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2025

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Issue
#143

Now Everyone Does Food: A Reactionary Cash Grab When Lives Are at Stake

By Taylor Ryan, Executive Director and Founder of Change Today, Change Tomorrow

There is a special kind of exhaustion that comes from being right too early. Last year, Change Today, Change Tomorrow was in rooms across this city sounding the alarm: SNAP would fall, and when it did, it would not be a slow slide but a steep cliff. We tried to organize foundations, farmers, and partners to prepare for the moment the floor would drop out from under the families we serve.

People smiled politely. Some shrugged. Many could not imagine a government abandoning millions of people who rely on food assistance to simply survive.

Belief is a funny thing. It crumbles slow, then all at once.

The dam finally burst, and tomorrow SNAP falls. And suddenly everybody is in the food game.

Let me be honest: I do not celebrate this rush. It tastes sour. Because feeding people is not a trend. Food insecurity is not a branding opportunity. Hunger is not a polished press release or a convenient pivot when the winds shift.

We have been living this crisis in real time. It did not start this week. It did not begin when the news cameras finally noticed.

Do you know how hard it is to get funding for food? To convince funders that before you build programs, you must feed people? Before job training, before after-school support, before mental health services, before any vision for equity can get off the ground, people must eat. You cannot build power on an empty stomach. You cannot activate a community that has not eaten since yesterday.

Yet for years, we heard that food work was “too direct service,” “lacked innovation,” “didn’t scale,” as if scale matters when a child is hungry today. The stark truth is this: food is foundational. It is not glamorous. It will not make anyone a headline darling. It simply keeps people alive.

And here we are, during a SNAP collapse, watching the scramble. Suddenly, everyone runs to collect canned goods,



DONATE TODAY!

MONDAY	SHAWNEE COMMUNITY CENTER 609 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 640 NORTH 27TH STREET 12 PM - 2 PM
THURSDAY	CALIFORNIA COMMUNITY CENTER 1600 ST CATHERINE STREET 11:30 AM - 1:30 PM

WHAT TO DONATE:

✓ Canned Food	✓ Flour
✓ Almond Milk	✓ Eggs
✓ Spices	✓ Sugar
✓ Corn Starch	✓ Bread
✓ Oatmeal Variety Pack	✓ Avocado Oil
✓ Fruit & Vegetables	✓ Meat

www.change-today.org

dollars, airtime, and attention. It feels like the pandemic all over again. Large institutions raise millions while grassroots organizations like mine stretch dollars into meals and dignity. Dollars float at the top. Staffs expand. Consultants are hired. But food does not trickle down. Resources never reach the block. What happens when resources don’t reach the block? According to Clemson University when food security in a neighborhood drops 1% crime

(cont. on page 2.

What to Do in the Lou

- 11/12 JPAR Aspire 5 Year Anniversary Celebration 4PM-7PM JPAR Aspire Real Estate 1709 McDonald Lane, New Albany, IN www.eventbrite.com
- 11/12 Erica Denise Live at the Bay 5PM-11PM The Bay Cigar Lounge 901 Eastern Blvd Clarksville, IN www.thebaycigarlounge.com
- 11/12 Community Meeting on New Housing Opportunities in the Russell Neighborhood 6PM ElderServe 633 S. 28th St. outreach@russellpromise.com
- 11/12 North Kids Largest Ice Cream Sundae! 6PM North Church 1732 Thames Dr. Clarksville, IN 502.694.3467
- 11/12 OLB November Plant Swap 6PM-9PM Old Louisville Brewery 625 W. Magnolia Ave. 502.365.4886
- 11/12 Ninja Kidz: Infinite Possibilities 7PM Louisville Palace 625 S. 4th St. Old Louisville Brewery 625 W. Magnolia Ave www.ticketmaster.com
- 11/13 ConnectHER: An Evening of Inspiration & Connection 6PM-8PM The Presley Post 734 W. Main St. www.empowerherconnect.com
- 11/13 KY Opera: LA Traviata 7:30PM The KY Opera Center for Cultural Health 708 W. Magazine St. www.kyopera.org
- 11/14-15 Maker Days 10AM-2PM KY Science Center 727 W. Main St. www.kysciencecenter.org
- 11/14 Aspiring Teacher Fair 12PM-4PM JCPS Center for Professional Learning 3903 Atkinson Square Dr. 502.313.4357
- 11/14 ALL IN Wine Tasting & Charcuterie 5PM-8PM Vines Wine Bar & Spirit 1985 Douglass Blvd. www.eventbrite.com
- 11/14-16 Festival of Trees & Light Louisville Slugger Field 401 E. Main St. www.nortonchildrens.com/foundation/events/festival-trees-lights/
- 11/15 Appetizers & Applications 10AM-1PM JCPS Satellite Office 1107 S. 17th St. 502.485.7046
- 11/15 Annual Holiday Pottery Market 10AM-3PM Waterfront Botanical Gardens 1435 Frankfort Ave www.louisvillepotters.org
- 11/15 Division 8 Train Show 10AM-3PM Holy Family Saffin Center 3938 Poplar Level Rd. www.div8-mcrt-nmra.org
- 11/15 Louisville Cardinals Men’s Basketball vs. Ohio University Bobcats 12PM KFC Yum! Center 1 Arena Plaza www.ticketmaster.com
- 11/15 KY Opera: LA Traviata 2PM The KY Opera Center for Cultural Health 708 W. Magazine St. www.kyopera.org
- 11/15 Young Writers Retreat & Open Mic 2PM-5PM Our Place at Ben Washer Park 533 W. Kentucky St. louisvilleyoungpoets@gmail.com
- 11/15 Midnight Cruise 8PM-10PM Belle of Louisville Riverboats 401 W. River Rd. www.belleoflouisville.org
- 11/16 Gladys Knight 7PM Louisville Palace 625 S. 4th St. www.ticketmaster.com
- 11/16 Ghost Busters Night 8PM-2AM Planet of the Tapes 640 Barret Ave
- 11/15 Nulu Jingle Fest 11AM-5PM Nulu E. Market District 742 E. Market St. www.nulu.org/jingle
- 11/20 AMPED Tech Center Ribbon Cutting Ceremony 12PM-2PM AMPED Tech Center 1701 W. Market St. www.apmedlouisville.org

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This Week’s Issue

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PLAY LIKE THE PROS

YOUTH SPORTS NBA BASKETBALL

the Y FOR YOUTH DEVELOPMENT™ FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

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REGISTER TODAY FOR YOUTH NBA BASKETBALL AT THE Y

THIS WINTER WILL BE A SLAM DUNK! Have fun, enjoy equal playing time and learn the basics of the game through teamwork and sportsmanship!

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

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

REGISTER through NOVEMBER 30 and SAVE! Registrations after November 30 will be charged a \$50 late fee.

NBA JERSEYS INCLUDED!





Louisville Slugger Field 401 E. Main Street

Festival of Trees & Lights 2025

Make holiday memories with your family at the 36th annual Festival of Trees & Lights. Marvel at the hundreds of beautifully decorated trees, wreaths and décor decorated by local designers and volunteers — all for sale to raise funds for Norton Children’s Hospital. Photos with Santa, children’s crafts, ride-on train, miniature train display, outdoor Elf Town activities and Hanukkah activities are included with admission.

Event location and times:
Friday, Nov. 14 - 10 a.m. to 9 p.m. (6 p.m. Family Pajama Night)
Saturday, Nov. 15 - 10 a.m. to 6 p.m.
Sunday, Nov. 16 - 10 a.m. to 5 p.m.

Proceeds benefit Norton Children’s through the Norton Children’s Hospital Foundation, raising funds exclusively for Norton Children’s services, including those offered at Norton Children’s Hospital, Norton Clark Hospital, Norton King’s Daughters’ Health, Norton Women’s & Children’s Hospital and Norton Children’s Medical Center. These generous contributions from businesses and individuals provide much-needed support for programs, equipment, new technologies, clinical research, child advocacy and health education for patients, families, medical staff and the community. For more information visit www.nortonchildrens.com/foundation/events/festival-trees-lights/.

(cont. from page 1) rises in that neighborhood by 12%. — <https://open.clemson.edu/cgi/viewcontent.cgi?article=3571...> Meanwhile, since 2020, we have been on the ground with Feed the West, feeding families four days a week, running the only farmers market in the West End, building land with neighbors, purchasing from Black farmers, moving groceries like a heartbeat. We had nearly \$2,000 in SNAP sales this market season alone.

And yet, here we sit, watching local news list organizations to support and somehow CTCT disappears from the narrative. We find out about SNAP response strategy meetings after they happen. The largest food bank in our own city refuses partnership. A Lexington organization was funded as a “Louisville anchor” while we are right here, anchored in community by roots and sweat and presence.

This is not about personal offense. This is about truth-telling. Lack of coordination, lack of political will, and lack of imagination is what keeps our communities hungry. We have lived through worst-case scenarios before and we learned that the only thing that keeps people alive is community-held infrastructure, not charity, not panic-funding, not press conferences and photo-ops.

We are doing the work that must be done, and we will continue to do it when the cameras turn away again. But we cannot do it alone.

Before I go further, let me be very clear about what this is not. This is not me criticizing neighbors, small businesses, churches, DJs, bartenders, AAU coaches, or aunties putting food on tables together. That is the soul of community and it has always saved us. Louisville is showing up for each other in living rooms, in church basements, in barbershops, at pop-ups and parties and toy drives and food drives. That is beautiful and necessary. This message is not for them. This is an institutional call-in. A call to philanthropy, to government, to corporate donors, to major nonprofits who only discover Black neighborhoods when crisis hits. All the mom-and-pop discount offers, freebies, food drives, and creative mutual aid moments matter deeply. We celebrate them. And we encourage anyone hosting an event in 2026 to consider CTCT as a food and funding partner. Thank you to those who already have, like Jessica Sayles BASSGIVING this November 26 at Headliners (<https://www.tixr.com/.../bassgiving-7-w-austeria-162363>) and That’s Crazy Camp’s toy-drive benefit concert on December 8. That is the blueprint. We honor it. We build with it. We are calling the institutions to match that spirit with the scale they claim to have.

The call is clear.

We need 500 people to commit to \$100 a month. (<https://secure.givelively.org/.../change-today-change...>) Not a one-time crisis donation. A sustained commitment to the right to eat. A commitment to Black neighborhoods having more than crumbs. Join us virtually alongside the Kentucky Black Farmers Association Tuesdays at 10 AM EST if you want to get active. — <https://calendar.google.com/calendar/event...>

With this support, Feed the West will activate four more weekly food locations beyond Shawnee, Park Hill, Portland, and California Community Centers. On November 15, we begin rolling out our Neighborhood Skill Directory starting in the California neighborhood, where we have land co-designed and co-built with neighbors, where our farmers market lives, where our grocery share grows.

The truth is simple: people cannot wait for the government to remember them. They cannot wait for philanthropy to catch up. They cannot wait for institutions to decide hunger is worth seeing again.

We have a responsibility to build what we need.

Not reaction. Not charity.

Infrastructure. Community. Continuity.

History will remember who fed people when it mattered.

Louisville, stand with us. Because talking about food is easy. Feeding people takes commitment.

Reach out to me directly to get activated in your community.

— taylor@change-today.org

About the Author

Taylor Ryan is the Executive Director and Founder of Change Today, Change Tomorrow, a Louisville-grown organization building community-owned solutions to food access, land, education, and public health. She is a Louisville Business First Top 20 People to Know honoree and a Forty Under 40 recipient. Taylor is a graduate of the LISC Emerging Developers Program and currently participates in Common Ground’s Operations Cohort, continuing her work to build lasting community infrastructure in the West End.

Beyond titles, Taylor is a mother, a PTA board member, and a woman who shows up with both her voice and her resources. She is a monthly donor to ten Black-led organizations in Louisville, living her belief that mutual uplift is how we build power and care for one another. Her work is rooted in love, strategy, and a deep commitment to a future where community needs are not a crisis response, but a shared daily practice.

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
- Greenwood Grocery Store 4501 Greenwood Ave
- Hair La Flaire 1859 Berry Blvd
- Discount Tint & Auto 1857 Berry Blvd
- Main Library Louisville 301 York Street
- Wags Hair 801 W. Broadway
- Smokeasy Lounge 566 S. 5th Street
- Mahogany Salon 1860 Mellwood Ave
- Double Deuce 2529 W. Broadway
- Smoke & Vape 2113 W. Broadway
- Good Vibes Smoke Shop 2710 Rockford Lane
- Zoe’s Tattoos 1161 S. 4th Street
- Opportunity Corner 636 S. 18th Street
- Omar’s Liquors 331 E. Oak Street
- Shawnee Library 3912 W. Broadway
- Ahrens Educational Resources 546 S. 1st Street
- 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 Street
- UofL Campus 2030 S. 4th Street
- Pro Nails 801 W. Broadway #2

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AMPED Tech & Learning Center Opens New Location!

Amped (Adventurous Minds Produce Extraordinary Dreams) is proud to announce the Ribbon Cutting Ceremony for the new Amped Tech and Learning Center on Thursday, November 20th 10AM – 12PM at 1701 W. Market Street.

This state-of-the-art facility will serve as a hub for technology training, workforce development, entrepreneurship, and youth empowerment—expanding opportunities and driving community transformation in West Louisville. The new center will also be home to the Play Cousins Collective and the Melannaire Marketplace, further strengthening the building’s role as a destination for innovation, family support, and economic growth. We invite you to join us, our community partners, and supporters for this historic moment as we celebrate the opening of a space built to inspire, uplift, and empower. RSVP at www.onecau.se/ampedribboncutting.

Amped’s Technology Workforce Training Program is now officially enrolling adult learners ready to launch tech careers with living-wage potential. Learn more about the program details and register for an Interest Session by visiting <https://ampedlouisville.org/draft-technology-workforce/>.



Louisville Students for Justice in Palestine
Fighting Against their University and Genocide

October 7th, 2025, marks two years since the escalation of the genocide occurring against Palestinians living in Gaza, at the hands of Israel. According to Gaza’s Health Ministry, more than 67,000 Palestinians have been killed and almost 170,000 injured. Despite these atrocities, the University of Louisville’s campus houses multiple student-led groups that have not stopped fighting for the Palestinian people’s liberation. Louisville Students for Justice in Palestine (LSJP) began on UofL’s campus over 15 years ago, with a mission to educate students about Palestinian culture and Gaza’s struggle with Israeli apartheid and occupation. But after the bombardment on Gaza’s strip escalated in October 2023, the organization’s mission changed to calling for the University of Louisville to divest and sever all its ties with Israel.

“Our board of trustees that decides how funds are dispersed within the university use the endowment money to invest into companies like Toyota and GE Aerospace. Those companies are directly complicit in helping Israel carry out this genocide,” says Xavier, the president of LSJP. Their mission to shed light on the university’s complicity in the genocide occurring on Gaza’s strip does not come without pushback from administration. From October 8th to the 11th, LSJP held what they called a “Week of Rage”, a week full of events to recognize the two years since the escalation of genocide in Gaza. On October 8th, LSJP held a people’s tribunal in the Humanities Quad of UofL’s campus alongside the Young Democratic Socialist of America and the Bluegrass Student Collective. Their mission was to call out UofL’s current president, Gerry Bradley, and what they refer to as his “Board of Butchers” for their refusal to listen to students.

University of Louisville police officers and administrators quickly and significantly outnumbered organizers. The organizers were asked to no longer use amplified sound, despite other on campus organizations not having to adhere to those same restrictions. After organizers continued to use amplified sound, administrators and police officers threatened every student present with a code violation.

“The University’s motivation in suppressing us doesn’t seem like outright Zionism at first, but it’s rooted in their interest in keeping the status quo. That’s a problem, because the university is trying to act like it’s completely apolitical when we see that the Board of Trustees is invested in entities that are helping to carry out political atrocities,” says one member of LSJP. LSJP and other student groups that share their same mission have continued to stand up against the university’s pushback because many years ago students fought a similar fight for divestment and won.

In 1985, the University of Louisville’s Board of Trustees voted to divest from companies that invested in South Africa’s apartheid government. This decision came after repeated pressure from student groups, purposeful activism, and community organizing. Ironically, on October 8th, 2025, (same day as the People’s Tribunal) UofL held a panel to mark the 40th anniversary of the Board of Trustee’s vote to divest from South African apartheid.

“This university was the first in the region, as well as the general South, to divest from South African apartheid. So, it ain’t nothing new,” says Xavier. “The University of Louisville, at least the folks in it, have set precedent. The precedent must be recognized today, otherwise who knows how that momentum will be lost?” LSJP and others have been trying to continue that same momentum amongst student activism that once was on campus.

Their divestment campaign first began in May 2024, making it clear to the Student Government Association (SGA) that the students want the university to, “...divest from complicit endowment funds and end partnerships with companies providing Israel with weapons and technology to carry out genocide against the Palestinian people,” via LSJP’s Instagram. SGA allows students to bring issues or demands to the table for them to vote on if they can garner enough signatures to do so. LSJP’s divestment campaign received over 1,300 signatures from students, faculty, registered student organizations, and alumni combined. “The resolution would require them to ask admin for divestment and perform other measures to ensure the recognition of Palestine on campus. But they (SGA) got specific with other minute demands, tabled it to another committee, and then eventually killed it entirely.”

In March 2025, SGA voted to kill the divestment resolution in what LSJP referred to as a “undemocratic maneuver”. According to LSJP, senators did not research the bill despite being given over a week to do so and refused to engage in discussion on the resolution. LSJP then moved to taking their demands to President Gerry Bradley this past summer, emailing him three times in hopes of setting up a meeting with him in July. The student led group called on him to sever university ties with Israel and fully divest from the genocide.

“He didn’t even give us the respect of getting an email back. We were completely ghosted,” says Xavier. “There’s a lot of changes that this university needs. And we don’t think it’s going to come from the folks implanted into office right now; it must come from students, faculty and staff.” Through the unanswered emails and unrecognized efforts, LSJP continues to fight to set up what they refer to as a “Popular University,” a coalition amongst student groups to unite individual struggles. “We are trying to create this Popular University, because if you’re isolating the politics from the people, eventually it’s going to come back to you and you’re not going to expect it.”

Right now, the coalition consists of three student groups: Louisville Students for Justice in Palestine, Bluegrass Student Collective, and United Campus Workers. Their demands are for a campus that is anti-genocide, practices university wide democracy, and protects its students. Their motto is, “A university for the people, by the people.”

“SGA is supposed to represent the student body, but we are so isolated from it. I think that is a part of a greater issue. That this campus, which they have done successfully, has isolated its student and campus politics from the students and the campus,” says Xavier.

Through the creation of a “Popular University” and LSJP’s many other community organizing efforts, they are hoping to return the political power back to the students. The road to get there has been nothing but smooth, but to that the president of LSJP says, “Change does not come from comfort, but by God, change is necessary.”

Written by Brennan Allen ballen@theundergroundlou.com

What’s going on at the library this week?!

Louisville Makes Games: How to Make Video Games

Saturday, November 15th 12:30 pm - 2:00 pm EST Iroquois Library 601 W. Woodlawn Ave., Louisville, KY US 40215

A Year in Your Garden: Dried Flower Arrangements

Saturday, November 15th 10:00 am - 11:00 am EST Southwest Regional 9725 Dixie Highway, Louisville, KY US 40272

Visit www.lfpl.org for more events and information *free for the public.



Healthy Recipes



Canned Beef and Broccoli



Serves: 5 Est. cost: \$8.00-\$10.00
Est. cost per serving: \$1.85-\$2.00

Ingredients:

- 1 tbsp cooking oil (e.g. coconut, canola, ghee, avocado)
- 1 medium onion, chopped
- 2-3 cloves garlic, chopped
- 1 (12oz) can canned beef
- 3 tbsp low-sodium soy sauce
- 1 tbsp honey
- 1 tsp rice vinegar (optional)
- 2 cups frozen broccoli florets
- 1 tsp crushed red pepper flakes (optional)
- To taste, salt and pepper

Equipment: Medium skillet with lid, stove top, mixing spoon

Directions:

- In a medium cooking pot over medium heat, add the cooking oil.
- Reduce the heat to low and add the onion and a dash of salt. Sauté for 3-5 minutes, or until translucent.
- Add the garlic and another dash of salt. Sauté for 3 minutes, or until fragrant.
- Next, add the canned beef and cook for 5 minutes.
- Add the soy sauce, honey, and rice vinegar. Stir well and cook for 3 minutes.
- Next, add the broccoli and red pepper flakes. Stir well, cover with a lid, and let simmer for 10 minutes, or until the broccoli is tender.
- Serve over rice noodles or brown rice. Enjoy!

Nutrition Facts

Serving size: 3/4 cup	
Servings: 5	
Amount per serving	
Calories	160
	% Daily Value*
Total Fat 6.1g	8%
Saturated Fat 3.6g	18%
Cholesterol 46mg	15%
Sodium 231mg	10%
Total Carbohydrate 8.3g	3%
Dietary Fiber 1.5g	5%
Total Sugars 5g	
Protein 16.8g	
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 10mg	55%
Potassium 360mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

References:
• Recipe provided by Kristin Schaefer, 2023

Health Benefits:

Onions: High in vitamin C, potassium, B vitamins, and fiber. The fiber in onions helps to decrease cholesterol levels in the blood, helping to improve blood circulation and heart health. Try onions in a stir fry, roasted, or in a wrap.

Broccoli: Broccoli is packed with vitamin C, vitamin K, folate, vitamin A, and fiber. Vitamin C is a powerful antioxidant and can reduce stress damage inside the body. As well, broccoli is high in lutein, which is a phytonutrient that has anti-inflammatory properties and improves eye health. Try broccoli roasted with garlic, in a salad, or raw as a snack with hummus.

Recipe provided by Kristin Schaefer, 2023

Horoscopes

Aries 3/21-4/19 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.

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 Let the good times flow! The 3 of Cups is a card of celebration and friendship, so you could find yourself in "party mode" this week with those closest to you. Organize a night out on the town with friends. Host a dinner party for family. Gather a few coworkers and hit up a happy hour. This isn’t so much about what you do as it is the camaraderie you’ll feel with those around you. Life isn’t all about responsibilities and commitments, so let loose and enjoy yourself right now!

Cancer 6/21-7/22 The Chariot is a card that encourages willpower, action, and self-control. This week, you’re being asked to step into your power and bravely take the reins as you propel yourself toward a goal you have. This is no time to passively wait for good things to happen to you. This card knows that anything worth having requires hard work and discipline. By strapping on your emotional and mental armor, you allow yourself to charge into your future, undeterred by whatever obstacles pop up along the way.

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 The Knight of Wands is an impulsive card, indicating feelings of restlessness that can lead to turbulence in your life. This week, you’re being asked to look at a decision you’re facing and consider the consequences of acting in haste. You may have been ready to choose which path to take, but perhaps you should take a second look before you leap. This isn’t an easy thing to do when you’re excited about something, but this card serves as a reminder that a well-laid plan makes for long-term success.

Libra 9/23-10/22 The 2 of Swords indicates you could be experiencing a bout of indecision at this time. In fact, you may be so unsure of how to proceed that you’ve actively been putting off facing this matter. This week you’re being reminded that no matter how much you try to avoid this situation, it won’t simply go away. Instead of focusing on the consequences of making the wrong decision, consider what might happen if you don’t make a decision at all. Inaction can often lead to greater issues down the road.

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 Have you felt like you’re juggling too many things at once? This week, the 7 of Cups recognizes you have many competing priorities, and while it’s noble to lend your energy to so many different things, it has proved impossible to give the right amount of attention to any one of them. As a result, one or more of those areas have suffered. Choice can be our friend, but it can also be our enemy. Now is the time to figure out where your time and energy is best spent.

Capricorn 12/22-1/19 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.

Aquarius 1/20-2/18 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.

Pisces 2/19-3/20 This could be the week you finally release something that has been hanging over you for far too long. The 6 of Swords serves as a reminder that, although it may be difficult, sometimes we have no choice but to move on from a challenging situation. What have you been holding onto that has prevented you from creating a brighter future for yourself? Now is the time to let this go once and for all. This won’t be an easy task, but ultimately, it is the right thing to do. *Tarot.com*