

May 10th–May 16th
2026

The Underground Lou

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Issue
#155

YMCA Offers Free Water Safety Clinics During National Water Safety Month

With summer just around the corner and swimming pools set to open, YMCA of Greater Louisville is helping families prepare with free Safety Around Water clinics, offered at Louisville-area and Southern Indiana YMCA branches from Thursday, May 14 through Sunday, May 17. Additional sessions will be held at Southeast Family YMCA on May 30, in advance of the opening of the NEW Camp Taylor swimming pool.

Drowning can happen anywhere there is standing water—from pools and lakes to bathtubs. The YMCA's Safety Around Water program introduces children and adults to basic swimming and water safety skills to help prevent accidents and build confidence in and around the water.

These FREE one-hour clinics are open to the community and follow a nationally recognized curriculum designed especially for children who may not have regular access to swim lessons. The goal is to teach the essential skills needed to reach safety if a child finds themselves in water unexpectedly. Participants will be assessed on core skills like:

- Putting their face in the water
- Submerging their head
- Jumping in, turning, and grabbing the wall without assistance
- Swimming at least 5 feet without flotation
- Floating on their back



Through these clinics, the YMCA is working to ensure that every child—regardless of background—has access to potentially life-saving swim skills. Find your nearest YMCA and sign up today at www.ymcal2/////33louisville.org.

What to Do in the Lou

5/13 **USBG KY Happy Hour** 4PM -6PM Yachtsea 111 N. Wenzel St. www.eventbrite.com *free

5/13 **Learn to Build a Self-Watering** 6PM-7:30PM The Sparrow House 1518 Prentice St. info@thesparrowhouseca.org

5/13 **Network of Entrepreneurial Women: Women in Aviation** 6PM-8PM Bowman Field 2911 Taylorsville Rd. www.networkofentrepreneurialwomenky.com

5/14 **Blueprint 502 Job Fair 2026** 10AM-1PM Smoketown Community Center 538 E. Breckinridge St. jobs@blueprint502.org

5/14 & 5/21 **Twilight Thursdays** 4PM-8PM Churchill Downs 700 Central Ave www.ticketmaster.com

5/14 **502 Connect** 5:30PM-7PM Noble Funk Brewery 922 S. 2nd St. www.amplifylouisville.com

5/14 **Elmo's Got the Moves** 6PM Louisville Palace 625 S. 4th St. www.ticketmaster.com

5/14 **Metro Council Meeting** 6PM 601 W. Jefferson St. www.louisville.legistar.com/Calendar.aspx

5/14 **Rhythm Circus** 9PM Whirling Tiger 1335 Story Ave. info@thewhirlingtiger.com

5/15-17 **The Pout-Pout Fish** 2PM-3:30PM KY Science Center 727 W. Main St. www.kvsciencecenter.org

5/15 **Night at the Frazier** 5:30PM-12AM Frazier History Museum 829 W. Main St. www.fraziermuseum.org

5/15 **2026 JA Kentuckiana End of Year Celebration: Louisville Bats VS. Indianapolis Indians** 6PM Louisville Slugger Field 401 W. Main St. www.gofevo.com

5/15 **Nulu Nights** 6PM-9PM Nulu East Market www.nulu.org/nulunights

5/15-17 **Ringling Bros. & Barnum & Bailey: The Greatest Show on Earth** 7PM KFC Yum! Center 1 Arena Plaza www.ticketmaster.com

5/15 **Ali Wong Live** 7PM Louisville Palace 625 S. 4th St. www.ticketmaster.com

5/15 **Downtown Drive-In: Clueless** 8PM Brown-Forman Amphitheatre Waterfront Park 1271 River Rd. www.louisvilledowntown.org

5/15 **Farmers Market** 8:30AM-12:30PM Iroquois Park 2120 Rundill Rd. www.eventbrite.com

5/16-17 **The Story of Tez: Tez vs Tez of 2Deep** 2PM-4PM The KY Center 501 W. Main St. www.kentuckyperformingarts.org

5/16 **Saturday Night Day Vibes** 5PM-9PM Stellas Venue 1348 River Rd. q.m.xrecords@gmail.com 270.319.3939

5/16 **For Lady's Sake x Family Health Centers Louisville Community Grocery Owner's Gathering** 6PM The Kling Senior Center 219 W. Ormsby Ave 502.509.1810 louisvillecommunitygrocery@gmail.com

5/16 **Churchill Downs After Dark** 6PM Churchill Downs 700 Central Ave www.churchilldowns.com

5/16 **Rooftop Silent Disco** 8PM-11PM High Stakes Rooftop 710 E. Jefferson St. www.eventbrite.com

5/20 **Build & Pitch: A Live Pitch Session for Founders** 5PM-7PM Mashup Food Hall 750 E. Jefferson St. www.amplifylouisville.com

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This Week's Issue

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Play Cousins **cmiped**
COUSIN'S CORNER
OPEN STUDIO SESSIONS
MON-FRI 4 PM-7 PM
AGES 10-17
APRIL 15-MAY 21
BAXTER COMMUNITY CENTER
1125 W LIBERTY ST, LOUISVILLE, KY
OFFICE OF VIOLENCE PREVENTION
Kosair for Kids

2026 KENTUCKY
PRIMARY
ELECTION
MAY 19, 2026
In-Person Absentee voting has already begun in some locations! No-Excuse Early Voting begins May 14th. Find a location near you:
GOVOTE.KY.GOV



Turn your business story into a winning pitch: Four finalists will win an exclusive trip to the FIFA World Cup 2026™ Final as well as the opportunity to compete for a \$20,000 cash prize

Phase 1: National Contest (April 27 - May 18, 2026)

Create and post a ~60-second video on social media (Instagram, X, LinkedIn, Facebook, TikTok, or YouTube), explaining “How Verizon Small Business Digital Ready helps you position your business to win”. Be sure to tag @VerizonBusiness, #SMBSuperPitch, #Contest, and #VerizonBusiness to be eligible. Visit the Promotions Details page to submit the application form.

Who is eligible to apply? Small business owners must be registered for Digital Ready and complete a course or event within the "Winning customers" category between January 1, 2026 - May 18, 2026 11:59 PM PT, as outlined in the Official Rules.

Audaciously Abra: The Audacity to Question Your Dislike

It had been brought to my attention that someone said, verbatim, they could not stand me. Not that they didn't know me. Not that we were different. But they could not stand me. And I'll be honest, that wasn't hurtful. It was revealing. Not because I expect to be liked by everyone, but because I was indifferent about this person. There was no interaction, no friction, nothing that would warrant that level of disdain. And so, it led me to a harder question. Not about them, but about us.

When did we get so comfortable deciding we don't like people we've never taken the time to understand?

We do it quickly, almost instinctively. A look, a tone, a presence, and suddenly we've reached a conclusion. "I just don't like them." No evidence. No conversation. No curiosity. Just a feeling that we elevate to fact. And if I'm being honest, I'm not exempt from this. I've had moments where I've made a decision about someone before I ever made an effort to understand them. Something about them didn't sit right, and instead of asking why, I accepted that feeling as truth. But that's the work, isn't it? Calling yourself out. Sitting with that discomfort long enough to ask a better question.

Because when you really interrogate it, dislike, especially when it's strong and unprovoked, usually has a root. Sometimes it's projection. Someone moves in a way you don't allow yourself to, and instead of exploring that, you resist it. Sometimes it's comparison. They reflect a version of something you haven't fully stepped into yet. Sometimes it's insecurity. Their presence disrupts how you see yourself. And sometimes, if we're honest, it's unresolved. They remind you of something you never dealt with, so you place it on them instead. That's the part we don't say out loud. It's easier to label someone than it is to examine yourself. It's easier to create distance than it is to get curious. It's easier to dislike than it is to do the work.

But here's the truth that hits a little harder. Most of the time, your dislike has very little to do with the person in front of you and everything to do with what they stir up inside of you. So, I'll ask the question we tend to avoid. Can you give a concrete reason you don't like that person that speaks to their character, or are you reacting to your perception? Because those are not the same thing.

I don't move through this world trying to be liked, and I don't shrink to make people comfortable. I also don't go out of my way to hurt or discredit anyone. But I do show up fully, and I've learned that sometimes that being alone is enough to make someone uncomfortable. Not because it's wrong, but because it holds up a mirror they didn't ask to look into. And this is where the audacity really lives. We all belong. Not just the people who feel familiar or easy to understand, but everyone. And you cannot say you believe in belonging while quietly excluding people in your mind. You cannot talk about inclusion while holding unexamined disdain for people you've never given a chance. That's not alignment. That's contradiction.

The real work, the uncomfortable work, is being willing to pause and ask yourself what you're actually reacting to, what story you've created, and whether or not it's even true. Because not every feeling deserves to be trusted. Some deserve to be challenged. Some deserve to be unlearned. And some deserve to be traced all the way back to the root. The audacity isn't in being liked. It's in being willing to look at yourself honestly and choosing growth over judgment.

Live Loud. Live Audacious.

By Abra Sickles

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
- Mashup Food Hall 750 E. Jefferson St. Suite 101

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MAHOGANY MONAE SHELTON
Miss Derby City 2026
PROUDLY REPRESENTING LOUISVILLE, KENTUCKY

COMPETING FOR MISS KENTUCKY 2026
Mahogany will compete as Contestant #4 at the Miss Kentucky Competition on June 11 - Preliminary Competition June 13 - Finals at the Southern Kentucky Performing Arts Center (SKYPAC) in Bowling Green, Kentucky.

MAKING HISTORY: Mahogany is the second titleholder in the Miss Derby City program's history.

A GRADUATE OF KENTUCKY STATE UNIVERSITY
Bachelor of Science in Psychology, Pre Med

Published Author
Spoken Word Artist
Youth Advocate

Community Leader
Licensed Mortgage Loan Originator

HER COMMUNITY SERVICE INITIATIVE
Heart, Pen, Poem
YOUTH HEALING THROUGH POETIC EXPRESSION
Empowering youth (ages 9-18) to heal from trauma, express their stories, and build resilience through guided poetry workshops, writing-as-therapy awareness, and open-mic events.
"They find their power when they find their voice."

TALENT PERFORMANCE
Mahogany will perform her original spoken word piece entitled "Poet" from her second published poetry collection, Love's Promise, authored under her pen name, The Goddess Anahata.

SUPPORT HER JOURNEY
AVAILABLE ON ALL MAJOR ONLINE BOOK RETAILERS
SCAN TO DONATE!

FOLLOW THE JOURNEY
@MissDerbyCity @HeartPenPoem @thegoddessanahata

Thank you for supporting Louisville's Miss Derby City 2026!

MEDIA CONTACT & INQUIRIES
missderbycity@gmail.com | 678-462-4837

For Lady's Sake x Family Health Centers Ribbon Cutting ♥

Something big is happening in Smoketown – and we want you there to celebrate with us.

For Lady's Sake is officially partnering with Family Health Centers as our central hub for period product storage and distribution across Louisville.

We're cutting the ribbon on Saturday, May 16 at 11 AM, and we're making it a celebration. Here's what to expect: A tour of the Family Health Centers space, light snacks, powerful conversations about what this partnership means for Louisville and a whole lot of community love.

Family Health Centers has long been a cornerstone of care and dignity in this community. To stand alongside them in this work is an honor – and we want our supporters, volunteers, and community members there to witness and celebrate this milestone with us.

This moment belongs to all of you. Come through. Saturday, May 16, 2026 11:00 AM ET Family Health Centers – 834 E Broadway, Louisville, KY 40207 learn more at www.forladyssake.com.

**Muhammad Ali Center Announces Inaugural "Day of Compassion" To Mark Ten Years Since Ali's Passing**

Lonnie Ali Calls the World to Honor Ali's Legacy Through "Compassion in Action"

Ten years ago, an estimated one billion people worldwide watched as Louisville said goodbye to Muhammad Ali. Over 100,000 mourners lined the streets and another 15,000 filled a downtown stadium to celebrate a man who spent a career knocking people down and a lifetime lifting people up. On June 3, 2026, the tenth anniversary of Ali's passing, the Muhammad Ali Center is asking the world to honor that legacy, not just in memory, but in action.

Today the Muhammad Ali Center announced the inaugural "Day of Compassion," an annual global day of service and community action to be held every June 3, the anniversary of Ali's passing. The day is anchored in one of Ali's most enduring beliefs: "Service to others is the rent you pay for your room here on Earth."

10th Annual "Ali Fest" Louisville's Community of Compassion

The "Day of Compassion" will be anchored in Ali's hometown of Louisville, Kentucky, during the 10th annual "Ali Fest" taking place from June 1-June 7th.

The Festival launches on June 1st with a showing of "When We Were Kings" at the Iroquois Amphitheatre as part of the Hollywood Classics Under the Stars summer movie series, presented by the Louisville Parks and Recreation. The documentary details the 1974 "Rumble in the Jungle" heavy weight championship fight between Ali and George Foreman in Zaire, Africa. Doors open at 7:30 p.m., with the show beginning at 8:45 p.m. For more information: www.alicenter.org/events/when-we-were-kings/.

On June 3rd, the Ali Center invites the community to come together for the "Day of Compassion."

The Muhammad Ali Center has partnered with Metro United Way to activate across Louisville. The day will bring together nonprofits, schools, faith communities, corporate partners, and community leaders to complete coordinated acts of service throughout the day. "Muhammad Ali inspired the world to serve others and be the very best that they could be," said Adria Johnson, President and CEO of Metro United Way. "We are excited to partner with Lonnie Ali and the Muhammad Ali Center to continue to bring our Greater Louisville community together and honor his legacy of generosity. We hope this inspires other local communities to do the same."

The "Day of Compassion" will begin with a public program hosted at the Muhammad Ali Center starting at 9 a.m. featuring Lonnie Ali, Louisville Mayor Craig Greenberg, former Louisville Mayor Greg Fischer, Rev. Dr. Kevin Cosby with Simmons College of Kentucky and former Muhammad Ali Center Council of Students member Natasha Mundkur (who also spoke at Ali's memorial service in 2016) and entertainment from a local school choir, West End School. "June 3rd marks 10 years since Muhammad's passing. What a different world we find ourselves. The call to engage and be of service to your neighbor, community and nation is more urgent than ever," said Lonnie Ali, Muhammad Ali's wife and Co-Founder and Interim President, CEO of the Muhammad Ali Center. "Muhammad believed daily acts of compassion was the vehicle to not only be of service to others, but to find common ground and build bridges of understanding."

The Ali Center is celebrating **June 3rd** as a Day of Compassion. We invite you to join us by performing your own acts of service within your communities. See the difference you can make." To learn more, and to sign up to volunteer or register a service project in Louisville: www.alicenter.org/events/day-of-compassion/.

On **June 5**, the Muhammad Ali Center will honor its next Daughter of Greatness, Renee Shaw, Director of Public Affairs and Moderator at Kentucky Educational Television (KET). Tickets can be purchased at www.alicenter.org/events/daughters-of-greatness-renee-shaw/.

On **June 7**, the Muhammad Ali Festival Carnival returns to the Muhammad Ali Center from 12 p.m. to 5 p.m., brought to you by Passport by Molina Healthcare. Enjoyed by thousands every year, this event features free activities and games for families, balloon artists, face painting, performances from local partners, as well as free access to Ali Center exhibits. Admission is free, but early registration is recommended. Register for your free tickets at www.alicenter.org/events/community-free-day-ali-festcarnival-2026/.

A Global Call to Action The invitation does not stop at Louisville's city limits as outreach extends to cities that have participated in the Muhammad Ali Index's study of compassion which include cities across the country, including Atlanta, Chicago, Dallas-Fort Worth, Denver, Jacksonville, Las Vegas, Los Angeles, Louisville, New York City, Phoenix, San Antonio, and Seattle in addition to the global and US expansion that took place earlier this year to Sharjah, Houston, Philadelphia, Charlotte, Columbus, Indianapolis, San Francisco, Boston, and Washington, DC. These cities and more are being called on to get out in their communities and perform acts of service on June 3rd. Individuals, organizations, and community leaders everywhere are encouraged to organize, volunteer, and activate, then share their stories through social media using #DayofCompassion, video, and personal storytelling.

Can't make it out into your community that day? Start by joining thousands of others who have already taken the Ali Compassion Pledge at www.aliindex.org/pledge, a personal commitment to practice kindness, stand with others, and lead with empathy in the spirit of Ali's legacy. Together, the pledges and acts of service will build a global picture of compassion in practice, demonstrating that no act of service, however small, exists in isolation. The Day of Compassion is designed to grow. The ambition is to establish June 3 as an annual global observance, one that deepens its roots over time, strengthens community partnerships, and positions the Muhammad Ali Center as a convening force for compassion in action worldwide.

For more information on the Muhammad Ali Index, visit www.aliindex.org or follow Muhammad Ali Center across social media on X: @AliCenter, Instagram: @AliCenterLou, Facebook: @MuhammadAliCenter, TikTok: @MuhammadAliCtr For more information on the 10th annual Ali Festival, visit www.alicenter.org



Move Your Body with Thrive Tribe

Enjoy a FREE weekly workout class in the park with YMCA instructors and explore eco-friendly mindfulness practices for all ages.

Thursdays April-September 6PM-7:30PM
 Alberta O. Jones Park 744 S. 23rd Street
 Register at tinyurl.com/memberplay

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



Hibiscus + Cherry Sherbet		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving		% Daily Value*
Calories	150.7	
Total Fat	0.7 g	1 %
Saturated Fat	0.6 g	3 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	18.8 mg	1 %
Total Carbohydrate	34 g	12 %
Dietary Fiber	2.2 g	8 %
Total Sugars	30.6 g	
Added Sugars	9.5 g	19 %
Protein	0.1 g	
Vitamin D	0.4 mcg	2 %
Calcium	63.4 mg	5 %
Iron	0.1 mg	0 %
Potassium	7.2 mg	0 %

* 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.

Horoscopes

Aries 3/21-4/19 Lucky you! The 10 of Pentacles represents security, as well as success and accomplishment. Have you not been properly recognized for your professional efforts? Has it felt like the universe has put one obstacle after another in front of you? Has money been tight? Have you felt deflated in matters of the heart? Well, good news has arrived! You could finally see things coming together for you this week in one or more of these areas, rewarding you with a sense of satisfaction for staying the course no matter how tough things were.

Taurus 4/20-5/20 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.

Gemini 5/21-6/20 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.

Cancer 6/21-7/22 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.

Leo 7/23-8/22 You could find yourself approaching the finish line this week! The 9 of Wands recognizes the persistence and dedication you've put into a personal goal you've been working toward. Your initial goals and ideas were planted and have grown, and you are so close to finally reaching your destination. While the road may have been long and weary at times, this is no time to give up. Resilience is your greatest asset right now, so put on your battle armor and keep moving forward no matter what life may throw your way.

Virgo 8/23-9/22 Temperance is a card of balance and moderation. Receiving this card signifies a need to keep a more go-with-the-flow attitude, practicing patience and adaptability as best you can. Perhaps you've been resisting a change in your life or letting a stressful situation get the best of you. If this is the case, change your approach this week. Allow things to slide off your back instead of meeting them with resistance. By finding your inner balance, you set yourself up to find your outer balance once again.

Libra 9/23-10/22 The High Priestess is primarily a card about intuition. This week, you're being called to work on your perceptive skills, so that you can fine-tune your ability to hear your inner voice and receive messages from your unconscious mind. Have you been out of balance in a certain area of your life? Are you unsure if you're on the right path regarding a specific situation? This card is encouraging you to connect with your internal wisdom, because the answer you're seeking is already inside of you.

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 Receiving The Empress card signals that this week is about receiving the gifts that are all around you. It's easy to get caught up in the frenzied pace of everyday life, but now you're being urged to stop, slow down, and connect with your senses. Eat a nice meal. Stop and smell the flowers. Breathe in fresh forest air. By grounding yourself in this way, you open yourself up to seeing, smelling, hearing, touching, tasting, and truly experiencing all of life's greatest rewards.

Capricorn 12/22-1/19 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.

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