

Jan 4th-Jan 10th
2026

The Underground Lou

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Issue

#146

Nominations are now open for this year's BOBEAWARDS

5 years celebrating black businesses and excellence

For the past 4 years PCI Media and Company has put together an annual award show highlighting and celebrating hundreds of black owned businesses and individuals that have made a unique impact in the community.

The Black Owned Business and Excellence (BOBE) Awards was created during the pandemic and the Breanna Taylor protest when there was little hope to hold onto when it comes to civil rights and discrimination in the Black community. A multitude of black owned businesses were created around this time on top of the already sizable and overlooked amount available.

With over 40 categories highlighted industries include Venue, Event Planner/Promoter, Restaurant, Beverage, Catering, Tattoo, Community Organization, Healthcare, Decorator, Barbershop, Barber, Hair Salon, Hair Stylist, Nail Tech, Beauty Product, Media/Production, Photographer/Videographer, Author, Entertainer, Makeup Artist, Science/Technology, Finance, Law, Dance/Gymnastics, Health & Fitness, Educator, Clothing Brand, Clothing/Accessory Store, Marketing/PR, Graphic Design, Visual Art, Selfcare, Real Estate, Commercial/Industrial, Political Influence, Influencer, Youth Owned (17 & under), Legacy, Gamechanger and New Business and Black Owned Business of the Year.

This year makes 5 years for the BOBEAWARDS and nominations will be open until January 31st. The award show will take place in the Russell neighborhood again this year at a new location inside Louisville Central Community Center (LCCC) at 1300 W. Muhammad Ali on Saturday March 14th. Doors will open at 5:30PM with the red carpet from 5:30PM-7PM and the show starting promptly at 7PM. Tickets are now available at www.bobeawards.com with early bird tickets starting at \$20 (regular \$50) for general admission and \$50 for VIP (regular \$75) and vendor booths \$75 (regular \$150).

Supporters of this year's BOBEAWARDS include YMCA of Louisville, Equitable Wealth Management, Zogo Host, the Underground Lou and Saturdays with Mikesha. If you are interested in becoming a sponsor or have additional questions, please email info@bobeawards.com or contact 502.878.6531.



What to Do in the Lou

1/8-10 *North American Honey Bee Expo 2026* 1PM KY Fair & Expo Center 937 Phillips Ln. www.ticktaylor.com/events/nahbe/1661375

1/8 *New Year, Near You Fitness Swap* 5PM-7PM Trellis Brewing 827 Logan St. 502.574.3571 knowwastelou@louisvilleky.gov

1/8 *Norton Sports Health Training Program Kick-off* 5:30PM-8PM KY Derby Museum 704 Central Ave. www.runsignup.com/Race/KY/Louisville/KDFTrainingProgram *free

1/9-1/11 *Louisville Home & Garden Show* 10AM KY Fair & Expo Center 937 Phillips Ln. www.louisvillehomeshow.com

1/9 *Free Marvel, Star Wars & DC Art & Cosplay Extravaganza* Crown Plaza Louisville Airport Expo Ctr 830 Phillips Ln. john@amazingartexpo.com *free

1/10 *Free Basketball Skills Clinic* 9:30AM-11:30AM Boyce College 2825 Lexington Rd. www.hoopsforchrist.org

1/10 *StageOne Storytellers: Late Night in the Morning* 10AM & 11:30AM Walden Thatre 1123 Payne St. www.stageone.org/storytellers \$5

1/10 *Women in Film KY Screenwriter's Workshop: Crafting Goals* 10AM-12PM Maybeitsfate 1425 Story Ave www.womeninfilmyky.org *free

1/10 *Winter 502 Dirty 30 Workout* 10:30AM-12:30PM Area 502 Mixed Martial Arts 3099 Breckinridge Ln. www.eventbrite.com

1/10 *Pearle School of Burlesque Fall/Winter 25' Student Showcase* 10:30PM Art Sanctuary 1433 S. Shelby St. www.eventbrite.com

1/10 *Stranger Things: Drag Brunch* 10:45AM-3:30PM Le Moo 2300 Lexington Rd. www.lemoodragbrunch.com

1/10 *KMAC Family Fun Day* 11AM-3PM KMAC Museum 715 W. Main St. www.kmacmuseum.org *free/family friendly

1/10 *Louisville Cardinals Men's Basketball Vs. Boston Eagles* 12PM KFC Yum! Center 1 Arena Plaza www.ticketmaster.com

1/10 *Teamsters National Black Caucus Louisville-Metro Chapter* 1PM Teamsters Local 89 3813 Taylor Blvd www.gotnbc.com tnbclou89@gmail.com

1/10 *Woodworking 101: Bookmark* 1PM-4PM First Build 333 E Brandeis Ave www.firstbuild.com \$5

1/10 *Lantern Making Workshop* 4PM-6PM Otaku Manga Lounge 2525 Bardstown Rd. www.makarathachsernett.com \$40

1/10 *The Blue & White Kickback* 9PM-1AM Dasha Barbours 217 E. Main St. qualityculture502@gmail.com 502.314.2249

1/11 *The Divine Vision Retreat* 11:11AM The Presley Post 734 W. Main St. Suite 106 www.thepresleypost.com

1/11 *Louisville Cardinals Women's Basketball Vs. Pittsburgh Panthers* 2PM KFC Yum! Center 1 Arena Plaza www.ticketmaster.com

1/11 *Sapphire Boutique Fashion Show* 2PM 300 Spring St. Jeffersonville, IN 812.920.0017 info@sapphireboutique.com

1/11 *We Ain't Done Wild'N Yet Comedy Tour* 7PM Louisville Comedy Club 110 W. Main St. www.louisvillecomedy.com

1/12 *Jefferson County KFTC Chapter Meeting* 5PM-7:30PM Jefferson County Chapter of Kentuckians for the Commonwealth 735 Lampton St. www.kftc.org_nyeila@kftc.org

1/15 *All That Glitters is AKA: Cheers to 118 Years* 6PM Noble Funk Brewing Co. 922 S. 2nd St. aka1908etaomega@gmail.com 502.805.7856

1/16 *New Year New Sips Bourbon Tasting* 7PM-8:15PM Story Louisville 828 E. Market St. www.eventbrite.com

1/17 *Manifestation Party: Dream Year Edition* 11AM-1PM The Presley Post 734 W. Main St. admin@thepresleypost.com \$25

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This Week's Issue

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SATURDAYS WITH
Mikesha



Keep Going Scholarship Fund in Honor of Travis Nagdy

Founded in 1956, the Louisville Artisans Guild is Kentucky's oldest guild dedicated to the pursuit of excellence in arts and crafts. Formerly known as, the Louisville Craftsmen Guild, the name was changed in 2003, to better reflect the purpose and membership. The scholarship recipient is awarded a **one-time \$2,000 award**, a Louisville Artisans Guild membership, and a booth at our annual Holiday Showcase in November of their scholarship year. **Applicants must apply by Mar 02, 2026.**

To be eligible a student must have a minimum 2.0 GPA out of a possible 4.0 from a Metro Louisville area high school from Jefferson, Oldham, Shelby, and Bullitt Counties in Kentucky and Floyd, Clark, and Harrison counties in Indiana or a documented home-schooled student in your school district from one of these seven counties and must be pursuing a non-performing, visual art-related major in college. Applicants must submit jpeg's of the five best pieces representing their portfolio for their application to be considered. Students will be scored blindly through an online review of their applications. The top 20% (or top 3 if less than 8 applicants) will be semi-finalists. Semi-finalists will be invited to present their work in person on March of 2026. To learn more about the scholarship selection process and scoring please visit the Louisville Artisan's Guild Scholarship Brochure.

SBDC KY Free Training Events

www.kysbdc.com sbdcinfo@uky.edu (502) 977-5800

Tuesday 1/13/26 Stuck on Step 1? Franchising is Your Pre-Made Business Idea

Time: 12:00 PM - 1:00 PM EST **Program Format:** Online Meeting (Live) **Training Topics:** Business Financing, Franchising

Point of Contact: sbdcinfo@uky.edu (502) 977-5800

Description: The hardest part of entrepreneurship is finding the right idea. Franchising solves that. The second hardest part? Navigating the financial nuances of getting your doors open. Don't let process confusion stall your shortcut to business ownership. Join us as we dissect the critical steps between signing the franchise agreement and the Grand Opening. We will provide a candid look at the entire process and help you master the key factors for a smooth launch. Franchise specialist Perry Dunn gives you the insider knowledge you need to turn your pre-made business idea into a profitable reality—fast.

Here's what will be covered:

- *Total Costs & Investment: A detailed breakdown of startup costs beyond the initial franchise fee.
- *Tenant Improvement (TI) Allowance: Strategies for securing and maximizing this critical funding.
- *Closing Timelines: Understanding the process nuance and realistic time frames for opening your doors.
- *Industry Sticking Points: Identifying and eliminating the common hurdles that can delay your launch.

Tuesday 1/13/26 Start Smart: Starting A Business in Kentucky

Time: 7:00 PM - 8:00 PM EST **Program Format:** Online Meeting (Live) **Training Topics:** Business Start-up/Preplanning

Point of Contact: jc.phelps@uky.edu

Description: Do you want to start a business in the Commonwealth of Kentucky? To ensure future success, there are many considerations that you need to address from the beginning. In this workshop with Kentucky SBDC Training Coordinator JC Phelps, you will have the opportunity to explore the ins and outs of entrepreneurship. Start Smart is designed to teach you how to start a business, conduct a feasibility analysis, choose the correct legal structure, analyze financial considerations, and more. Training is provided free of charge and will be held on Zoom.

Wednesday 1/14/26 The Startup Station Registration Clinic: Name It. Claim It. Launch It.

Time: 6:00 PM - 7:30 PM EST

Training Topics: Business Start-up/Preplanning

Location: Northeast Regional Library 15 Bellevoir Cir, Louisville KY 40223 **Point of Contact:** sbdcinfo@uky.edu (502) 977-5800

Description: Got a business idea ready to go legit? Skip the paperwork panic. At this free clinic, we'll walk you through registering your business with the state, applying for your EIN, and getting your local requirements handled—in 30 minutes or less. Just bring your laptop, a credit card, and your business name. We'll do the rest. * One day only.

* Real help from experienced small business advisors.

* Leave official.

Thursday 1/15/26 Food Service Permitting Process

Time: 6:30 PM - 7:30 PM EST **Training Topics:** Business Start-up/Preplanning, Managing a Business

Program Format: Online Meeting (Live) **Point of Contact:** sbdcinfo@uky.edu

Description: Louisville Metro Public Health & Wellness invites current and prospective food establishment owners, operators, and managers to attend an informational seminar focused on the food establishment permitting process and regulatory requirements within Louisville Metro. This session is ideal for new food businesses, entrepreneurs planning to open or remodel, mobile food operators, and existing establishments seeking clarification on permitting requirements. The goal of the seminar is to promote understanding, compliance, and a smooth path to opening and operating a safe food establishment in the Louisville Metro.

Thursday 1/15/26 Fund Smart: Understanding Business Financing

Time: 7:00 PM - 8:00 PM EST **Training Topics:** Business Financing, Business Start-up/Preplanning

Program Format: Online Meeting (Live) **Point of Contact:** jc.phelps@uky.edu

Description: Do you want to start a business in the Commonwealth of Kentucky? Many of the most significant considerations for doing so revolve around finance and funding. In this workshop with Kentucky SBDC Training Coordinator JC Phelps, you will have the opportunity to explore the ins and outs of finance and financing for small businesses.

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 Earlijous 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
 Smokeeasy 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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LFPL's Teen Life Skills

Teen Life Skills is a series of free programs designed to help young people develop necessary skills to prepare for adulthood including cooking, organizing, college or career prep and more! Every time you attend a Teen Life Skills program, you get entered for a chance to win up to \$500 in prizes that range from electronics to art and school supplies to fun dorm decor, and more! The more programs you attend, the more prize entries you earn! Each program below counts as a Teen Life Skills program:

Event	Date	Time	Location
4-H Cooking Class	Monday, January 12, 2026	3:30-4:30 PM	Bon Air
Level Up Your Organizational Skills - Part 1	Saturday, January 17, 2026	2:00-3:00 PM	St. Matthews
4-H Cooking Class - One-Pot Dinners	Tuesday, January 20, 2026	4:30-5:30 PM	Southwest
4-H Cooking Class - Cooking & Safety	Saturday, January 24, 2026	12:00-1:00 PM	Jeffersontown

Visit www.lfpl.org/teenskills for more information.



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Audaciously Abra: The Audacity to Begin

By Abra Sickles

“Your life shrinks or expands in proportion to your courage.” – Anaïs Nin

Audacity.

It is a word people often misunderstand. They hear it and think too much, too bold, too loud, too something. I carried that same belief for years. The word audacious felt like a spotlight I was not sure I deserved to stand in.

But eventually, I learned that audacity is not arrogance, it is courage with its shoes on. It is the decision to show up even when doubt tries to convince you to stay home. It is the steady breath you take before speaking a truth you once swallowed. It is walking into unfamiliar territory and saying I belong here, even before the room agrees. As a 6'3 woman, I spent years trying to fold myself into smaller shapes. I would lower my shoulders, avoid heels, and try to disappear into corners. Somewhere along the way, I picked up the lie that fitting in meant being quiet, soft, or invisible. But shrinking never saved me. It only dimmed the parts of me that were meant to shine. Now, I honor my height. I wear the heels. I let myself rise. Because some of us were built like lighthouses, meant to stand tall so others can find their way. We aren't here to take up less space. We are here to take up our space.

I think often about a quote from Maya Angelou,

“Stand up straight and realize who you are, that you tower over your circumstances.”

Her words made me realize something simple but life-changing: my height is not just physical, it is symbolic. I was never meant to crouch. I was meant to see farther. This column, Audaciously Abra, is my offering and my invitation. A place to explore courage, vulnerability, growth, and the everyday moments that make us bolder. A place where we refuse to apologize for our volume, our vision, or our voice.

Audacity is not a personality trait. It is a practice. A choice we make again and again.

- To stand tall.
- To speak honestly.
- To take up space.
- To begin even when beginning feels uncomfortable.

Because every new chapter needs a spark. Every shift in your life starts with a single brave step. Every reinvention begins with the quiet declaration that you are ready for more.

So here is to choosing courage over comfort. Here is to rising instead of shrinking. Here is to the audacity to begin.

Live loud. Stay audacious.



Abra Sickles is an emerging writer who explores personal growth, courage, and the power of authenticity. Through thoughtful and introspective storytelling, Abra fosters deep connections by sharing experiences and stories that resonate. She invites readers to embrace their authentic selves and to see how we all fit together like puzzle pieces in the larger tapestry of life, inspiring reflection, growth, and purposeful living.

Email: audaciouslyabra@gmail.com

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2026 WomensNet's Grants

WomensNet and the Amber Grant have received national media exposure in outlets like Forbes, USA Today, Nasdaq.com, and Yahoo! for our work in helping women-owned businesses. As long as you're a woman who is 18 years or older, your business is 50% women-owned, and operates in the United States or Canada — you're eligible to apply. Yes, non-profits are eligible. Non-profit organizations that are revenue-generating are eligible for our grants. To qualify, non-profit businesses must have at least 50% of their top leadership, including the Board President or CEO, must be women. The deadline is the last day of each month at 11:59:59 pm Eastern Time. Just keep in mind that our three \$10,000 grants run monthly. The year-end grants are \$50,000 and will be awarded to one of the 12 monthly recipients in December. Criteria include the following:

1. Your story. We're looking for qualities like passion, business savvy, and vision. Women who believe in what they're doing tend to make us believers, too.
2. Plans for growing/starting your business. We're not looking for a formal business plan. Just some explanation of how you'll achieve business success. It might include some mention of your market, your team, the things you've overcome so far, and the challenges you still face.
3. Plans for the grant money. Tell us how you would invest the money if you won. Be as detailed as you can. For additional information contact jc40218@aol.com.

Healthy Recipes

MUH

Chickpea, Broccoli & Rice Casserole

Serves: 9 **Est. cost:** \$9.00-\$12.00

Est. cost per serving: \$0.88-\$1.00

Ingredients:

- 2 cups broccoli, fresh or frozen, cut into bite-sized florets
- 1 ea onion, chopped
- 1 cup mushrooms, chopped
- 1/2 cup celery, chopped (optional)
- 2-3 cloves garlic, chopped
- 3 (12-oz) can chickpeas, drained and rinsed
- 1 1/2 cups brown rice, uncooked
- 2 1/2 cups vegetable broth (or chicken broth)
- To taste, salt and pepper
- Optional toppings: parsley, cheese

*If using frozen vegetables, let them sit out and defrost before using

Equipment: 12x15 baking pan (or casserole dish) with lid, mixing spoon, oven

Directions:

1. Preheat the oven to 400°F.
2. Spread the broccoli, onion, mushrooms, celery, garlic, chickpeas, and rice evenly across the casserole dish.
3. Pour the vegetable broth over everything and cover with a lid.
4. Bake in the oven for 40-50 minutes. The casserole should absorb all the water. If there is extra water leftover, place it back in the oven for an additional 5 minutes uncovered.
5. Remove from the oven, let cool for 5-8 minutes, and add any desired toppings. Enjoy!

Optional - Heat nuts in a small dry pan over medium to low heat. Toast nuts, shaking the pan often, to ensure nuts do not burn. Once fragrant, remove from heat. Top dish with nuts. Enjoy!

Health Benefits:

Mushrooms- Mushrooms are a great source of copper, B vitamins, potassium, and fiber. Mushrooms contain beta glucan, which is a type of soluble fiber that has been shown to improve heart health and reduce cholesterol levels. As well, copper is needed for regulating connective tissues and blood vessels. Try mushrooms in a soup, stir fry, or salad.

Broccoli- Broccoli is packed with vitamin C, vitamin K, folate, vitamin A, and fiber. Vitamin C is a powerful antioxidant and can reduce stressful 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:	1 cup	
Servings:	9	
Amount per serving	Calories	% Daily Value*
5.4g	383	7%
Total Fat 5.4g		7%
Saturated Fat 0.7g		4%
Cholesterol 0mg		0%
Sodium 241mg		10%
Total Carbohydrate 67.9g		25%
Dietary Fiber 13.7g		49%
Total Sugars 8.4g		
Protein 17.6g		
Vitamin D 28mcg		140%
Calcium 99mg		8%
Iron 5mg		29%
Potassium 849mg		18%

*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.

Garlic Cauliflower Mashed Potatoes

Serves: 4 **Est. cost:** \$5.90

Est. cost per serving: \$1.50

Ingredients:

- 1 medium head cauliflower, cut into bite-sized pieces
- 2 cloves garlic, chopped or 1/4 tsp garlic powder
- 2/3 cup potato flakes
- 1/4 tsp salt, or to taste
- ground black pepper, to taste
- 1 tbsp unsalted butter
- 1/4 cup heavy cream or milk
- 2-3 tbsp fresh parsley, chopped (optional)



Nutrition Facts

Serving Size:	1 Serving
Amount Per Serving	% Daily Value
Calories	144.2 kcal
Total Fat	8.7 g
Saturated Fat	5.4 g
Trans Fat	0.3 g
Cholesterol	24.4 mg
Sodium	202.1 mg
Total Carbohydrate	14.9 g
Dietary Fiber	3.6 g
Sugars	3.5 g
Protein	4.1 g
Vitamin A	6 % • Vitamin C
Calcium	5 % • Iron

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Equipment: medium pot or steamer, cutting board, knife, blender or potato masher, clean towel, strainer, large bowl

Directions:

1. In a medium pot over high heat, bring the cauliflower and water to a boil. Cook 5-10 mins or until tender. Alternatively, steam cauliflower until tender, about 5-10 minutes.
2. Remove 1/3 cup of the water and set it aside. Drain the cauliflower and remove excess water by using a clean towel to absorb some of the moisture. (If using a steamer, gather 1/3 cup of hot water).
3. Add cauliflower, 1/3 cup water, garlic, potato flakes, salt, and pepper to a large bowl and mash with a potato masher until smooth (or add to a blender and blend on medium to high until smooth). Taste and adjust seasonings.
4. Place the mixture in a serving bowl. Add butter, cream, and parsley and stir to combine. Enjoy!

Health Benefits: Cauliflower - high in choline, which is a nutrient that supports the integrity of cell membranes, the synthesis of DNA, and metabolism. This nutrient aids in brain development and a healthy nervous system.

Recipe provided by Reanetta Perkins, 2023

Horoscopes

Aries 3/21-4/19 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.

Taurus 4/20-5/20 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.

Gemini 5/21-6/20 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.

Cancer 6/21-7/22 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?

Leo 7/23-8/22 You can run, but you can't hide this week! The 7 of Swords acknowledges you may be trying to avoid or escape a situation you're better off confronting head-on. Have you been putting off a tough conversation with a friend? Not yet ready to talk with your partner about where your relationship is headed? Are you letting professional tension build rather than dealing with it? Remember, dodging this issue won't make it better. In fact, it could even make it worse. The time to deal with this matter is now.

Virgo 8/23-9/22 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.

Libra 9/23-10/22 You're being encouraged to choose your battles wisely this week. The 5 of Swords signals that a conflict is currently brewing in a particular area of your life, and a confrontation could take place soon. When it does, you may be tempted to win the argument at all costs – but have you considered what those costs are? In your attempt to prove you're right, you may say or do things you regret later, as well as sabotage your relationship with the other person (or people). Before going to battle, consider how winning in the moment could lead to a long-term loss.

Scorpio 10/23-11/21 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.

Sagittarius 11/22-12/21 This week the 9 of Pentacles is inviting you to savor the fruits of your labor. You've been putting your blood, sweat, and tears into your goals, and you are now seeing deserved success as a result of your efforts. This is the time to take advantage of the material comfort you've created for yourself. So, go ahead and book an expensive spa package. Take yourself on a trip. Buy that expensive bottle of wine you've been eyeing. You've more than earned the right to splurge!

Capricorn 12/22-1/19 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.

Aquarius 1/20-2/18 The 6 of Cups is about the past impacting the present. This week, you're being called to examine whether or not you're tethered to your past in some way. While it's true we sometimes need to look in the rearview mirror as a way of informing current or future decisions, we can easily become stuck living in the past if we're not careful. Don't let nostalgia or distorted memories prevent you from making progress and appreciating what's happening in the here and now. Allow your past to be a source of improvement rather than a source of stagnation.

Pisces 2/19-3/20 Your breakthrough moment has arrived! The Ace of Swords signals that the fog is lifting, and you have greater mental clarity this week. It may feel as though you're viewing the world through a brand-new lens, one that helps you cut through the noise and get to the heart of the matter. Is a situation not what it seems? Has someone been deceiving you? Have you been deceiving yourself? You're being handed an opportunity to clear the air and see things for exactly what they are. Tarot.com

