundergroundlou.com *free

8/27 Music Festival Community Meeting 6PM-7PM Crown Plaza 830 Phillips Ln. 502.574.1121

8/28 MSD cIAIRity Community Meeting 6PM-7PM 1600 W. Hill St. 502.587.0603

8/28 Nerd Nite Louisville 7PM-8:45PM Gravely Brewing Co. 514 Baxter Ave. www.eventbrite.com

8/28 Throwback Thursdays 7PM-9PM Belle of Louisville Riverboats 401 W. River Rd. www.belleoflouisville.com

8/29-9/1 \$5 & Under Overstock Sale at the Flea Market KY Expo Center 937 Phillips Lane www.kentuckyfleaemarket.com

8/29-9/1 Worldfest 11AM-11PM Belvedere Downtown Louisville 501 W. Main St. blair@wagnergroup.com *free/ends 8PM Monday

8/29 Olmsted Parks Beer Garden 5PM-8PM Tyler Park 1501 Castlewood Ave www.olmstedparks.org

8/29 Sunset Social: A Friday DJ Series 5PM-11:45PM High Stakes Rooftop 710 E. Jefferson St. www.highstakesrooftop.com

8/29 The Writers Room 6PM-9PM The Presley Post 734 W. Main St. Suite 106 502.916.2013

8/30 Dino Day 10AM-2PM KY Science Center 727 W. Main St. www.kysciencecenter.org

8/30 Fleur De Flea Outdoor Vintage Market 10AM-5PM Louisville Waterfront Park 231 Witherspoon St. www.thefleurdeflea.com

8/30 California Day 1PM-6PM California Park 1600 St. Catherine St. 502.509.9637

8/30 Comedy Night 7:30PM Waters Edge Winery & Bistro 114 S. Mulberry St. Elizabethtown, KY www.wineryetown.com

8/30 Sunset/Moonlight Cruise 8PM-10PM Belle of Louisville 401 River Rd. www.belleoflouisville.org

8/30 Summer Garden Jazz Series 8PM-10PM Nouvelle Bar & Bottle 214 S. Clay St. www.nouvellevine.com

8/30 Latin Dance Party 9PM-11PM Belvedere Downtown Louisville 501 W. Main St. @louisvillesalsa

8/31 Resilience Garden Picnic 12PM-4PM www.eventbrite.com

8/31 Last Call: West End Gin End of Summer Bash 1PM-6PM Omni Louisville Hotel 502.313.6664

8/31 All White Labor Day Weekend Day Party 5PM-10PM Ice House 226 E. Washington St. www.goodtimersentertainment.com

8/31 Foam Party II: Rave VS. Reggaeton 6PM-1PM Midnight Club 651 S. 4th St. 502.716.1120

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In This Week's Issue!

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FEED THE WEST

Free Groceries Weekly Giveaway

SCHEDULE

MONDAY

SHAWNEE COMMUNITY CENTER
809 SOUTH 37TH STREET
12 PM - 2 PM

TUESDAY

PARKHILL COMMUNITY CENTER
1703 SOUTH 13TH STREET
11:30 AM - 1 PM

WEDNESDAY

LENORD MOLLY PORTLAND COMMUNITY CENTER
840 NORTH 27TH STREET
12 PM - 2 PM

THURSDAY

CALIFORNIA COMMUNITY CENTER
1600 ST CATHERINE STREET
11:30 AM - 1:30 PM

TRADER JOE'S

JOIN US FOR THE GRAND OPENING

THE RICHMOND

AUGUST 26 | 10AM

1622 W Market St., Louisville KY 40203

Make sure to RSVP

JOYRIDE

AN OUTDOOR SKATING RINK AT SHAWNEE PARK

SATURDAY, SEPT 6, 2025 | 4 PM - 8 PM

SHAWNEE PARK RD. (BY THE TENNIS COURTS)

FOOD | MUSIC | ART | MEMORIES

MORE INFO AT BIT.LY/JOYRIDE96

Healthy Recipes

Break Chicken Salad Sandwich

Serves: 2 Est. cost: \$8.35 Est. cost per serving: \$4.18

Ingredients:

- 6 oz cooked skinless chicken breast, shredded or diced
- 2 tbsp mayonnaise
- 2 tbsp plain non-fat Greek Yogurt (or 4 tbsp yogurt only)
- 2 tsp Dijon mustard
- 2 tbsp red onion, diced
- 2 tbsp celery, diced (optional)
- 4 tbsp fresh parsley, chopped (or cilantro, dill, tarragon, mixed herbs)
- 1 tsp lemon juice
- Sea salt to taste
- Ground pepper to taste
- 4 slices whole wheat bread, toasted if desired
- 1 ea small tomato, sliced
- 1 cup baby spinach

Optional Toppings:

- Salsa
- Green onion
- Fried egg

Equipment: Chef’s knife, Mixing Bowl, Pan, Wooden Spoon

Directions:

- In a medium bowl, combine chicken, mayonnaise, yogurt, mustard, onion, celery, and parsley.
- Mix well and season with salt and pepper to taste.
- Adjust ingredients as needed.
- Top two slices of bread with half of the chicken salad mixture, tomatoes, and spinach.
- Top with remaining slices of bread. Enjoy!

Health Benefits:

Whole Wheat Bread is high in fiber, which can aid in regulating the digestive system and blood glucose levels. Phyto-chemicals such as selenium and magnesium may help reduce the risk of certain cancers.

Spinach is loaded with Vitamin C to support the immune system. Spinach also contains folate which can increase red blood cells and support the growth of nervous system.

Recipe provided by Reanetta Perkins

Nutrition Facts

Serving Size:	1 serving
Amount per serving	% Daily Value*
Calories	212.2 kcal....11%
Total Fat	7.7 g.....12%
Saturated Fat	1.5 g.....7%
Trans Fat	0 g
Cholesterol	46.8 mg.....16%
Sodium	337.2 mg.....14%
Total Carbohydrate	17.6 g.....6%
Dietary Fiber	2.9 g.....12%
Sugars	2.7 g
Protein	18.8 g.....38%
Vitamin A	24%
Vitamin C	16%
Calcium	9%
Iron	9%
* 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 www.cronometer.com .	

Nettle & Hibiscus Sweet Tea

Serves: 4 Est. cost: \$4.00 Est. cost per serving: \$1.00

Ingredients:

- 1 cup nettle herb, chopped
- 4 cups water
- ½ cup Hibiscus (Sorrel)
- 1 tsp ginger fresh OR 2 tsp ginger powder
- 2 tbsp sweetener (e.g., honey, date syrup, agave)

Optional: 2 cinnamon sticks OR 2 tbsp cinnamon powder

Equipment: medium saucepan, strainer/cheesecloth (optional), stove, spoon, pitcher

Directions:

1. Heat water on medium-low for 10 minutes.
- Turn down low and add nettle and hibiscus. Steep for 15-20 minutes. The longer the stronger the taste.
- Turn off the heat and stir in ginger and sweetener.
- Allow it to cool. Strain into pitcher.
- Serve over ice or warm. Blend with basil and over ice for a nice cool and healthy treat. Enjoy!

Health Benefits:

Nettles provide a wide range of natural minerals such as zinc, folate, iron, and magnesium that are safe for children and pregnant women. Known as a functional food (herb), it is filled with abundant nutritional goods.

Hibiscus is not only filled with Vitamin C (high), but it also provides an abundance of antioxidants that specifically fight diseases to help reduce and reverse the damage created by cancers, heart disease, and diabetes.

References: Recipe provided by LA Dixon

Nutrition Facts

Serving Size:	1 serving
Amount per serving	% Daily Value*
Calories	37.7
Total Fat	0 g.....0%
Saturated Fat	0 g.....0%
Trans Fat	0 g
Cholesterol	0 mg.....0 %
Sodium	8.5 mg.....0%
Total Carbohydrate	8.5 g.....0%
Dietary Fiber	1.6 g.....6%
Sugars	6.6 g
Protein	0.6 g
Calcium	114.7%.....9 %
Iron	0.4 mg.....2 %
Potassium	133.8 mg.....3%
*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 www.cronometer.com .	

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. 18th Street
Shawnee Library 3912 W. Broadway
Bates Memorial Baptist Church 620 E. Lampton
Southern Hospitality 3402 W. Broadway
Black Jockey’s Lounge 630 S. 4th Street
Blak Koffee 1219 W. Jefferson St.
G Starks Realty 1219 W. Jefferson Suite 107
Smoketown Family Wellness Center 760 S. Hancock St. Suite B100

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SATURDAY'S WITH MUKESHA

Page 2

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STELLA'S VENUE



Home Health - Palliative Care - Hospice Care

Written by Ryan Gipson

Whether it’s therapy, wound care, symptom management, or comfort care, we all need to understand the importance of interviewing a company, and asking the right questions, before signing up for home care. Home health should provide care, patience, and nurses and therapists that understand. They should know what your needs are, what your insurance coverage is and how many visits your insurance will allow.

When it comes to palliative care, this service should be able to provide symptom management, stress and emotional support, your quality of life should improve while also coordinating care with any other specialist you may have. Hospice care should be comfort care, question if they tell you to stop certain medications (ask why), make sure you are evaluated completely for your diagnosis, as well as physically, and make sure they take their time, and everything is done properly.

Patients have rights. Never be afraid to speak up for yourself or your loved ones.

yaniksessentials@gmail.com @yaniksessentials

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!

Your Energy Speaks Before You Do – Protecting Your Peace

Written by Dr. Ashley D. Anderson

You ever walk in a room and feel the vibe before anyone says a word? That’s your energy — and whether you know it or not, it’s telling your story. Protecting your Peace is More Than Just 'Avoiding Messy People' I used to think that protecting my energy was just about staying away from drama. But as I’ve grown and experienced life, I’ve realized that it’s so much more than that — it’s about what you allow into your mind, body, and spirit every single day. It’s about guarding the content you consume on social media. It’s about being intentional about the movies and music you engage in. It’s about policing the gossip and truly being mindful of all of the energy around you and how it can impact you and your life. When I started guarding my energy, I noticed something wild: my stress dropped, my mood lifted, and even my menstrual cycle was calmer.

The Energy–Hormone Connection

- Chronic stress = chronic energy leaks. It keeps your nervous system in overdrive. This is what makes you feel exhausted, even when you’re getting adequate sleep.
- Cortisol overload. High stress hormones disrupt your sleep, weight, and cycle. This is what leads to abdominal weight gain, the irregular and painful cycles, and the random 2am wake ups that ruin your sleep.
- Everyday leaks: Saying yes when you mean no, doom scrolling, skipping meals, overcommitting — they drain you quietly, without you even realizing it is happening.

3 Simple Ways to Protect Your Peace

1. Start the day with intention. Take 30 minutes in the morning before touching your phone.
2. Say “no” without a paragraph. “No” is a complete sentence.
3. Take an energy inventory. Notice who and what leaves you drained vs. full.

Protecting your peace isn’t just emotional — it’s physical. Your body keeps the score and responds to every stress you carry, whether it’s on your calendar or in your heart. This week, assess the energy around you; next week, make some changes!

PMS is a Messenger, Not the Enemy – Understanding Your Symptoms

PMS has been the punchline of too many bad jokes — but what if I told you it’s not your enemy? It’s your body sending you a memo.

Listening to the Signals

For years, I treated PMS like an unavoidable storm — cramps, mood swings, bloating, acne, the works. I used to spend the week before my cycle dreading it because it felt like I’d lose a week of my life every month. But once I learned to read my cycle, I realized those symptoms weren’t random. They were my body saying, “Hey sis, something’s off.”

What PMS Really Means

- Hormonal shifts: PMS happens when there’s an imbalance between estrogen and progesterone in your luteal phase (the second half of your cycle). This typically means you are estrogen dominant.
- Common triggers: Stress, poor sleep, processed foods, nutrient deficiencies, and toxins.
- Why listening matters: PMS can be an early sign of deeper hormonal issues like estrogen dominance, thyroid imbalances, or other hormonal issues. Knowing that these symptoms are not normal “rites of passage” helps you to know that it’s time to seek help.

3 Ways to Work with Your Cycle

1. Track your symptoms. Write them down — patterns tell the story.
2. Balance your blood sugar. Eat every 2-3 hours while you are awake and make sure to include protein and fiber in each meal.
3. Cut caffeine & sugar the week and during before your period. This can ease mood swings, pain, and bloating.

PMS isn’t a punishment — it’s a clue. The more you listen, the more you can make changes that bring balance back to your body.

If you are having issues with your cycle and want to talk about how to balance your hormones naturally, book a free Hormone Discovery Call with me. I’d be honored to help. <https://calendly.com/drashleydanderson/hotmessdiscovery>

Remember, tomorrow isn’t promised, you deserve to feel good and live well, today!



Health Daddy Wow
502.938.3388

West on Wednesday

WEDNESDAY
AUGUST 27, 2025 | 12N-2PM

Blak Koffee 8, 2820 W. Broadway (Inside the Goodwill West Louisville Opportunity Campus)

Sponsored by
HEAVEN HILL BRANDS

Produced by
LOUISVILLE INDEPENDENT BUSINESS ALLIANCE
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\$15
Includes lunch with side & drink.
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The First Car Project



The First Car Project is a nonprofit charity dedicated to supporting foster youth as they transition to independent living. TFCP donates used cars to eligible young adults and also provides six months of insurance coverage and covers Kentucky registration fees to help recipients get on the road with confidence.

Training on car ownership will be provided. Applications are open until September 2nd. All required items must be submitted no later than September 2nd to be considered.

Apply at www.thefirstcarproject.com or by scanning the QR code

thefirstcarprojectky@gmail.com

502.900.4848



Paid Canvassing Opportunity



Change Today Change Tomorrow is offering a paid canvassing opportunity to make a difference in your community. CTCT is looking for outgoing, passionate people who love talking to people, being outside, and creating real change. You'll go door to door helping to spread the word about the West End Farmers Market and all the amazing work that CTCT does in the community.

You will receive a \$50 virtual gift card, training and support with no experience required while meeting new people and uplifting the community. All you need is good energy, reliability and willingness to speak up.

Sign up at www.tinyurl.com/CTCTCanvas or contact changetodaychangetomorrow@gmail.com.

\$5 & Under Overstock Sale at the KY Flea Market Labor Day Spectacular

Electronics, Appliances, Jewelry, Toys, Hardware, and more!
Incredible Deals with REGULAR RESTOCKING to keep the new merchandise coming!

Friday & Saturday	Sunday	Monday
10am - 6pm	11am-5pm	10am-5pm
All Items \$5	All Items \$3	All Items \$1

* Pricing applies to the \$5 and Under Overstock Sale Area ONLY, not the entire Flea Market.

What: KY Flea Market Labor Day Spectacular

Where: KY Expo Center

When: MAY 23-24-25-26, 2025

Hours: Fri 10-6 / Sat 10-6 / Sun 11-5 / Mon 10-5

Admission: ALWAYS FREE!!!

Parking: \$15 per vehicle (Get \$7.50 Cash Back w/ Any Purchase)

Website: www.kentuckyfleamarket.com

Horoscopes

Aries 3/21-4/19 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.

Taurus 4/20-5/20 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.

Gemini 5/21-6/20 It could feel like you're caught up in conflict this week! The 5 of Wands indicates you've been trying to work toward some type of goal but are being met with obstacles that get in the way of your progress. Perhaps you feel as though your point of view is being challenged, or it could be you're finding it difficult to work with a specific person. Either way, you're being challenged this week to truly listen to others' opinions. You might find that what initially seemed like criticism was actually constructive feedback that will help you in the long run.

Cancer 6/21-7/22 Your message for the week is one about creating more balance in your life. The Tarot gives you many opportunities to consider this theme, but The World card is quite possibly the ultimate expression of that need. This card is encouraging you to look at every realm of your existence -- emotional, physical, mental, and spiritual. Have you been lacking harmony in one of these areas? If so, you're being advised to not only figure out how to achieve that balance, but how to maintain it as well.

Leo 7/23-8/22 Receiving The Empress card signals that this week is about receiving the gifts that are all around you. It's easy to get caught up in the frenzied pace of everyday life, but now you're being urged to stop, slow down, and connect with your senses. Eat a nice meal. Stop and smell the flowers. Breathe in fresh forest air. By grounding yourself in this way, you open yourself up to seeing, smelling, hearing, touching, tasting, and truly experiencing all of life's greatest rewards.

Virgo 8/23-9/22 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.

Libra 9/23-10/22 The 10 of Swords acknowledges you are going through a painful time right now. Perhaps you've been betrayed, or it could be you're experiencing a period of things crashing down on you. These types of experiences are never pleasant to go through, but this week you're being called to focus on the new beginning that this ending can make way for. Even though you may feel like you've hit rock bottom, take solace in the fact that there's nowhere else to go but up. Remember, obstacles can be opportunities in disguise.

Scorpio 10/23-11/21 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.

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 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.

Aquarius 1/20-2/18 The Queen of Cups indicates emotional maturity, compassion, and a nurturing spirit. This week you are being called to express this energy in some way. Perhaps a friend will approach you with relationship troubles, or it could be that a colleague is coming to you for support with a problem they're facing. When this happens, listen from the heart as they speak, but remain emotionally separated from the issue. While it may be tempting to dive head-first into the situation with them, understand that only they can work themselves out of their predicament.

Pisces 2/19-3/20 Rest, reflect, and recover. That is the message the 4 of Swords has for you this week. You may have faced a difficult situation recently, such as the loss of a job, the ending of a relationship, or issues related to money. This matter took a lot out of you, and now you might be feeling mentally, physically, emotionally, and spiritually drained. Take some time to recuperate and recharge. It's important to give yourself this opportunity to reactivate yourself -- it helps you go back into the world with a rejuvenated spirit and a new perspective. *Tarot.com*