

Mar 22nd-Mar 28th
2026

The Underground Lou

www.theundergroundlou.com

SUBSCRIBE FOR FREE!



Issue
#152

Make a Difference: Become a Mentor with the Y-NOW Program

Children with parents battling addiction or incarceration face unique challenges, often carrying the burden of stigma, fear, and shame. These struggles can lead to bullying, academic difficulties, and emotional hurdles such as anxiety, depression, and trust issues.

YMCA Safe Place Services' Y-NOW Mentoring Program offers these youth, ages 11-15, a path to healing and success by pairing them with trained mentors who provide encouragement, stability, and guidance.

The program begins with a 3-day camp retreat where youth reflect on their experiences, choices, and behaviors. This transformative weekend sets the foundation for a 10-month mentoring journey with weekly one-on-one interactions, structured group meetings twice a month, and enriching activities like community service projects, family days, and a graduation ceremony.

Mentors are the heart of the Y-NOW Program, creating safe, supportive relationships that help these youth overcome obstacles and reach their full potential. Volunteers receive comprehensive training and ongoing support, and no prior experience is required—just a willingness to listen and inspire. The program also provides ongoing case management to address the needs of the youth, their families, and mentors, ensuring lasting impact beyond the program.

Mentors are urgently needed! If you're ready to make a difference in a young person's life, email ynowvolunteers@ymcalouisville.org to get started. Volunteer requirements include an application, background check, orientation, and adherence to YMCA Safe Place Services' Volunteer Code of Conduct.

Join us in empowering the next generation—your guidance could change a life!



What to Do in the Lou

- 3/26 The Pours: Women Networking Event** 4:30PM-6:30PM womenoflouisville@gmail.com
- 3/26 Ladies' Night Out** 5PM-8PM Westport Village 1301 Herr Ln. www.westportvillage.com 502.333.0033
- 3/26 Nerd Nite** 7PM Gravelly Brewing 905 E. Main St. 502.822.3202
- 3/26 Moneybagg Yo Live** 8PM Old Forester's Paristown Hall 724 Brent St. www.kentuckyperformingarts.org
- 3/26 The Emo Night Tour** 8PM Zanzabar 2100 Preston Hwy www.curtaincalltickets.com
- 3/27 Strong Women Strong Coffee: The Truth About Building Community** 10AM-11:30AM Fly Hip Ageless Creative Hub 1205 E. Washington St. www.eventbrite.com
- 3/27 Youth Movie Night: Hidden Figures** 5:30PM-8:30PM King Solomon Church 1620 Anderson St. umojasoulyouth@gmail.com 502.665.9057
- 3/27 The Launch: A Networking & Social Event** 6PM-9PM Goodwood Whiskey Row 121 W. Main St. thectrlgroup502@gmail.com
- 3/27 Issa Funny Comedy Show** 6PM-10PM Muhammad Ali Center 124 N. Sixth St. www.eventbrite.com
- 3/27 Latin Night** 6PM-1AM Foko 991 Logan St. 502.936.0307
- 3/27 9PM It's A 2000's Party** 9PM Mercury Ballroom 611 S. 4th St. www.ticketmaster.com
- 3/27 V-Groove at Stevie Ray's** 9:30PM-1AM Stevie Ray's Blue's Bar 230 E. Main St. 502.582.9945
- 3/28 Meet Me at the Zoo: Bunny Hop** 10AM Louisville Zoo 1100 Trevillian Way www.louisvillezoo.org
- 3/28 Beechmont Community Easter Egg Hunt** 10AM-11:30AM Beechmont Community Center 205 W. Wellington Ave www.beechmont.org bna.louisville@gmail.com
- 3/28 90's Boy Bands & Girl Groups Drag Brunch** 10:45AM-3:30PM Le Moo 2300 Lexington Rd. www.lemoodragbrunch.com
- 3/28 California United** 1PM-3PM Coleman Prep Academy 1039 S. 16th St. californianeighborhoodunited@gmail.com
- 3/28 Southwest Community Ministries Giving Back Gala** 5PM Angel's Envy Bourbon Club 2800 S. Floyd St. www.swcmgala2026.givesmart.com
- 3/28 Chocolate City** 9PM-1AM Ebassy Suites Louisville Downtown 501 S. Fourth St. www.eventbrite.com
- 3/29 Easter Egg-stravaganza** 12PM-2PM St. Paul UMC 2000 Douglas Blvd. tracy@stpaulchurchky.org 502.459.1595
- 3/29 Easter Picture Day: Picture with a Real Bunny** 2PM-4PM BobaBun Café 223 Pearl St. Jeffersonville, IN 502.475.1855
- 3/29 LGBTQ+ Sunday Funday** 3PM-8PM Tribe 430 S. 3rd St. www.eventbrite.com
- 3/29 Bonjour Paris Paint Party** 4PM-6PM Noble Funk 922 S. 2nd St. www.artventuresky.com/store
- 4/3 Cowork Connect Create: Free Coworking & Coffee** 12PM-5PM The Presley Post 734 W. Main St. www.thepresleypost.com

WANT TO ADVERTISE YOUR BUSINESS OR EVENT?

- Over 6,400 subscribers!
- 50 locations!
- Pricing starts at \$25/week!

CONTACT US FOR SPONSORSHIP OPPORTUNITIES!

advertise@theundergroundlou.com
502.878.6531
www.theundergroundlou.com

This Week's Issue

Page 1. Make a Difference: Become a Mentor with the Y-NOW Program

Page 2. Community Commitment Updates: Effective Law Enforcement for All (E.L.E.F.A.)'s First Community Meeting at Newburg Community Center

Page 2. Audaciously Abra: The Audacity to Disappoint

Page 3. Kentucky Shakespeare: Two-Actor Tempest

Page 3. Kentucky's child abuse rate is fifth highest in the country

Page 4. Verizon Digital Ready: SWOT Analysis

Page 4. Healthy Recipes: Chicken Salad Sandwich & Cherry & Hibiscus Sorbet

COWORK CONNECT CREATE

FREE COWORKING & FREE COFFEE

Hosted by *Kesh Love*

APRIL 03, 2026
12PM-5PM

734 W MAIN ST STE 106
LOUISVILLE KY

visit thepresleypost.com or email admin@thepresleypost.com to RSVP



Editor's Note: "Writing down your thoughts before a tough conversation can help you remain calm and understand yourself more."

Community Commitment Updates

Effective Law Enforcement for All (E.L.E.F.A)'s First Community Meeting at Newburg Community Center

On Wednesday May 21st, 2025 President Donald J. Trump announced that the Department of Justice was pulling out of the lawsuit United States v. LMPD/LMG. This lawsuit or Consent Decree came after the Department of Justice released the DOJ Findings, a scathing document that found LMPD liable and guilty of over 30+ infractions. Some of those infractions have led to both state and federal trials and convictions. After Donald J. Trump cancelled the lawsuit, Louisville mayor Craig Greenberg took the initiative to create the Community Commitment, Louisville's local consent decree. Within the document, you'll find every piece of jargon that you'll need to understand the process between the community commitment, the community safety commission, the crime plan, the safety plan and the Independent Monitor. After a lengthy process, the non-profit Effective Law Enforcement for All became the Independent Monitor.

The Independent Monitor's role is the monitor LMPD's and LMG's progress as they move forward through the portion of time that the Community Commitment is said to be in effect. Effective Law Enforcement for All or ELEFA is held liable to come into the city of Louisville and update the community once per quarter. More specifically you will be in front of the lead monitor, Sheree Briscoe Stewart, deputy monitor, Brian Corr and or someone else from their team. This is also something that you will learn after reading more of the document, the Community Commitment. In order to fully understand ELEFA's role, amongst others, and to keep up with this process, the Underground Lou will be providing consistent updates here by trusted resources such as ELEFA's website, Stay Live Streams and of course Louisvilleky.gov. -Maxwell Mitchell, Stay Live Streams

Audaciously Abra: The Audacity to Disappoint

By Abra Sickles

Disappointment has a way of making a room go quiet. It sits there in the space between what people expected and what actually happened. Heavy. Uncomfortable. Sometimes even shameful.

Most of us grow up believing disappointment is something to avoid at all costs. We're taught to chase approval, to meet expectations, to make sure no one walks away feeling let down.

But disappointment is not the villain we make it out to be.

"IF YOU NEVER DISAPPOINT ANYONE, YOU MAY NEVER CHALLENGE THE EXPECTATIONS THAT ARE HOLDING YOU BACK."

— ABRA SICKLES

In fact, disappointment might be one of the most honest experiences life has to offer. Because somewhere in the middle of disappointment lies a strange and powerful place. A space I've come to think of as the void of disappointment. It's that moment after expectations fall apart but before the next version of yourself begins to take shape.

The void is uncomfortable. It's where you start wondering if you made the right choice, if you should have handled things differently, or if you should have simply done what everyone expected. It is also where something important happens and you begin to vouch for yourself.

Disappointment forces clarity. It strips away the illusion that everyone will always understand your decisions or support the direction you're moving in. And once that illusion disappears, you're left with something far more powerful. Your own *voice*.

For many of us, especially those who have spent years showing up for others, advocating for others, and helping carry the weight of the people around us, the idea of disappointing someone feels almost unbearable. But disappointment has a purpose. It reveals the difference between living for expectations and living with intention.

When disappointment happens, it can feel like you've stepped outside the version of yourself people were comfortable with. The version they knew. The version that made life predictable.

You see growth rarely happens in predictable places. Growth happens in the void. It happens in those moments when you realize that approval is not the same thing as alignment. That meeting expectations is not the same thing as living with purpose. That constantly protecting people from disappointment might mean quietly abandoning yourself and somewhere along that realization, a shift begins.

You start by understanding that disappointment is not always a sign that something went wrong. Sometimes it is simply a sign that something has changed. Sometimes it means you choose differently. Sometimes it means you stepped in a direction others didn't expect.

Sometimes it means you decide that your life cannot be built entirely around what makes other people comfortable.

The void of disappointment may feel lonely at first. But it also sharpens your ability to stand in your own decisions. It teaches you how to advocate for yourself in rooms where you once only advocated for others.

And over time, the fear of disappointing people loses its grip.

You begin to see disappointment not as failure, but as evidence that you are living honestly. Evidence that you are making choices that reflect where you are going, not just where you have been.

The truth is, if you never disappoint anyone, you may never truly challenge expectations. And if you never challenge expectations, you may never fully grow into the person you're meant to become. Disappointment is not the end of the story. Sometimes it's simply the doorway into a more authentic one.

Live loud. Live 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.

audaciouslyabra@gmail.com

PICKUP LOCATIONS

- 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
- 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
- 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

Let us know where you'd like to see the Lou!

advertise@theundergroundlou.com
502.878.6531

SUBSCRIBE FOR FREE AT
WWW.THEUNDERGROUNDLOU.COM



Kentucky Shakespeare: Two-Actor Tempest

Kentucky Shakespeare's Library Tour continues this Saturday

There are just three more chances to catch Kentucky Shakespeare's Two-Actor *Tempest* at the Library this year. Shakespeare's famous comedy of magical mischief, explores the power of empathy and forgiveness. For children and families. Visit www.lfpl.org/shakespeare for more information. Free to the public.

Saturday, March 28, 2-3:30PM Northeast Regional 15 Bellevoir Cir.
 Saturday, April 4, 2-3:30PM 7300 Jefferson Blvd



Kentucky's child abuse rate is fifth highest in the country

April is Child Abuse Prevention Month

Kentucky's child abuse rate is one of the highest in the U.S., according to the latest national report, with the commonwealth now nearly doubling the national child abuse rate.

The "Child Maltreatment 2024" report, released this year by the U.S. Department of Health & Human Services Children's Bureau, found the rate of child maltreatment victims in Kentucky was 14.1 per 1,000 children. That means about 14 out of every 1,000 children in Kentucky experienced some form of abuse or neglect during 2024, maintaining the same rate as in 2023.

Indiana's rate is slightly lower than Kentucky's, at 13.4 victims out of every 1,000 children, but it is slightly higher than the state's rate in 2023 at 11.5. Both states' child maltreatment victimization rates are higher than the national average, which is 7.2 per 1,000 children. Kentucky and Indiana hold the fifth and ninth highest child maltreatment victimization rates in the country, respectively.

The report found most child victims in Kentucky, Indiana and nationally were younger than age 1. Indiana holds the highest rate in the nation for abuse and neglect victims younger than age 1, at about 52 infants per 1,000.

2024 abuse and neglect cases 2024 victimization rate (per 1,000 children)-**Kentucky** 14,505 14.1**Indiana** 21,314 13.4 **U.S.** 532,228 7.2

Numbers from "Child Maltreatment 2024" report: <https://acf.gov/cb/report/child-maltreatment-2024>. More work to do.

One of the most concerning findings for Kentucky in the 2024 report involves infants with prenatal substance exposure. States are required by federal law to ensure these infants have a plan of safe care in place when they leave the hospital.

According to the report, only 23.7% of Kentucky's screened-in substance-exposed infants had such a plan, making Kentucky third lowest in the nation among states reporting this data.

"Kentucky's Child Fatality and Near Fatality External Review Panel has been citing this as an issue for years," said Melissa L. Currie, M.D., child abuse pediatrician and medical director, Norton Children's Pediatric Protection Specialists. "We have so many child victims that end up with fatalities or near fatalities that were known to be substance exposed and did not have a plan of safe care. This national report confirms what we're seeing on the panel and shows we have a lot of work to do around this issue."

Kentucky also has the eighth highest rate of caregivers with substance use disorders, nearly 40% compared with the national average of about 25%.

Some silver linings

While the rate remained unchanged, the raw number of child victims in Kentucky decreased by 13% compared with 2020, which Dr. Currie called a "welcome bright spot."

"It's still too many children, but fewer kids being harmed is always good news," she said.

Kentucky also is improving in one historically difficult area: identifying and substantiating psychological maltreatment. Kentucky now has the seventh highest number of substantiated psychological maltreatment cases, a sign that recognition and documentation are improving.

"Psychological maltreatment is incredibly harmful and often hard to substantiate," Dr. Currie said. "Our team has worked hard to include more language about psychological maltreatment in our reports, and we're finally seeing those efforts reflected in the data."

Despite areas of progress, Dr. Currie emphasized that Kentucky remains in crisis.

"We continue to rank in the top five nationally for child maltreatment," she said. "There are system issues, like plans of safe care and substance-exposed babies, that absolutely need improvement. But the bigger solution must be prevention. Until Kentucky invests upstream, we will keep reacting after abuse has already occurred."

How to prevent child abuse

While child abuse remains a persistent problem, doctors have tips on how community members can help prevent it.

"Child abuse prevention truly begins with strengthening families," said Kelly L. Dauk, M.D., chair, Norton Children's Hospital Child Abuse Task Force, and pediatric hospitalist, Norton Children's Inpatient Care. "When families are overwhelmed, their children are more vulnerable. Small, thoughtful gestures from friends, neighbors or extended family can make a meaningful difference. Strong, supported families create safer environments for children."

- If you feel yourself getting overwhelmed, it's OK to step away for a moment. Take deep breaths, listen to music, or reach out to someone you trust.
- New parents: Try to rest when your baby sleeps. Prioritizing your own rest helps you care for your baby.
- Learn about typical child behavior and development. For example, crying is how infants communicate – it is not a sign they are "bad" or "spoiled."
- Keep a short list of friends or family members you can call for support when you need a break.
- If you know a parent who is stressed, offer to watch their children for an hour or two so they can recharge.
- Offer to run an errand for a neighbor with young children. Small gestures can greatly reduce daily stress.
- If you witness a tense moment, you can help diffuse it. Even a simple comment like, "I remember going through that, too," can break the tension and protect the child.

April is Child Abuse Prevention Month. In Kentucky, the number to call to report suspected child abuse is (877) KY-SAFE1 (597-2331). The Childhelp National Child Abuse Hotline, (800) 4-A-CHILD (422-4453), offers professional crisis counselors who can provide intervention, information and referrals to emergency, social service and support resources. Calls are confidential.

In Kentucky, everyone is mandated to report a reasonable suspicion that maltreatment has occurred. Reporting child abuse and neglect is the right thing to do, and it's the law.

Dakota Sherek Dakota.Sherek@nortonhealthcare.org



Verizon Digital Ready: SWOT Analysis

Monday, March 30th 2PM-4PM

This is a practical, hands-on working session (not a lecture on business theory or a webinar) designed to help you conduct a thorough SWOT analysis. The session guides you through the process of determining your market sweet spot and competitive advantages. This event is ideal for business owners ready to gain clarity on strategic direction and business owners who want to stand out to potential customers and strengthen marketing messaging as well as those who are or will be seeking capital.

At the end of this event, you'll have the tools to conduct a thorough SWOT analysis for your business (Strengths, Weaknesses, Opportunities, Threats). You'll also be able to apply the insights from your analysis to your specific business model using a clear framework and how to use AI to Assist in the process. Sign up for free at

www.digitalready.verizonwireless.com.

Healthy Recipes



Chicken Salad Sandwich

Serves: 2 Est. cost: \$8.35 Est. cost per serving: \$4.18



Ingredients:

- 6 oz cooked skinless chicken breast, shredded or diced
- 2 tbsp mayonnaise
- 2 tbsp plain non-fat Greek Yogurt (or 4 tbsp yogurt only)
- 2 tsp Dijon mustard
- 2 tbsp red onion, diced
- 2 tbsp celery, diced (optional)
- 4 tbsp fresh parsley, chopped (or cilantro, dill, tarragon, mixed herbs)
- 1 tsp lemon juice
- Sea salt to taste
- Ground pepper to taste
- 4 slices whole wheat bread, toasted if desired
- 1 ea small tomato, sliced
- 1 cup baby spinach

Chicken Salad Sandwich		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving		% Daily Value*
Calories	214.2 kcal	11 %
Total Fat	7.7 g	12 %
Saturated Fat	1.6 g	7 %
Trans Fat	0 g	
Cholesterol	46.8 mg	16 %
Sodium	337.2 mg	14 %
Total Carbohydrate	17.6 g	6 %
Dietary Fiber	2.9 g	12 %
Sugars	2.7 g	
Protein	18.8 g	38 %
Vitamin A	24 %	Vitamin C 16 %
Calcium	9 %	Iron 9 %

* 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: Chef's knife, Mixing Bowl, Pan, Wooden Spoon

Directions:

1. In a medium bowl, combine chicken, mayonnaise, yogurt, mustard, onion, celery, and parsley.
2. Mix well and season with salt and pepper to taste.
3. Adjust ingredients as needed.
4. Top two slices of bread with half of the chicken salad mixture, tomatoes, and spinach.
5. Top with remaining slices of bread. Enjoy!

Health Benefits: Whole Wheat Bread is high in fiber, which can aid in regulating the digestive system and blood glucose levels. Phyto-chemicals such as selenium and magnesium may help reduce the risk of certain cancers.

Spinach is loaded with Vitamin C to support the immune system. Spinach also contains folate which can increase red blood cells and support the growth of nervous system.

References: Recipe from Reanetta Perkins, 2023

Cherry & Hibiscus Sorbet

Serves: 3 Est. cost: \$5.20 Est. cost per serving: \$1.75



Ingredients:

- 2 cups water
- 1 cup hibiscus, dried
- 1 cup dark cherries, frozen
- 2 tbsp sweetener (e.g., agave, honey, maple syrup)

Optional:

- ½ cup coconut milk (milk choice) - Sherbet option
- ½ cup pomegranate seeds
- 1 tsp ginger, fresh and grated

No milk = Sorbet Milk option = Sherbet

Equipment: Blender or food processor, saucepan, bowl, airtight container (freezer-friendly)

Directions:

1. On medium-high heat, place water and hibiscus into the saucepan. Let it steep for 15-20 minutes.
2. The longer the more potent.
3. Strain hibiscus (optional), and place tea into a blender. Add cherries, coconut milk, and sweetener.
4. Blend until creamy and smooth. Add milk for the desired level of creaminess.
5. Place into freezer and chill at least 30 minutes before serving.
6. Top with fresh chopped mint, coconut flakes and/or granola. Enjoy!

Health Benefits: Hibiscus provides an abundant amount of natural Vitamin C, great for hydration and muscle recovery for athletes and active individuals. Cherries provide plentiful vitamins, antioxidants, and natural amounts of magnesium that help with sleep, reduce muscle spasms, and skin promoting properties, as well as help to reduce the risk of colon/prostate cancers.

Recipe provided by LA Dixon, 2023

Horoscopes

Aries 3/21-4/19 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?

Taurus 4/20-5/20 The 2 of Wands is urging you to spend time in the present planning for what's going to happen in your future. You have a whole world of possibilities in front of you right now, but this isn't the time to act on impulse or instinct. This week you're being called to weigh all your options, carefully considering the pros and cons of each path. But this doesn't mean you should be afraid of going outside of your comfort zone! Uncharted territory can lead to long-term success if you go into it with realistic expectations and a clear plan in place.

Gemini 5/21-6/20 The 7 of Wands is urging you to stand your ground this week. Receiving this card indicates you're experiencing some kind of opposition or roadblock in your life right now. Your initial instinct may be to retreat, giving into whatever challenge is standing in your way. However, it's important to stand up for what you believe in. Setbacks are inevitable but giving up is not. Put on your emotional armor and draw upon your courage and inner strength as you tackle this obstacle, so you can eventually overcome it.

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

Leo 7/23-8/22 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!

Virgo 8/23-9/22 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.

Libra 9/23-10/22 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.

Scorpio 10/23-11/21 If you've been waiting for a sign to get started on an idea you've had, this is it! The Page of Swords indicates you're filled with energy and excitement about a new project or venture. The question is, can you sustain this boundless enthusiasm once you get going? No matter which direction you choose in life, there are always going to be hurdles you're going to have to overcome – but don't let that deter you. Know that by following your passions, you will be able to keep up this momentum.

Sagittarius 11/22-12/21 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.

Capricorn 12/22-1/19 Someone is going to need a little extra TLC this week! The Queen of Pentacles is a true provider – she's the one who makes sure everyone is fed, the home is tidy, and that she's giving enough time and attention to her loved ones. When she shows up in a reading, it's a signal that someone may need more support than usual. Is someone you know struggling, or is it you who could use a shoulder to lean on? If you are feeling in over your head, don't be afraid to seek out help. Resources are out there, and it's OK to ask for what you need.

Aquarius 1/20-2/18 You're being encouraged to tap into your potential this week! The Magician is recognizing that the entire world is at your fingertips because you have everything needed to get what you want. This week you are being called to align this powerful source of inner magic with your goals – anything can truly happen! Looking for a new job? Trying to form a romantic connection? Trying to improve your cash flow? Don't be afraid to go for it, because you are a manifestation machine right now!

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