



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, on the eve of this SNAP collapse, watching the scramble. Suddenly, everyone runs to collect canned goods,

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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

www.change-today.org

- WHAT TO DONATE:**
- ✓ Canned Food
 - ✓ Almond Milk
 - ✓ Spices
 - ✓ Corn Starch
 - ✓ Oatmeal Variety Pack
 - ✓ Fruit & Vegetables
 - ✓ Flour
 - ✓ Eggs
 - ✓ Sugar
 - ✓ Bread
 - ✓ Avocado Oil
 - ✓ Meat

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an investment over a certain amount. The exemptions cover qualifying data 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

- 11/5 Daily Wellness & Massage School Informational Session 7PM-8PM Daily Wellness & Massage School 200 Missouri Ave. Ste. C Jeffersonville, IN www.dailymassageschool.com
- 11/5 Chess & Bourbon Night 7PM-10PM The Art Portal 1512 Portland Ave
- 11/6-9 High School Musical Western Middle School www.MTISHOWS.com
- 11/6 Is This Love That I’m Feeling? 6PM-8:30PM Frazier History Museum 829 W. Main St. www.fraziermuseum.org
- 11/6 Wrench Night 6PM-9PM Falls City Community BikeWorks 1217 Logan St. www.fcbikeworks.org
- 11/6 Drop-In Improv 6:30PM-7:45PM The Audition Room 1320 E. Washington St. www.auditionroom502.com *Thursdays/\$25
- 11/6 Read & Sip 6:30PM–9PM Set & Setting Shop (Inside the Art Portal) 1512 Portland Ave www.setandsettingshop.com
- 11/7 Muhammad Ali Humanitarian Awards Fireside Chat 11AM-12PM UoL Chao Auditorium Ekstrom Library www.alicenter.org
- 11/7 Silent Movie Night on Broadway 6PM 816 E. Broadway free/family friendly
- 11/7 Katt Williams: Heaven on Earth Tour 8PM KFC Yum! Center 1 Arena Plaza (201 W. Main St.) www.ticketmaster.com
- 11/8 Norton West Louisville Hospital Community Day: Celebrating 1 Year 10AM-2PM Norton Healthcare Sports & Learning Center 3029 W. Muhammad Ali Blvd. www.nortonhealthcare.com/locations/west-louisville/
- 11/8 Foster Open House 11AM-12:30AM Kentucky Humane Society Sam Swope Pet TLC 241 Steedly Dr. www.kyhumane.org/get-involved/foster/
- 11/8 Guestroom Records Grand Opening 12PM-8PM Guestroom Records 1330A Bardstown Rd. www.guestroomrecordslouisville.com
- 11/8 Writing Salon 12PM-2PM Set & Setting Shop (Inside the Art Portal) 1512 Portland Ave www.setandsettingshop.com
- 11/8 2025 Global Gather Annual Gala: Tapestry of KY 6PM American Community Center 4801 Southside Dr. www.americanacc.org
- 11/8 Muhammad Ali Humanitarian Awards 6:30-8:30PM Postshow 8PM-10:30PM Muhammad Ali Center 144 N. 6th St. www.alicenter.org
- 11/8 Dreamland Masquerade 2025 7PM Art Sanctuary 1433 S. Shelby St. www.art-sanctuary.org
- 11/8 Reggae Riddims & Rum Punch Camo & Rasta Colors 9PM-12:30AM Elliment Restaurant & Lounge 707 S. 3rd St. 502.290.3770
- 11/9 Local Game Harvest 2025 4PM-9PM Art Sanctuary 1433 S. Shelby St. www.art-sanctuary.org
- 11/9 Bill Murray & His Blood Brothers 8PM Louisville Palace 625 S. 4th St. www.ticketmaster.com
- 11/9 Talib Kweli 8PM Mercury Ballroom 611 S. 4th St. www.ticketmaster.com

This Week’s Issue

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PLAY LIKE THE PROS

YOUTH SPORTS NBA BASKETBALL

the Y

YMCA OF GREATER LOUISVILLE

jr.nba LEAGUES

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.



Hardship to Hope Food Relief Application

Applications for Jefferson County open Monday, November 3. SNAP Households with children or seniors who expected to receive their SNAP benefits November 1 to 7 are eligible to apply. Applications for Oldham, Shelby, and Bullitt County residents in Kentucky and Clark, Floyd, and Harrison County residents in Indiana should be available by Friday November 7.

Applications will open each day at 8:00 am and again at 5:00 pm and will remain open until the limit for applications has been reached. A limited number of applications per day are being processed and we are working to increase that limit to provide resources to as many households as possible. To apply online and for additional questions visit www.metrounitedway.org/snap-relief/.

View additional Community Food Resources at www.metrounitedway.org/community-food-resources/. If you do not qualify for the Hardship to Hope Food Relief Fund, you can call or visit 211 or visit our community food resources page for additional food resources.

(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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A Year In Your Garden: Dried Flower Arrangements

Presented by the Jefferson County Master Gardeners Association. Select and arrange dried flowers for your home, or as a gift. A wide variety of dried flowers and seed pods will be available for each participant to make one bouquet to take away. Bring a small or medium-sized container, if desired. Without a container, wrapped bouquets will be made.

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



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.”

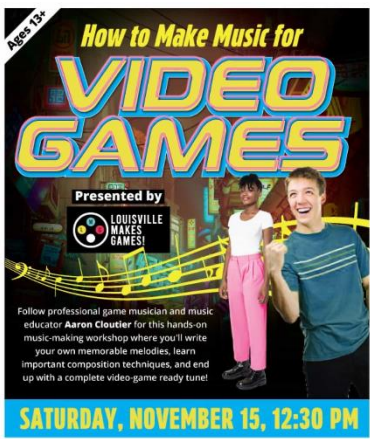
Written by Brennan Allen ballen@theundergroundlou.com

Louisville Makes Games
How to Make Music for Video Games

Louisville Makes Games is proud to present "How to make music for video games". Follow professional game musician and music educator Aaron Cloutier for this hands-on music-making workshop. With Aaron's guidance you'll write your own memorable melodies, learn important composition techniques, and end up with a complete video-game ready tune!

Saturday, November 15th 12:30 pm - 2:00 pm EST
Iroquois Library 601 W. Woodlawn Ave., Louisville, KY US 40215
Visit www. www.lfpl.org/louisville-makes-games-how-make-music-video-games for more information.

*Free to 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!

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

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

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

Gemini 5/21-6/20 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.

Cancer 6/21-7/22 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.

Leo 7/23-8/22 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.

Virgo 8/23-9/22 The 4 of Cups signals that you have been feeling unfulfilled and craving some kind of change in your life. Perhaps you are looking around and seeing what others have, longing for those things that aren't a part of your own life. It might also be that you feel unmotivated in your present circumstances. While it's nice to aspire, it's easy to get caught up in an unhealthy cycle of desire. This week try to address the root cause of these feelings. Is the grass really greener on the other side, or do you just need to spend time watering your own grass?

Libra 9/23-10/22 The 3 of Swords wants to recognize the grief or heartbreak you may be suffering from currently. Perhaps you've been betrayed, or it could be that you're experiencing some sort of mental anguish. This week, this card is asking you to persevere and stay in control of your emotions so that you can move forward without falling apart. Just be sure that you don't become permanently detached in your efforts to remain strong. If you remain in touch with your emotional side, you could come out on the other side of this situation capable of loving even more deeply.

Scorpio 10/23-11/21 The 3 of Pentacles wants to acknowledge that you're on the right track! Are you working toward something new right now? This card is encouraging you to keep going. Regardless of how grandiose this idea is, you have the skills and capabilities to make it happen. This week is the time to do your homework and prepare, creating a comprehensive plan if you don't have one already. And don't be afraid to reach out to others for help -- teamwork could take you further than you expected.

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 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!

Aquarius 1/20-2/18 You're going to learn that life is a balancing act this week! The 2 of Pentacles represents achieving harmony with opposing forces. Have you been called in different directions recently? Are what you want and what you need conflicting? Has work taken time away from your personal life or vice versa? This card wants you to take a step back and figure out where your priorities are. By knowing where you want to spend your time and energy, you can come up with a solution that sets you up for long-term success in all areas of your life.

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