

Feb 15th-Feb 21st  
2026

# The Underground Lou

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Issue  
#150

## Spring into Action with Youth Sports at the YMCA of Greater Louisville!

Spring will be here soon, and that means it is time to get kids moving, learning, and having fun at the Y!

Registration is now open for Spring Youth Sports, where every pass, shot, and point helps build confidence, teamwork, and skills that last far beyond the season.

This spring, kids can play:

- Outdoor Soccer
- NFL Flag Football
- Outdoor Field Hockey

Our programs are designed for all skill levels—from first-time players to seasoned athletes—and focus on growth, sportsmanship, and fun in a supportive environment.

Important registration reminder: Register by February 28 to avoid a \$50 late fee, which will be added to registrations after that date. Programs are available across Jefferson, Bullitt, and Oldham counties, as well as Floyd and Clark counties in Southern Indiana, making it easy for families across our community to participate.

And because every kid deserves the chance to play, financial assistance is available.

Give your child a spring season full of movement, confidence, and connection. We can't wait to see them on the field! Register at [ymcalouisville.org](http://ymcalouisville.org).



EARLY BIRD  
TICKETS  
AVAILABLE

[www.bobearwards.com](http://www.bobearwards.com)



## What to Do in the Lou

**2/18 2026 Winter Wedding Vendor Social** 4:30PM-7:30PM Waterfront Botanical Gardens 1435 Frankfort Ave [www.weekendweddingwarrior.com](http://www.weekendweddingwarrior.com)

**2/18 Speed Networking** 5PM-7:30PM Elixir Bar 414 W. Oak St. [www.eventbrite.com](http://www.eventbrite.com)

**2/18 Nook & Nowhere One Year Anniversary** 5PM-9PM Nook & Nowhere 1149 S. Shelby St. [www.nookandnowhere.com](http://www.nookandnowhere.com)

**2/18 Official 2026 Lineup Announcement Party** 5PM-9PM Whirling Tiger 1335 Story Ave [info@bourbonandbeyond.com](mailto:info@bourbonandbeyond.com)

**2/18 OLB Writer's Circle** 6:30PM-8:30PM Old Louisville Brewery 625 W. Magnolia Ave. [oldlouisvillebrewery@gmail.com](mailto:oldlouisvillebrewery@gmail.com) 502.365.4886

**2/19 Community Awards Celebration** 5PM-8PM Muhammad Ali Center 144 N. 6th St. [www.lul.org/event/](http://www.lul.org/event/)

**2/19 KY Derby Museum Legends series Bourbon Tasting** 5:30PM-8:30PM KY Derby Museum 704 Central Ave [www.derbymuseum.org](http://www.derbymuseum.org)

**2/20-22 Annual Warehouse Sale** 11AM-5PM Le Lieu 213 S. Shelby St.

**2/20 2026 Elmer Lucille Allen Conference on African American Studies: Data Centers** 101 11:15AM-2:45PM KY Center for African American Heritage 1701 W. Muhammad Ali Blvd. [www.eventbrite.com](http://www.eventbrite.com)

**2/20 Rec & Bingo** 8PM Golden Nugget 2922 Hikes Ln. [www.eventbrite.com](http://www.eventbrite.com)

**2/20 V-Groove Live** 9PM-1AM Derby City Gaming Hotel 4520 Poplar Level Rd. 502.961.7600

**2/21 Llama Llama Preschool Pajama Party** 10AM-1PM South Central Regional Library 7300 Jefferson Blvd. [www.lfpl.org](http://www.lfpl.org) or 502.574.1611

**2/21 Derby City Music Expo** 10AM-3PM Triple Crown Pavillion 1780 Plantside Dr. 502.456.2394

**2/21-22 America's Antique Mall Louisville** 10AM-7PM Americas Anique Mall Louisville 5252 Bardstown Rd. [www.americasantiquemall.com](http://www.americasantiquemall.com)

**2/21 Emo Drag Brunch w/Cynthia Doll** 10:45AM-3:30PM Le Moo Lexington Rd. [www.lemoodragbrunch.com](http://www.lemoodragbrunch.com)

**2/21 Coffee Culture: A Cultural Coffee Experience** 11AM-1PM Ben Washer Park

**2/21 Jazz Brunch: Carly Johnson** 11AM-2PM High Stakes 710 E. Jefferson St. [www.highstakesrooftop.com](http://www.highstakesrooftop.com)

**2/21 LEO Weekly's United We Brunch** 11AM-2:30PM Mellwood Arts Center 1860 Mellwood Art Center [www.leoweeklytickets.com](http://www.leoweeklytickets.com)

**2/21 NuLu 502 Baby Goat Party** 12PM-4PM Whiskey Thief 610 Nanny Goat Strut [www.nulu.org](http://www.nulu.org)

**2/21 UofL Men's Basketball vs. Georgia Tech** 2:15PM KFC Yum! Center 1 Arena Plaza [www.ticketmaster.com](http://www.ticketmaster.com)

**2/21 Lunar New Year Dinner & Auction: Year of the Fire Horse** 5PM Speed Art Museum 2035 S. 3rd St. [www.crane-house.org](http://www.crane-house.org)

**2/21 Rev. Charles Elliott Jr. Peace Awards** 6PM Crown Plaza 830 Phillips Ln. 502.544.7999

**2/21 Upbeat Saturday Jazz Nite** 6PM-9PM The Black Rabbit 122 Sears Ave [www.blackrabbitspeakeasy.com](http://www.blackrabbitspeakeasy.com)

**2/21 The Simon & Garfunkel Story** 8PM The Brown Theatre 315 W. Broadway [www.kentuckyperformingarts.org](http://www.kentuckyperformingarts.org)

**2/21 Salsa Night** 8PM Goodwood Whiskey Row 121 W. Main St. [louisvillesalsa@gmail.com](mailto:louisvillesalsa@gmail.com) \$10

**2/21 Sixth Floor Sounds** 8PM-11PM Bar Genevieve 750 E. Market St. 502.586.7049

**2/22 Mardi Gras PAWty** 12PM-4PM Competitive Edge Agility & Dog Sports 4602 Shepherdsville Rd. [www.givebutter.com/MardiGrasPawty](http://www.givebutter.com/MardiGrasPawty)

**2/22 Power Policy & People** 2PM-4PM Play Cousins 1701 W. Market St. [www.tinyurl.com/memberplay](http://www.tinyurl.com/memberplay)

**2/22 KY for Minnesota** 2PM-5PM The Whirling Tiger 1335 Story Ave [www.cyn-city-creative.com](http://www.cyn-city-creative.com)

**2/22 USBG KY Bartender Prom** 7PM-11PM Galaxie 732 E. Market St. [www.eventbrite.com](http://www.eventbrite.com)

**2/23 The Greatest: Muhammad Ali & the Black Liberation Struggle in Louisville** 6PM Davidson 101 2010 S. 1st St. [louisville@blacklivesmatter.com](mailto:louisville@blacklivesmatter.com)

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## This Week's Issue

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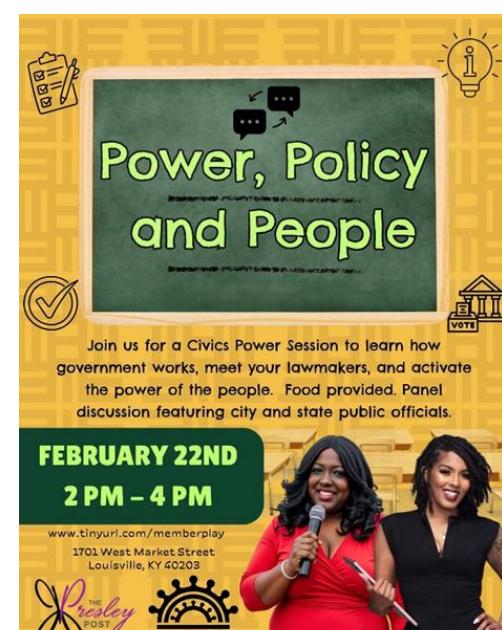
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Join us for a Civics Power Session to learn how government works, meet your lawmakers, and activate the power of the people. Food provided. Panel discussion featuring city and state public officials.

**FEBRUARY 22ND**

**2 PM - 4 PM**

[www.tinyurl.com/memberplay](http://www.tinyurl.com/memberplay)

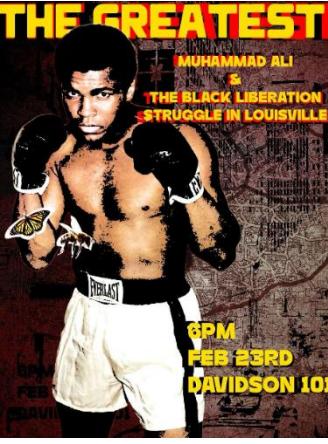
1701 West Market Street

Louisville, KY 40203

**Play Cousins**

Play Cousins



**Verizon Small Business Digital Ready Events: February 23-27**

2/23 12PM-2PM ET Contracting 101  
 2/24 2PM-4PM ET SEO Made Simple  
 2/25 4PM-5PM ET Peer to Peer Check-In  
 2/26 12PM-2PM ET AI Storytelling Techniques: Crafting Compelling Narratives w/AI  
 2/26 3PM-5PM ET Keep the Doors Open, Knowing Your Break-Even Points  
 Sign up at [www.digitalready.verizonwireless.com](http://www.digitalready.verizonwireless.com)

For addition information email [digitalready@verizon.com](mailto:digitalready@verizon.com) or contact 855.890.0013

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**Audaciously Abra: The Audacity to Be Present**

By Abra Sickles

**"BE PRESENT IN ALL THINGS AND THANKFUL FOR ALL THINGS."**

— MAYA ANGELOU

goals, dreams, side hustles, gym time, family time. We optimize. We produce. We move. And we tell ourselves we will slow down later.

Later is a lie we tell ourselves to stay comfortable.

A few years ago, on a hot July morning, I woke up with a sharp realization. I was excellent at planning my future and mediocre at inhabiting my present. I could build strategy decks in my sleep. I could see five years ahead. I could innovate, pivot, scale.

But I was rushing through moments that would never repeat.

So I tattooed three words onto my left arm: Be Here Now.

Not because it sounded cute. Because I needed to interrupt myself.

There are times in my life when I wish I had been more present.

Present enough to sit in the truth instead of negotiating with it.

Present enough to see the red flags without repainting them.

Present enough to appreciate the last meal made by someone I love instead of being distracted.

Present enough to understand that a goodbye might actually be final.

Present enough to dream without immediately turning the dream into a checklist.

That is not tragedy. That is reality.

We assume there will be another dinner. Another chance to say it better. Another opportunity to fix it. Another season to circle back.

Sometimes there is. Sometimes there is not.

Presence is not soft. It is not sentimental. It is confrontational.

It forces you to admit when something feels off.

It forces you to acknowledge when you are tired instead of pretending you are unstoppable.

It forces you to listen when your intuition whispers instead of waiting until it has to shout.

How many conversations have you half heard because you were already thinking about your response?

How many moments have you diluted because you were mentally drafting your next move?

How many times have you chosen speed over depth because slowing down felt inefficient?

You can be ambitious and absent at the same time.

You can be successful and disconnected.

You can build a beautiful life and still barely experience it.

The audacity to be present is choosing to fully occupy your own skin. It is choosing to feel the tension in a room instead of pretending it is not there. It is choosing to celebrate without already planning the next win. It is choosing to rest without calling it laziness.

It is understanding that this Tuesday matters as much as the milestone. That this conversation counts as much as the promotion. That this ordinary moment is not a placeholder for something better.

Here is the truth.

No one else can live your life for you.

No one else can feel your moments for you.

No one else can reclaim the time you spent half awake.

Be here now. Not casually. Not halfway. Not when it is convenient. Completely.

Live loud. Live audacious.

Have you ever pulled into your driveway and realized you do not remember the drive?

You know you left work. You know you made the turns. You know you arrived. But the in between is gone.

That is autopilot.

It works for traffic. It does not work for life.

Autopilot is how high performers survive. We stack meetings,

**PICKUP LOCATIONS**

Xquisite Nutrition 2631 S 3rd Street  
 Small Business Administrative 600 M. L. King Jr. Pl.  
 Franco's 3300 Dixie Hwy  
 Tim Pages 2922 Taylor Blvd  
 AMPED 4425 Greenwood Ave  
 KY AAHC 1701 W. Muhammad Ali Blvd  
 Urban League 1535 W. Broadway  
 AMPED Technology Workforce Training 1701 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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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.

[audaciouslyabra@gmail.com](mailto:audaciouslyabra@gmail.com)



## Opening the Doors to a New Chapter in Louisville's Arts Community

Next Thursday, February 26th from 4:00 - 6:00 PM at Louisville Central Community Center located at 1300 W. Muhammad Ali Blvd. Come out and be among the first to experience the Grand Lyric Theater at an invitation-only open house for Louisville's arts community. Guests will preview the theater's vision and operations, learn how the space will serve artists and audiences, and explore opportunities to join the advisory board.

RSVP at [bit.ly/GLTOpenHouse](http://bit.ly/GLTOpenHouse). For additional information contact Melisa Burch at (502) 583-8821 ext. 110.



## Muhammad Ali's Legacy Enters a New Chapter as Compassion Goes Global

*As the U.S. honors Muhammad Ali with a Forever Stamp, the Muhammad Ali Index expands nationally and globally with Sharjah named as its first international city*

As the United States honors Muhammad Ali with a Forever Stamp in celebration of what would have been his 84th birthday, the Muhammad Ali Center today announced a major national and international expansion of the Muhammad Ali Index, naming Sharjah, United Arab Emirates, as its first global city partner.

The Muhammad Ali Index is a research-and-action platform designed to understand, measure, and strengthen compassion in everyday life, positioning compassion at the center of Muhammad Ali's legacy and a growing global force for change.

The international expansion will formally launch February 4, 2026, marking the start of a multi-year partnership in Sharjah with the American University of Sharjah. The launch will take place in the presence of Her Highness Sheikha Bodour bint Sultan Al Qasimi, President and Chairperson of the Board of Trustees of AUS.

Together, these moments send a powerful message: Muhammad Ali's compassion is not only remembered - it is alive, measurable, and going global.

Originally launched in 2025 as a 12-city U.S. pilot, the Muhammad Ali Index combines original research, pioneering AI tools, local insight, and its proprietary Net Compassion Score to assess how compassion is experienced on the ground, how people treat one another, how trust is built, and how communities come together across differences.

In 2026, the Index will expand to 20 U.S. cities, while Sharjah becomes the first international city partner, marking the beginning of the Index's global growth. Additional global cities will be announced in the coming months.

This expansion coincides with another milestone honoring Ali's legacy. The United States Postal Service announced the Muhammad Ali Forever Stamp, released on January 15 during Ali's birthday week (January 17). The stamp commemorates a life defined not only by athletic greatness, but by moral courage; from Ali's stand on conscience to his lifelong commitment to service, faith, and human dignity, and the belief that how we treat one another matters.

The expansion of the Index comes at a moment of deep social challenge. According to the Muhammad Ali Index's 2025 Compassion Report, 61 percent of people believe compassion is declining, yet nearly half remain hopeful it can be rebuilt.

Lonnie Ali, CEO and Co-Founder of the Muhammad Ali Center, said: "Muhammad believed that how we treat one another matters-especially when it's hard. Compassion wasn't something he spoke about in theory; it was how he lived, how he made choices, and how he showed up for others. That is why Sharjah is such a meaningful launch pad for the international expansion of the Muhammad Ali Index. Sharjah's commitment to education, culture, and civic wellbeing reflects the values Muhammad stood for. Through the Muhammad Ali Index, we're carrying his legacy forward in a way that helps people live compassion - not just admire it - in their daily lives."

Her Highness Sheikha Bodour said: "Sharjah has long invested in culture, education and community life as foundations for progress. This partnership positions Sharjah as the first international city to contribute to the Muhammad Ali Index and it signals a clear intent to approach civic wellbeing with the same seriousness we apply to economic and social development. Through AUS, we will help generate globally comparable evidence that can guide leaders, educators and institutions toward stronger trust, inclusion and social cohesion."

Simon Cohen, Chief of Compassion at the Muhammad Ali Center, said: "Ali showed the world that greatness isn't about who we knock down, but who we lift up. What the research now shows us is that compassion isn't fixed - it's a skill, a muscle we can grow. That means that even in a time of deep division, there is real hope."

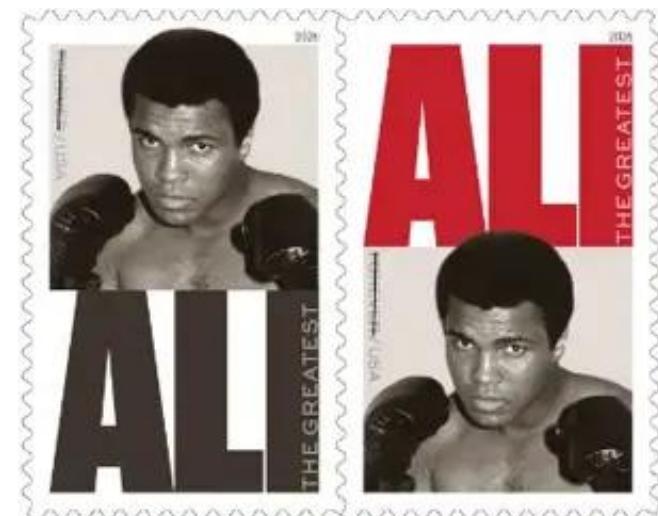
Sharjah will become the first city in the world to produce its own Ali Compassion Report, contributing local insight to a growing global body of compassion research and establishing a blueprint for cities worldwide.

"Sharjah's role in the Muhammad Ali Index reflects a clear ambition: to treat compassion as a civic strength worth understanding through rigorous research and advancing through purposeful action," said Dr. Tod Laursen, Chancellor of AUS. "Through our partnership with the Muhammad Ali Center, AUS will support a dedicated compassion report for Sharjah grounded in careful analysis and informed by global benchmarking. This work will translate Sharjah's values and lived experience into credible insight that can strengthen leadership, education and community wellbeing here and contribute meaningfully to global learning."

The Muhammad Ali Index launched in 2025 with an inaugural 12-city pilot, including Atlanta, Chicago, Dallas-Fort Worth, Denver, Jacksonville, Las Vegas, Los Angeles, Louisville, New York City, Phoenix, San Antonio, and Seattle.

Building on that foundation, the Index is expanding to eight additional U.S. cities: **Houston, Philadelphia, Charlotte, Columbus, Indianapolis, San Francisco, Boston, and Washington, DC**. Together, these cities form a growing national network committed to strengthening dignity, social trust, and human connection at a time of deep division.

As part of this global moment, the Muhammad Ali Center is inviting the public to sign the Ali Compassion Pledge at <https://aliindex.org/get-involved/pledge/> A simple commitment to act with empathy, dignity, and courage in everyday life. Together, these milestones signal a defining shift: Muhammad Ali is not only remembered as "The Greatest," but as a global symbol of compassion in action.



For additional information visit [www.alicenter.org](http://www.alicenter.org).



## Music for a Purpose: Live Jazz Event Featuring Kevin Harris

The Louisville Urban League invites the community to attend Music for a Purpose, a live music event featuring jazz pianist Kevin Harris. Music for a Purpose is a musician-led charitable concert series that promotes positive change and supports social justice organizations. For this series, they have graciously selected the Louisville Urban League as a beneficiary.

This event is free to the public, but you must **RESERVE YOUR TICKET**. Sunday, March 1, 2026 at 3 PM Kentucky Opera Center 708 Magazine St. Ticket link: <https://bit.ly/khmar1>

## Healthy Recipes

MUIH

### Immune Boosting Martini

Serves: 2-3 Est. cost: \$8.10 Est. cost per serving: \$2.35

#### Ingredients:

- 2 oz Cranberry Juice
- 2 oz Tart Cherry Juice
- 2 oz Pomegranate Juice
- 1/2 Cup - 1 Cup Ice
- Optional: 2 oz Sparkling water, kombucha, 1 oz fire cider, or 1 oz ginger decoction
- Garnish: Fresh Rosemary Sprig or Cherries or Orange slice

**Equipment:** drink shaker or large drink container, 2-3 cups

#### Directions:

1. Combine juices and ice into a shaker and shake. Pour into glass.
2. Add optional sparkling water, kombucha, fire cider or ginger decoction for an extra kick.
3. Enjoy!

#### Health Benefits:

- Cranberries are rich in antioxidants and vitamin C, which support immune health and keep your skin glowing through the holiday season
- Tart cherries contain both melatonin (which regulates sleep cycles) and tryptophan, an amino acid used to produce serotonin and melatonin
- Pomegranate juice also supports healthy blood pressure and circulation, energizing you for all your holiday festivities

**References:** Recipe provided by Gabrielle LaChapelle and Angelina Andriacchi, 2024



Immune Boosting Martini

#### Nutrition Facts

Serving Size: 1 Serving

Amount Per Serving

#### Calories

56.9

% Daily Value\*

Total Fat	0.5 g	1 %
Saturated Fat	0.1 g	0 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	9 mg	0 %
Total Carbohydrate	13.3 g	5 %
Dietary Fiber	0.4 g	1 %
Total Sugars	9.1 g	
Added Sugars	0 g	0 %
Protein	0.4 g	
Vitamin D	0 mcg	0 %
Calcium	13.3 mg	1 %
Iron	0.3 mg	2 %
Potassium	200.1 mg	4 %

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

[Full Info at cronometer.com](#)

## Horoscopes

**Aries 3/21-4/19** The 5 of Pentacles acknowledges that you've fallen on hard times recently. Have you suffered a job loss? Are finances not flowing as easily as you'd like them to? These kinds of struggles don't just take a toll on your pocketbook – they can become emotional, mental, and spiritual burdens as well. Don't shoulder the weight of the world by yourself. This week you're being encouraged to call out to your friends and family for help. All difficult periods pass eventually, but they pass much more easily when you have support.

**Taurus 4/20-5/20** Rest, reflect, and recover. That is the message the 4 of Swords has for you this week. You may have faced a difficult situation recently, such as the loss of a job, the ending of a relationship, or issues related to money. This matter took a lot out of you, and now you might be feeling mentally, physically, emotionally, and spiritually drained. Take some time to recuperate and recharge. It's important to give yourself this opportunity to reactivate yourself – it helps you go back into the world with a rejuvenated spirit and a new perspective.

**Gemini 5/21-6/20** Don't be intimidated by this card! The Death card is one of the more commonly misunderstood cards in the Tarot. It doesn't represent a physical death – rather, it's about transformation of the self and letting go of the things that are no longer serving us. What have you been holding onto that you need to let go of? Ending this chapter of your life could pave the way for something far greater down the road. This week, notice opportunities to move on from whatever it is that's been holding you back from the future you deserve.

**Cancer 6/21-7/22** 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.

**Leo 7/23-8/22** You're going to ride the wave of good vibes this week! The Ace of Cups is signaling a time that is overflowing with positive emotional energy. Happiness, creativity, and compassion are yours for the taking. It also signifies the ability to strengthen your existing relationships – and perhaps meet a new friend or lover! If you've felt closed off lately, it's time to open your heart to welcome the love and peace you deserve. This is your chance to sip from the cup of profound spiritual fulfillment, so drink up!

**Virgo 8/23-9/22** 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.

**Libra 9/23-10/22** 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.

**Scorpio 10/23-11/21** Receiving the 9 of Cups could signal that this is the week when your stars will finally begin to align. When this card appears in a reading, it is a signal from the universe that everything in your life is as it should be. This dose of fortunate energy could mean feeling perfectly content in your job, your relationship, your friendships – your emotional cup could truly runneth over! Take the time to stop and appreciate the abundance of blessings life is offering you right now.

**Sagittarius 11/22-12/21** It's time to celebrate! The 4 of Wands recognizes you've been putting forth great effort toward your goals. While it's tempting to keep charging forward, it's nice to pause and simply appreciate all that you've achieved so far. Allow others to share in this commemoration of your success. This can be anything from hosting a small celebratory dinner to throwing a raucous party. Remember, you can still strive toward your goals while stopping every once in a while to enjoy the fruits of your labor.

**Capricorn 12/22-1/19** Success is within your grasp! The King of Pentacles is indicating you've got what it takes to create financial abundance in your life, and now you just need to move forward with whatever ideas you may have been contemplating. Have you been considering starting a new business venture or investment of some kind? This could be the signal you've been waiting for to go for it – but don't just charge ahead. Coming up with a plan and getting all your ducks in a row will ensure you see the most fruitful outcome possible.

**Aquarius 1/20-2/18** Brace yourself! Unexpected change might be headed your way this week. The kind of change The Tower signifies is sudden and unforeseen. Your first instinct may be to reject this shift – but ask yourself why you're so resistant. Yes, these situations aren't easy to go through, but change is necessary to progress. This jolt to your system is what you've needed to see where the cracks in your foundations are. In turn, it allows you to rebuild on more stable ground. Embracing this transition period and what it can teach you will lead to greater personal rewards down the road.

**Pisces 2/19-3/20** Keep an open heart and an open mind this week! The Page of Cups is urging you to go back to the time in your life when you were more childlike, more fearless, more idealistic. It could be that past or recent circumstances have made you more cynical and closed off as a way to shield yourself from getting hurt. While this approach can certainly help you avoid more pain, it may also prevent you from experiencing life's pleasures. Don't let your past dictate your future in this way. Learn to trust again. [Tarot.com](#)

### Garlic and Spinach Pasta

Serves: 4 Est. cost: \$9.50 Est. cost per serving: \$2.60

#### Ingredients:

- 1 tbsp olive oil
- ½ medium onion, sliced
- 4 cloves garlic, minced
- 2 cups vegetable broth
- 2 cups water
- 1 pack pasta (e.g. penne)
- Juice of 1 lemon
- 4 cups spinach, fresh (OR 2 cups frozen)
- 1 tsp black pepper 1 tsp red pepper flakes



Garlic and Spinach Pasta

#### Nutrition Facts

Serving Size: 1 Serving

Amount Per Serving

Calories	99.5 kcal	5 %
Total Fat	3.9 g	6 %
Saturated Fat	0.6 g	3 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	348.4 mg	15 %
Total Carbohydrate	14 g	5 %
Dietary Fiber	1.4 g	5 %
Sugars	2 g	
Protein	3 g	6 %
Vitamin A	50 % • Vitamin C	22 %
Calcium	4 % • Iron	7 %

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

[Full Info at cronometer.com](#)

**Equipment:** Large pot, cutting board, and serving dish

#### Directions:

1. In a large pot, bring oil to medium heat. Add onions and sauté for 3-5 minutes or until translucent.
2. Add garlic and cook for another 2 minutes.
3. Add vegetable broth, water, uncooked pasta, and lemon juice.
4. Bring to a boil and cook for 15-18 minutes or until pasta is al dente.
5. Stir in the spinach. Cook for 2 minutes and season with black pepper, and red pepper flakes.
6. Pairs well with fish or chicken as a nice dinner option.

#### Health Benefits:

**Spinach** - is an excellent source of iron, folic acid, and calcium. Calcium is an essential mineral to the body that is responsible for bone health and heart health and muscle function.

**Lemon** - One lemon contains 51% of the recommended daily intake of vitamin C. Vitamin C is not only great for helping to boost your immune system it also helps to increase the body's absorption of iron.

MUIH Nutritional Outreach