

May 24th-May 30th
2026

The Underground Lou

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Issue
#157

Tracking Nutrients Beyond the Corn Row

New Kentucky State research offers early field data on how fertility practices influence soil health and water movement

A cornfield does not end at the edge of a row.

What farmers apply to the soil can move through it, shaping not only crop production but also the quality of water that eventually leaves the field. New peer-reviewed research from Kentucky State University takes that movement seriously, offering early Kentucky-based field data on how different nutrient-management practices affect soil health and leachate water quality in a corn agroecosystem.

Published May 7 in *Frontiers in Soil Science*, the study, "Effects of nutrient management on soil health and leachate water quality in a corn agroecosystem," compared dairy manure, composted dairy manure, and synthetic fertilizer at Kentucky State University's Harold R. Benson Research and Demonstration Farm.

For Kentucky producers, the question is practical: How can nutrients be managed in ways that support crop production while reducing the risk of nutrient loss into water systems?

Kentucky State's research team included lead author Sandeep Airee and Asmita Bhandari, both recent graduates of the University's Environmental Science and Technology (M.S.) program who are now pursuing doctoral studies in the Department of Crop and Soil Sciences at Washington State University.

Faculty co-authors from Kentucky State included Dr. Anuj Chiluwal, assistant professor of agronomy, and Dr. Maheteme Gebremedhin, chair of the School of Agriculture and Natural Resources. The publication also included Dr. Atanu Mukherjee, a former Kentucky State faculty member who served as a corresponding author on the study. Their findings showed that manure and compost improved selected soil health indicators during the first growing season, while synthetic fertilizer resulted in significantly higher nitrate concentrations in leachate water samples.



Across a 1.77-acre research field, three treatments were applied with four replications: dairy manure, composted dairy manure, and synthetic fertilizer. Soil and water samples were collected during the growing season from 10- and 20-centimeter depths, allowing researchers to examine both changes in soil properties and the movement of nutrients through water.

Manure significantly increased soil aggregation and organic matter compared with fertilizer treatment. Compost improved *(cont. on pg. 3)*

What to Do in the Lou

5/28 Breezeway Day 1PM-8PM Injustice Square 6th Jefferson St. 502.209.9244 familiesunitedapb@gmail.com

5/29 R&B After Dark 9PM-1AM Dasha Barbour's 217 E. Main St. www.buybacktheblockvip.org

5/30 Old Lou Farmers Market 8:30AM-12:30PM 6th and Park Ave www.oldloufarmersmarket.com * EBT/Snap Accepted

5/30 Moms, Mocha Movement 10AM-12:30PM Goodbounce Pickleball Yard 1515 River Shore Dr. www.eventbrite.com

5/30 Summer Reading Kickoff & Cultural Pass Showcase 10AM-1PM Waterfront Park's Festival Plaza 231 E. Witherspoon St. www.lfpl.org/SummerReading * Free

5/30 Newburg Tennis Association Fun & Fitness Day 10AM-2PM Petersburg Park 5008 E. Indian Trail www.newburgtennis.usta.com

5/30 Brunch & Brews: Summer Series 10AM-3PM Blak Koffee 1219 W. Jefferson St. info@blakkoffee.com * free vendor spots

5/30 Mindfest Youth 2026: The Future of Mental Health! 2PM-6PM The Playport 1103 Rowan St. 502.916.2013

5/30 Match Cut: A Networking Event for Film Collaborators 1PM-3PM MatbeItsFate 1425 Story Ave www.womeninfilmy.com

5/30 Louisville Juice Jam 1PM-7PM Chickasaw Park 1200 Southwestern Pkwy @campusfavorites.ent

5/30 Alberta O. Jones Park Day 2PM-5PM Alberta O. Jones Park 744 S. 23rd St. www.parksalliancelou.org * Free

5/31 Radiance & Romance: A Whimsical Sunday 1PM-4PM 100 Hometown Plz. Sellersburg, IN www.eventbrite.com

5/31 West End Farmers Market 3PM-7PM California Park 1104 S. 16th St. www.change-today.org

6/1 Poetry in the Dark 7:30PM Dasha Barbour's 217 E. Main St. www.eventbrite.com

6/2 2026 Metropolitan Housing Coalition Annual Dinner 6PM Van Gogh Room 1860 Mellwood Ave www.metropolitanhousing.org

6/4 Afterwork Kickback 6PM-10PM Garage Bar 700 E. Market St. 502.541.7124

6/4 Behind the Velvet Curtain: Blanc's Burlesque 8PM & 10PM Hell or High Water 112 W. Washington St. info@hellorhighwaterbar.com 502.587.3057

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This Week's Issue

Page 1. Tracking Nutrients Beyond the Corn Row

Page 2. Free West Louisville Event Focuses on Blood Pressure Control and Stroke Prevention

Page 2. Audaciously Abra: The Audacity to Be Purposeful

Page 3. Match Cut: a networking event for film collaborators

Page 4. MindFest Youth 2026 is all about the next generation! Their voices, their mental health, and their future

Page 4. Healthy Recipes: Garlic and Spinach Pasta

Page 4. Move Your Body with Thrive Tribe

24 SECONDS TO PROGRESS
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MAXIMIZE YOUR POTENTIAL WITH YOUR FULL BODY BLUEPRINT

Progress starts with knowing where you stand. The SECA Body Composition Analyzer delivers an in-depth breakdown of your body in just 24 seconds, giving you the information you need to move forward with purpose. Track key metrics like muscle mass, body fat, and water ratio, and watch your progress unfold with each scan. Your journey to better health just got faster.



1. INITIAL SCAN: A Healthy Living Coach will walk you through your first SECA Body Composition Analyzer scan to make sure you receive the proper results. *Some locations will require an appointment for the first scan.

2. DOWNLOAD THE APP: All of your results will be sent to the SECA myAnalytics app. After your scan, an email will be sent with a link to download the app. Create an account and your results will be waiting for you!

3. REVIEW: A Healthy Living Coach will review and explain your results so you can make the most informed decisions on your diet and exercise goals.

4. TRACK YOUR PROGRESS: Rescan every 4-6 weeks to track your progress.



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Free West Louisville Event Focuses on Blood Pressure Control and Stroke Prevention

Norton West Louisville Hospital and the YMCA are partnering to host Know Your Numbers, a free community health event focused on helping people understand blood pressure and ways to reduce the risk of stroke. Nearly half of adults have high blood pressure, yet only about 1 in 4 have it under control, according to the Centers for Disease Control and Prevention. In 2023, high blood pressure was a primary or contributing cause of more than 664,000 deaths nationwide. Often called a "silent condition," many people don't know they have it because it can develop without symptoms

Every 40 seconds, someone in the U.S. has a stroke, according to the Centers for Disease Control and Prevention. Stroke is a leading cause of serious long-term disability and reduces mobility in more than half of survivors age 65 and older. High blood pressure is the leading risk factor for stroke, making awareness and early detection critical. **The event will include blood pressure and blood sugar screenings, exercise classes, hands-only CPR demonstrations, stroke prevention and warning signs education, heart-healthy lifestyle tips, and information on primary care and community resources.** No registration is required and all services are free. The event takes place at Republic Bank Foundation YMCA 1720 W. Broadway Louisville, KY 40203 Saturday, May 30 10 a.m. - 2 p.m. For more information contact 502.836.2306 sam.draut@nortonhealthcare.org.

Audaciously Abra: The Audacity to Be Purposeful

"Efforts and courage are not enough without purpose and direction." — John F. Kennedy

I firmly believe that whatever you're passionate about will drive you to your purpose in life. Not the polished kind of passion. Not the version you can turn into a title or a clean answer when someone asks what you do. I'm talking about the kind that lingers. The kind that shows up uninvited. The thing that keeps pulling at you—even when you're trying to be practical, even when you're trying to choose the "safe" option.

For a long time, I thought purpose was something you figured out once. Like you'd arrive at it, claim it, and move forward with certainty from there. But the more I've lived, the more I've realized it doesn't work like that. Purpose doesn't arrive fully formed. It reveals itself slowly, through what you pay attention to and what you refuse to ignore.

Sometimes it shows up as excitement or frustration. Sometimes it's the thing that makes you pause and ask yourself why you care so much in the first place. That question matters more than we give it credit for.

Because passion leaves clues.

The things that light you up are part of it, yes. But so are the things that break your heart, the things that make you want to step in, speak up, create something better, or do something different. That pull isn't random. It's trying to guide you somewhere. The problem is, we don't always trust it.

We want purpose to be clear. Structured. Easy to explain. We want it to come with a plan we can hand to someone else and say, this is where I'm going. But purpose doesn't always offer that kind of clarity upfront. Sometimes it just asks you to move. To take one step. To follow something that doesn't fully make sense yet. And that can feel uncomfortable.

Being purposeful isn't about having everything figured out. It's about being honest about what matters to you and choosing it anyway. It's about making decisions that align with that truth, even when they don't come with immediate validation or reward.

It also means letting go.

Letting go of roles, expectations, or versions of yourself that no longer fit. And that part can be just as hard as starting something new. We don't talk enough about how uncomfortable growth can feel when it requires releasing something that once made sense. But staying in something that no longer aligns will cost you more overtime.

There's a quiet kind of courage in paying attention to your own life. In noticing what keeps coming back. In trusting that the things you care deeply about are worth exploring, even if you don't have all the answers yet.

I don't think purpose is a single destination. I think it evolves as you do. I think it deepens, stretches, and sometimes even surprises you. And if you stay connected to what matters—if you keep showing up to it, even in small ways—it will shape the direction of your life.

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
- Smokey 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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R.E.A.C.H. Fridays are designed to provide **FOOD, FRESH PRODUCE, RESOURCES, and COMMUNITY SUPPORT** to individuals and families.

WHAT DOES R.E.A.C.H. MEAN?

- R RESOURCES
- E EMPOWERMENT
- A ASSISTANCE
- C COMPASSION
- H HOPE

FOOD
Nutritious food to help our community thrive.

FRESH PRODUCE
Fresh, quality produce to support healthy lifestyles.

RESOURCES
Connecting individuals and families to valuable resources.

COMMUNITY SUPPORT
Building a stronger, healthier community together.

UPCOMING DATES		
DATE	LOCATION	TIME
May 22, 2026	Hope Connect 2313 W Market St, Louisville, KY 40212	6 PM - 8 PM
May 29, 2026	Hope Connect 2313 W Market St, Louisville, KY 40212	6 PM - 8 PM
July 3, 2026	Hope Connect 2313 W Market St, Louisville, KY 40212	6 PM - 8 PM
July 17, 2026	Hope Connect 2313 W Market St, Louisville, KY 40212	6 PM - 8 PM

LOCATION
HOPE CONNECT
2313 W Market St,
Louisville, KY 40212

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MAY 31

LYNN FAMILY STADIUM

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(cont. from pg. 1) the soil's specific surface area compared with manure and fertilizer. Those changes matter because soil structure, organic matter, and nutrient retention are central to long-term soil productivity.

Water-quality results showed a sharper short-term contrast. Leachate water under fertilizer treatment showed significantly higher nitrate concentrations at both sampling depths compared with manure and compost. Researchers also observed higher phosphate leaching under fertilizer treatment during parts of the sampling period.

Nitrate proved especially mobile. According to the study, nitrate concentrations in leachate water were far greater than phosphate and potassium concentrations, underscoring the need for careful nitrogen management in row-crop systems.

Although manure and compost showed promise, researchers cautioned against drawing long-term conclusions from a single growing season. Soil systems often require several years to fully respond to management changes, particularly when measuring properties such as organic matter, water-holding capacity, compaction, and aggregation.

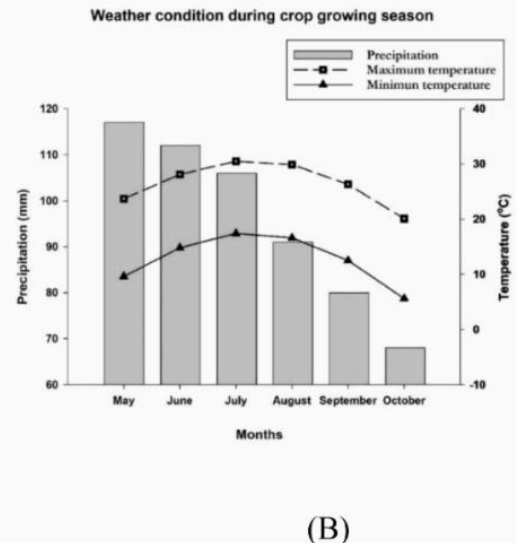
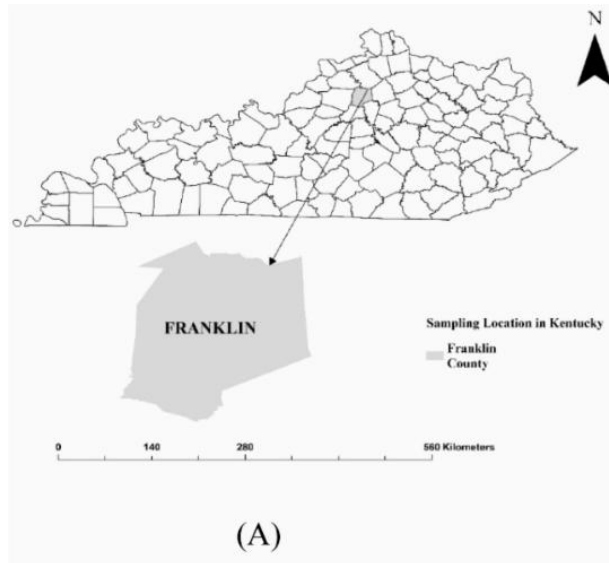
That long-term view is built into the research. This publication represents initial findings from a four-year field-based study designed to examine how fertility practices influence both soil health and water quality in Kentucky cropping systems.

Rather than presenting a simple choice between organic and synthetic nutrient sources, the study provides field-based evidence to help producers, Extension professionals, and researchers better understand the tradeoffs among nutrient availability, soil improvement, and water-quality risk.

For Kentucky State, the work reflects the University's 1890 land-grant mission: applied research that responds directly to the needs of producers, communities, and the Commonwealth. Conducted at the Benson Farm and supported through USDA Evans-Allen funding, the study adds Kentucky-specific data to a broader agricultural challenge with economic and environmental consequences.

As producers continue balancing productivity, input costs, soil stewardship, and environmental protection, research like this helps move the conversation from assumption to evidence — one field, one season, and one sample at a time.

This study was funded by USDA NIFA Research Capacity Fund (Evans-Allen).



Match Cut: a networking event for film collaborators

Saturday, May 30 1:00 - 3:00 pm In-Person @ MaybeItsFate 1425 Story Ave., Louisville, KY
Tickets: \$10, Members Free

Calling all writers, directors, crew, actors, editors, producers, or anyone looking to make films together here in Kentucky. Film is a collaborative medium, and we know that meeting other filmmakers can be a challenge. This is why we're bringing together collaborators from all points in the filmmaking process for a speed-networking style matchmaking event! Great for anyone who:

- Wants to join or form a team for the 48 Hour Film Project
- Find a partner to apply for the Front Porch Film Lab (which require director/producer teams)
- Has an idea for a short film that they want to make, but no crew connections
- Works in production or post-production and wants to find projects to add to their reel or broaden their experience
- Wants to broaden their network of collaborators for the future

Visit www.womeninfilmmky.org for more information

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

Dream Maker Awards

A Celebration of Supporting Our Community

June 12, 2026
6:00pm to 10:00pm

Progress Park Airstream Resort & Event Venue
4503 Progress Blvd, Louisville, KY 40218

Purchase tickets at <https://onecau.se/dreammaker2026>
or call 502-513-6119 for more information

ampedlouisville.org



MindFest Youth 2026 is all about the next generation! Their voices, their mental health, and their future

We're bringing the community together for a day that actually means something: real conversations, real resources, and an environment where young people feel seen, heard, and supported. Whether you're a parent, student, educator, or just someone who cares about where the next generation is headed... this is for you. What to expect:

- Youth-focused mental health conversations
- Interactive activities + experiences
- Local vendors + community resources
- Live music + positive energy
- A space that feels safe, open, and real

This is our 5th year and we're taking it to another level! Come be part of something that matters. Free entry. Contact 502.916.2013 for more info.



Healthy Recipes



Garlic and Spinach Pasta



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

Ingredients:

- 1 tbsp olive oil
- 1/2 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

Equipment: Large pot, cutting board and serving dish

Directions:

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

References: Recipe from Reanetta Perkins, 2023

Garlic and Spinach Pasta		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving		% Daily Value*
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

Horoscopes

Aries 3/21-4/19 Has it felt like you've been shouldering the weight of the world? The 10 of Wands acknowledges an immensely heavy burden you've been carrying around. It's possible you've taken on too much in trying to meet your goals, and now it's essential you ask for help or scale back on what you've committed yourself to. This may be a tough pill to swallow, because there are issues of pride and an unwillingness to delegate at play. However, you've reached a point where your ability to meet your goal is compromised. You deserve to enjoy life, so ask for that helping hand this week.

Taurus 4/20-5/20 This week could be all about new beginnings for you! The Fool represents the start of a journey and embracing the unknown. If you've been wanting to move in a brand-new direction, this is your signal from the universe to finally go for it! Yes, exploring uncharted territory can be scary. It's always so much easier to stick with what you know. However, your safety zone is not where the greatest growth and fulfillment happens. Throw out the road map and take a leap of faith. You could end up somewhere better than you expected to.

Gemini 5/21-6/20 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!

Cancer 6/21-7/22 You can breathe a little bit easier, because relief has arrived this week! The Star is signaling a reprieve after a period of great change or difficulty. While this turmoil has not been easy for you to go through, you have been able to endure whatever challenges life has thrown your way. What lessons have you learned? What were you able to let go of that was holding you back? How will you move forward differently? Now is the time to shed the old you, so you can emerge as the person you were meant to be.

Leo 7/23-8/22 Your mind is your greatest asset this week! You may be facing a major decision or exploring uncharted territory in a specific area of your life. The King of Swords is encouraging you to use logic and intellect to navigate this situation, rather than allowing yourself to get swept up in emotion. You will only define the right road to go down once you've truly gotten to the heart of the matter, and this can only happen when impartiality is exercised. Give yourself the opportunity to view this through a much clearer lens and you'll see the path appear.

Virgo 8/23-9/22 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.

Libra 9/23-10/22 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!

Scorpio 10/23-11/21 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.

Sagittarius 11/22-12/21 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.

Capricorn 12/22-1/19 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.

Aquarius 1/20-2/18 The Emperor is encouraging you to have total ownership of your true power! Your life experiences have helped you gain valuable wisdom and insight. How can you use this to help yourself? How can you use this to help others? This week you might be asked for guidance or advice from someone close to you -- don't shy away. Alternately, you may be faced with a difficult personal decision. Don't worry, you now have the kind of knowledge and perspective that will help you navigate either of these scenarios with positive results.

Pisces 2/19-3/20 The 8 of Swords is indicating that you are feeling trapped right now, believing there isn't a way out of your current circumstances. This week you're being called to question whether you're truly stuck ... or if you're simply in a prison of your own design. Insecurity, fear, and doubt are often feelings that keep us in situations far longer than we need to be. Examine this matter more closely. You may find that self-imposed limitations have been holding you back this entire time. *Tarot.com*

Get Your Team Together

26 Lap Walk/Jog/Roll Relay
One lap to honor every year of Breonna Taylor's life, continue the call for justice, and raise money for organizations doing good work in our community.

Team Captain Instructions

- Go to FutureAncestors502.org
- Select the 9:30am Event
- Enter your info and select "Create Team"
- Come up with a team name. Make it fun or use it to highlight an organization or cause
- Recruit more people! When they register they select "Join Team"

RACE 4 JUSTICE

Saturday June 6th