

Sept 21st – Sept 27th
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Issue
#138

House Bill 4: What’s New on Campus?

Despite the multiple outspoken efforts made by University of Louisville students last semester in protest of Trump’s attack on diversity, equity and inclusion, students still returned to a campus in compliance with House Bill 4 this semester.

As soon as Trump set foot into office in January 2025, his eyes have been set on dismantling anything that relates to his rough definition of “wokeness.” Immediately he began signing executive orders targeting DEI programs in the federal government, before moving on to censoring and cutting university funding for DEI initiatives.

House Bill 4 was initially introduced to Kentucky legislators back in February. It targets university spending on diversity initiatives, prohibiting institutions from providing “specialized” treatment based on religion, race, sex, color, and origin. The bill also called for the elimination of buildings, programs, scholarships, and offices related directly to DEI.

When students first got word of what House Bill 4 would mean for UofL’s diverse student body, they immediately took to protesting the bill’s contents. Students marched from the Swain Activities Center to Grawmeyer Hall holding signs saying, “Inclusion is not exclusion,” and “Education needs DEI.”

Unfortunately, House Bill 4 was signed into law March 27th of this year and required implementation in Kentucky universities by July 1st. Students returned to UofL this fall semester to what seems to be the same institution as it was before House Bill 4, besides a few minor adjustments made to adhere to the new laws.

One of the biggest adjustments students will experience on campus this semester will be the renaming of what once was the Cultural and Equity Center.

“I have seen the names of certain organizations and buildings change, for example the building I am in now used to be called the Cultural Center but now it is called the Center for Belonging, Access, and Engagement. I have also seen the language of many awards and scholarships change too. It is a bit concerning because I feel like the university is not fighting back on something that is so detrimental to minority communities,” says Owen Otokiti, a junior at



for Belonging, Access, and Engagement with his friends. Some students feel the Center for BAE’s new name means we will see a great shift. But Byron Terry, who acts as the center’s program director, says students do not have anything to worry about when it comes to their mission staying the same.

“Our main goal has always been making sure all students feel like they belong, and that they graduate. We focus on creating student support for all students across campus from freshman year all the way until graduation. That is nothing that has ever changed; I think House Bill 4 is more focused on the specific language that has been used to promote certain (cont. on pg. 2)

What to Do in the Lou

- 9/23 Downtown Happy Hour** 4:30-6:30PM 500W West Patio 500 W. Jefferson St. www.louisvilledowntown.org
- 9/24-27 Bourbon & Beyond** KY Expo Center www.bourbonandbeyond.com
- 9/24 Culture Connect** 7PM-10PM Tribe 430 S. 3rd St. www.posh.com
- 9/25 40 Under 40** 11:15AM-1:30PM Louisville Downtown Marriott 280 W. Jefferson St. www.bizjournals.com
- 9/25 Twilight Thursdays** 4PM-8:30PM Churchill Downs 700 Central Ave www.churchilldowns.com
- 9/25 Louisville Women’s Networking** 4:30PM-6:30PM The Manhattan Project 2101 Frankfort Ave 502.851.9970
- 9/25 Open Mic Poetry Night** 7PM Copper & Kings Rooftop 1121 E. Washington St. 502.561.0267 copperandkings.com
- 9/26 Sunset Social** 5PM-11:45PM High Stakes Rooftop 710 E. Jefferson St. 502.901.9355 info@highstakesrooftop.com
- 9/26 After Dusk** 5PM Hotel Bourre Bonne 133 W. Market St. steakhouseandrooftop@bourrebonne.com
- 9/26 Bodies in Bloom Night** Museum 6PM The Presley Post 734 W. Main St. Suite 106
- 9/26 Venus Vs. Mars Poetry Slam** 6PM-10PM Portal Louisville 1512 Portland Ave www.portal-louisville.com
- 9/26 FEAT 2025 Butterflies & Bowties Gala** 6:30PM The Olmstead 3701 Frankfort Ave www.featoillouisville.org
- 9/26 RuPaul’s Drag Race Werq the World Tour** 8PM Louisville Palace 625 S. 4th St. www.ticketmaster.com
- 9/26 V-Groove at Lenny’s Lounge** 9PM-12:30AM Lenny’s Lounge 3700 Klondike Ln. 502.762.6305 vgroove502@gmail.com
- 9/27 2025 Kentuckiana Heart Walk** 8AM Grawmeyer Hall 2301 S. 3rd St. www2.heart.org
- 9/27 Creative Resistance** 10AM-12PM The Presley Post 734 W. Main St. 502.916.2013
- 9/27 Free Adoptions** 10AM-4PM Macy’s Oxmoor Center 7900 Shelbyville Rd. 502.473.7387 animals@louisvilleky.gov
- 9/27-28 Paristown Art Fest** 10AM-5PM Paristown 720 Brent St. www.paristown.com
- 9/27 Nulu Fest** 11AM-8PM Nulu 600 E. Main St. www.nulu.org/Nulu-Fest
- 9/27 KMAC Poetry Slam** 5:30PM KMAC Museum 715 W. Main St. www.kmacmuseum.org/poetry-slam
- 9/27 Legends on the Rooftop: Celebrating Russ Smith Hall of Fame Induction** 6PM-12AM Rooftop Borre Bonne 133 W. Market St. 502.384.3347
- 9/27 Pre-Camp Mixer** 7PM-9:30PM Trellis Brewing 827 Logan St. 502.356.8360
- 9/27 I Love R&B Party** 9PM Headliners Music Hall 1386 Lexington Rd. www.ilovernbparty.com ilovernbparty@gmail.com
- 9/27 R&B Silent Disco** 10PM-1AM Vernon Lanes 1579 Story Ave www.eventbrite.com
- 9/28 GelatoFest** 1PM-8PM Gelato Gilberto 2240 Frankfort Ave 502.422.0908
- 9/28 Trail Transformations: A Journaling Journey** 3PM-4:30PM The Presley Post 734 W. Main St. Suite 106 502.916.2013
- 9/28 Tyler Park Jazz Festival** 5PM-7PM Tyler Park 1363 Tyler Park Dr. www.tylerpark.org
- 9/28 Goodtimers Summer Blowout Dayparty** Finale 5PM-10PM Fourth Street Live 411 S. 4th St. www.goodtimersentertainment.com
- 10/1 Wine After Work** 5M-8PM The Depot 701 Michigan Ave. Jeffersonville, IN 812.285.6440

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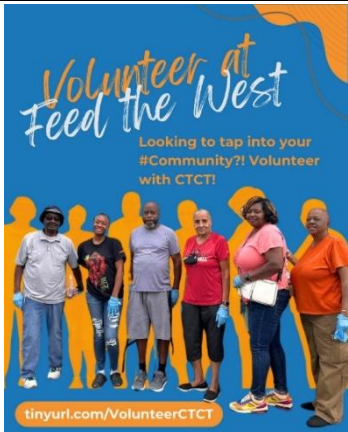


Paid Canvassing Opportunity

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.

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(cont. from pg. 1) things.” While it is true House Bill 4 eliminated the use of language in university documents that promoted DEI initiatives, it was not the only thing that was done away with after the bill passed.

Bradyn Bailey is the current Director of Marketing for the Center for BAE, but he was previously the Assistant Director of the Cultural and Equity Center, where he also led Black Male Initiative.

“The purpose of Black Male Initiative was to provide a safe space for young Black men at the University of Louisville, while welcoming others into that space as well. The club provided a safe space for workshops around academic success and community building for young Black men on campus.”

When asked why he no longer leads BMI, his response was, "House Bill 4 mandated that diversity initiatives cease and desist in the state of Kentucky." In simple terms, Black Male Initiative saw its last days at the end of the Spring 2025 semester.

As for where Black men will find these specific resources on campus now that BMI has been disbanded, all Bradyn had to say was, "That is a great question.”

Not only has the new bill left a gap in the resources once available on campus, but it has also left student workers in a weird position.

One student worker (who preferred to remain anonymous) shared his opinion on the university’s new rules on the censorship of language used by faculty.

“I have an interesting perspective because I now work as a student worker and there are consistent conversations about what I am and not allowed to say regarding House Bill 4. I am a full-time student that is still being affected by it, but at the same time I am now a university employee.”

While the University of Louisville has reassured its student body and faculty that it is still dedicated to being a diverse and inclusive campus, its students are still wary about the future that is as yet to come.

Written by: Brennan Allen

Finding and Keeping Joy: A Daily Practice

Written by Ryan Gipson

Joy isn't something we stumble upon—it's something we cultivate. It begins with noticing the small wins in life: a warm cup of tea, a kind word, a moment of stillness. To find joy, we must first slow down and pay attention. Gratitude is its gateway. When we acknowledge what's good—even in chaos—we create space for joy to grow.

Keeping joy requires intention. It's choosing connection over isolation, movement over stagnation, and purpose over routine. Surround yourself with people who lift you, engage in work that aligns with your values, and protect your peace like it's sacred. Joy doesn't mean constant happiness—it means resilience, presence, and meaning. Even during rough times, joy can coexist with struggle. It's not the absence of hardship, but the presence of hope. So plant it, nurture it, and let it grow—because joy, once rooted, becomes a force that carries you through.

Ryan Y Gipson
Owner of Yaniks Essentials
All natural skin care products

yaniksessentials@gmail.com @yaniksessentials

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.
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See what's happening at the Main Library!

"When I Grow Up" Preschool Party Saturday, September 27, 2025 10:00 am - 1:00 pm

What do you want to be when you grow up? The PNC Mobile Learning Adventure traveling exhibit will give kids a chance to explore hands-on learning activities to foster imagination. Creative play opportunities will give children the chance to explore the fun! Every child that attends will get a free book to take home, courtesy of the Jefferson County Early Childhood Regional Collaborative. Ages 0-5.

Ready, Set...LEGO Monday, September 29, 2025 2:00 pm - 3:30 pm

The leaves are falling, and the bricks are calling! Test your building skills as you enjoy LEGO-related activities. Bring your imaginations, and we'll supply the LEGO bricks, baseplates, figures, instructions, and more. Ages 5-17.

Slime Party Tuesday, September 30, 2025 2:00 pm - 3:00 pm

Come play and get your hands messy with slime, playdoh, and kinetic sand! Registration requested: please call 502-574-1620 to register. Ages 3-12.

Main Library 301 York Street (502) 574-1611 www.lfpl.org

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- 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
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Teaching Local History Can Help Prevent Youth Violence

Written by Donovan C. Taylor, MBA, JD

"A people without the knowledge of their past history, origin and culture is like a tree without roots." Marcus Garvey’s words remind us that history grounds identity, and identity grounds purpose. For young people, especially in communities facing cycles of violence, learning and understanding history is more than education — it is prevention.

Youth violence is often rooted in disconnection — from self, from community, from opportunity. Local history bridges those gaps. It provides context for present struggles, offering lessons from the past that can guide better decisions today. Understanding history helps young people avoid repeating generational mistakes and instead build upon the strengths, resilience, and triumphs of their communities.

Local history also teaches the origins of systemic injustices. By studying discriminatory practices like redlining, urban renewal, and biased policing, youth gain insight into the structural causes of poverty and violence. This knowledge empowers them to respond thoughtfully, perhaps by leading organizations much like the Student Non-Violent Coordinating Committee (SNCC) during the Civil Rights Movement — turning frustration into advocacy rather than conflict. Equally important, local history builds pride. When youth learn about their community’s landmarks, cultural contributions, and struggles for justice, they inherit a counter-narrative to stereotypes that devalue them. This sense of pride strengthens self-esteem and fuels civic engagement. Instead of feeling powerless, youth see themselves as leaders in a living story — capable of shaping safer, stronger futures.

History also forges bonds. A shared understanding of where a community has come from helps its members, young and old alike, unite around where it is going. Youth who feel connected to their neighborhoods are more likely to engage in positive, prosocial activities and less likely to resort to violence. Even culture today — music, media, and entertainment — can be reframed through historical understanding. While some argue current culture promotes negative behaviors, local history can highlight traditions of resilience, creativity, and collective action. These stories remind youth that their culture is not defined by outside stereotypes but by the rich legacy of their own people.

Family and community history, in particular, provide powerful reinforcement. Knowing the sacrifices and accomplishments of parents, grandparents, and ancestors gives young people a stronger sense of self, purpose, and responsibility. That grounding can help them resolve conflicts peacefully and make better choices.

Incorporating local history into schools, youth programs, and community spaces is not just educational enrichment — it is violence prevention. By rooting young people in their history, we nurture self-knowledge, pride, and responsibility, giving them the tools to grow into strong leaders and compassionate neighbors. Local history can be the grounding force that transforms cycles of violence into cycles of empowerment.

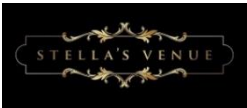
The West Louisville Neighborhoods History Tour was designed to share the great and varied history of the nine neighborhoods of the West End community in Louisville, Kentucky. Its mission is to expand knowledge of local history, strengthen appreciation for local landmarks and amenities, and increase civic engagement. For youth, the Tour provides more than education — it offers identity, pride, and connection. By walking through the history of their own neighborhoods, young people can see themselves as part of a powerful legacy and a promising future.

West Louisville youth can benefit greatly from the Tour and similar programs, which foster leadership, positive decision-making, and conflict resolution — all key ingredients in violence prevention. By investing in initiatives like the West Louisville Neighborhoods History Tour, we do more than preserve our past — we empower our youth and safeguard our future.



Donovan C. Taylor, MBA, JD dctayloresq@gmail.com

Donovan C. Taylor is a West End community native and resident committed to enhancing the area through collaborations with residents, community groups, businesses and other stakeholders. Graduate of Central High School, Florida A&M University (BS, MBA) and University of Kentucky College of Law (JD).



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Healthy Recipes

Lentil Nacho / Taco Meat

Serves: 4-5 Est. cost: \$2.70 Est. cost per serving: \$0.65

Ingredients:

- 2 cups lentils (red, black, green)
- 3 cups water (stock or broth)
- Salt to taste
- 1 tbsp coconut oil (choice of oil)

Optional Toppings:

- 1 cup walnuts, chopped (optional)

Nacho/ Taco Spice Blend:

- 1 ½ tsp cumin, ground
- 1 tsp paprika powder
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tbsp chili powder
- ¼ tsp oregano, dried
- 1 tsp black pepper
- 1 tbsp liquid amino OR 1 tbsp Worcestershire

Equipment: Stove, Serving plate / bowl, two medium pot with lid, Knife, cutting board, can opener

Directions:

Lentils

1. Rinse your lentils with fresh water before boiling to remove any dust or debris.
2. Cook on the stovetop, using 3 cups of liquid (such as water or stock) to 1 cup of dry lentils. Be sure to use a large enough saucepan as the lentils will double or triple in size.
3. Bring to a boil, cover tightly, reduce the heat, and simmer until they are tender.
 - For whole lentils, the cook time is typically 15-20 minutes. For split red lentils, the cook time is typically only about 5-7 minutes. Be sure to season with salt after cooking. (If salt is added before, the lentils will become tough)
 - Canned / Steamed lentils are also another great time saving option – just be sure to rinse them under fresh water for about one minute to reduce the sodium content. Cook as directed on the package.

Taco / Nacho Meat

- Toast Walnuts in oven at 400°F for 3-5 mins OR in a conventional oven on the toast setting.
- Season lentils with 1 packet of taco seasoning (OR add ground cumin, paprika powder, garlic powder, onion powder, chili powder, oregano, and black pepper after cooking them as directed).
- Mix walnuts into lentils. (Optional: Squeeze fresh lime juice over the meat substitute blend.)
- Use as nacho meat or taco meat and add your favorite toppings! Enjoy!

Health Benefits:

Lentils are a great source of healthy protein, are high in fiber, and are a source of iron, selenium, and folate.

Chickpeas/ Garbanzo beans are a great source of healthy protein, are high in fiber, and a source of manganese, folate, copper, iron, zinc, magnesium and more.

References:

1. Recipe provided by LA Dixon
2. Taco seasoning spice blend: <https://www.allrecipes.com/recipe/46653/taco-seasoning-i/>

Horoscopes

Aries 3/21-4/19 Everything is coming up roses in your domestic world this week! The 10 of Cups is a very positive card, signifying uplifting emotions and successful relationships. You may end up spending more quality time than usual with your family, or it's possible you'll see things blossom in matters of the heart. Take the time to look around you and give thanks for all the blessings that are coming your way. It's not very often we get to float on cloud nine, so enjoy every second of it!

Taurus 4/20-5/20 The Ace of Pentacles is signaling that an abundance of new opportunities in your material world is emerging for you this week. Have you been feeling stalled in your career? Has an investment not paid off the way you thought it would? Have you been unable to make money from an idea you had? That could all change now! Keep your eyes and ears peeled as a new beginning in any of these areas could be just around the corner. Whether you decide to take advantage of it is up to you, but the option is certainly there.

Gemini 5/21-6/20 Are your beliefs aligned with your actions in the world? Have you been making choices that reflect your highest self? That's the question the Justice card wants you to ask yourself this week. This is especially important if you're facing a major decision right now. What you do could have a long-lasting impact – either positive or negative -- on both you and the people around you. Connect with your intuition and allow it to be the compass that leads you down the right path, so you can avoid unintended consequences down the road.

Cancer 6/21-7/22 The Page of Pentacles represents enthusiasm for new beginnings and new ventures. This week, you are being encouraged to express your creative talents in some way. Have you been thinking about starting something but haven't taken the first steps to get it off the ground? This card wants you to take those imaginative ideas you've been toying with and start working toward manifesting them. By remaining focused and applying a strong work ethic, you give yourself the ability to turn your dreams into a reality.

Leo 7/23-8/22 The Sun is truly shining down on you this week! This card represents abundance, optimism, success, and the warmth of a happy time in your life. It may be that you've been going through a tumultuous time in your life, feeling as though there wasn't an end in sight. Well, it's always darkest before the dawn -- and dawn has arrived! Through these obstacles you've learned a lot about yourself and have gained confidence from knowing that you can weather any storm. Enjoy this period of positivity because you've earned it.

Virgo 8/23-9/22 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.

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

Scorpio 10/23-11/21 The Strength card is signaling that you have the inner fortitude needed to gracefully navigate a difficult situation in your life. It's easy to get lost in emotions like anger, sadness, fear, or shame, but you're being called to rise above that this week and remain calm in this time of adversity. Don't act on your base instincts. Instead, embrace your more compassionate and forgiving side. This allows you to become a silent warrior who remains in control not only of yourself but the situation as well.

Sagittarius 11/22-12/21 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.

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 4 of Pentacles wants you to focus on your relationship with money this week. Are you saving your money, while also still indulging in life's little luxuries? Or are you hoarding every penny you have because you're afraid you're going to lose everything? Examine what is driving this mindset. Don't allow your feelings around finances to distract you from effectively managing your wealth and setting yourself up for long-term success. You can have fun now, while still having security later.

Pisces 2/19-3/20 The 7 of Wands is urging you to stand your ground this week. Receiving this card indicates you're experiencing some kind of opposition or roadblock in your life right now. Your initial instinct may be to retreat, giving into whatever challenge is standing in your way. However, it's important to stand up for what you believe in. Setbacks are inevitable but giving up is not. Put on your emotional armor and draw upon your courage and inner strength as you tackle this obstacle, so you can eventually overcome it.

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