

June 7th-June 13th  
2026

# The Underground Lou

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Issue  
#159

## The plan, the event and the community

*The Louisville Urban League, ACLU & KFTC hosts Consent Decree to Community Power event*

The Community Commitment was created by Mayor Craig Greenberg and current LMPD chief Paul Humphrey. It was announced at a press conference in Louisville on May 21st, 2025 after president Donal Trump decided that there would be no more new Consent Decrees which affected both Minneapolis, MN and Louisville, KY. Mayor Greenberg proclaimed that despite Trump's decision he still wanted to find a way to keep his commitment to. Louisville that reforms would take place within Louisville Metro Government and the Louisville Metro Police Department. I won't spend too much time writing about that process here rather what I intend on going through are updates on this process as they continue to take place. I do believe the best place for me to start will be with the Independent Monitors also known as Elefa (ee-lee-fuh).

Elefa stands for Effective Law Enforcement for All and they are the independent monitoring team whose role it is to monitor the process of the Community Commitment. On September 15th, 2025 the Republic Bank YMCA housed a Meet the Finalists event where people were able to hear from team members from 21CP Solutions and Elefa. The meeting consisted of them giving campaign like speeches and taking questions from the crowd as well. After a community survey and scoring process, on September 25th, 2025 it was selected that Elefa had won. The process in selecting the Independent Monitor was up to a privately selected team called the Scoring Committee which consisted of then deputy mayor David James, David Kaplan, Chief of Staff and General Counsel, Office of Mayor Craig Greenberg, Megan Metcalf, former Deputy General Counsel, Office of Mayor Craig Greenberg,



Senator Keturah Herron, District 35 and Councilman Ken Herndon, Metro Council District 4.

Fast forwarding through 1 unofficial and 2 official meetings later, long awaited Implementation Plan has been released to the public. The 510+ page document is available online at Louisvilleky.gov, just search LMPD Implementation Plan. This document can be described just as the title of it insists, a document that outlines how the Community (cont. on pg. 2)

## What to Do in the Lou

**6/10 N.E. W's 15th Annual Showcase of Women-Owned Businesses**

6PM-8:30PM The Olmstead 3701 Frankfort Ave

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

**6/11 Set & Setting Lot Party** 11AM-4PM Art Portal 1512 Portland Ave

\*Free

**6/12 Roller Skating Pop-Up** 6PM-9PM Trellis Brewing 827 Logan St.

[contact@trellisbrewing.com](mailto:contact@trellisbrewing.com)

**6/12 Dream Maker Awards** 6PM-10PM Progress Park Airstream Resort & Event Vene 4503 Progress Blvd. [www.ampedlouisville.org](http://www.ampedlouisville.org)

**6/12 Rec & Bingo** 7PM Tribe 430 S. 3rd St. 502.939.9369

**6/13 Reservation Only: The Day Paty** 3PM-6PM Caffiends Coffee House

3801 Nicholas Centre Dr. Suite 200 Lexington [www.nicdandmixd.com](http://www.nicdandmixd.com)

**6/13 6th Annual Rosé Partay** 4PM-7PM Bar Nada Nada 829 E. Market St.

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

**6/13 Bourbon Festival** 4PM-8PM Union Pub Social 115 W. Chestnut St.

Jeffersonville, IN [www.uniongamevard.com](http://www.uniongamevard.com)

**6/13 Runway Revival: A Fundraiser Fashion Show for the Alzheimer's Association** 5PM Schanisy Hall 7039 Raggard Rd. [kthomas395@gmail.com](mailto:kthomas395@gmail.com)

**6/13 The Walnut Street Revue** 7:30PM The KY Center 501 W. Main St.

[www.kentuckyperformingarts.org](http://www.kentuckyperformingarts.org)

**6/14 West End Farmers Market** 3PM-7PM California Park 1104 S. 16th

[www.change-today.org](http://www.change-today.org) \*Bi-weekly

**6/14 Sunday Funday** 3PM-7PM Foko 991 Logan St. 502.936.0307

**6/14 Any Given Sunday** 4PM-9PM Tribe 430 S. 3rd St.

[www.anygivensunday502.posh.com](http://www.anygivensunday502.posh.com) \*Free

**6/15 Mindful Mondays: Sound Bath Meditation** 11:30AM-12:30PM Joe

Creason Park 1297 Trevilian Way laneishabeasley@yahoo.com \*Free

**6/16 Community Commitment** 6PM-7:30PM Louisville Urban League

Community Room 1535 W. Broadway

**6/18 Music in the Park** 11AM-1PM Alberta O. Jones Park 717 S. 23rd St.

[www.louisvilleky.gov](http://www.louisvilleky.gov)

**6/18 Prayer Vigil: Fighting to Save Our Children** 2PM-4PM 37th Broadway

502.558.2311

**6/19 Ancestor's Dream** 1PM-7PM Fourth Street Live 411 S. 4th St.

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

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## This Week's Issue

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SATURDAY JUNE 13TH		SUNDAY JUNE 14TH	
2P	KY BOURBONS VS TALENTED MINDS	2P	502 BAD BOYS VS OTF
3P	WHO'S NEXT GP VS D3 LEGENDS	3P	WICKTOWN VS KY HEADHUNTERS
4P	EUNOIA SPURS VS TEAM REDEMPTION	4P	CHURCH LEAGUE VS KITT-IT-TUTT CLIPPERS
5P	MAMBA MENTALITY VS BLUEGRASS KINGS	5P	HOMETEAM VS DOWN TO WIN
6P	ALGONQUIN PARK VS BREEZYWAY WARRIORS	6P	EAST END VS GBED TRAIL BLAZERS
7P	GOC VS JEWELL PARK UNIVERSITY	7P	LKLS VS PARKHILL



Editor's Note: "Listening to your intuition will protect you more than anything else."

(cont. from pg.1) Commitment will be implemented. We encourage you to read the Community Commitment, read Elefa's monitoring protocols, read the Implementation Plan and attend each of the community meeting's that Elefa is going to hold. The next meeting is scheduled for September with specific dates to be announced. Although formally, Elefa has their once per quarter meeting, other organizations have held meetings in attempts to educate community on the Community Commitment and its processes. The first of which is the Kentucky Alliance Against Racists & Political Repression who held a series of 3 meetings and are now going to be hosting them quarterly. Another meeting is being held on June 16th in collaboration between the Louisville Urban League, Kentuckians for the Commonwealth and the ACLU. Their event is titled Consent Decree to Community Power, after reading the description it seems that codifying the Community Commitment and adding some specific additions is the goal there.

In closing, I wanted to keep you up to date with things happening around Louisville as it related to the Community Commitment. The best thing that you can do more than anything is to read the Community Commitment or get with someone who has. Please stay up to date here regarding the process or on Stay Live Streams on Facebook, instagram, YouTube or any of its social media accounts.

## Sacred Earth Community Market brings together a coalition of Louisville organizations centered on food, wellness and local connection



A coalition of Louisville based organizations is launching the Sacred Earth Community Market, a recurring market designed to bring together food access, wellness, entrepreneurship, and community culture in one shared space.

The market will take place on the first and third Saturdays at Heart Thread Collective's Logan Street location. It will feature local farmers, artists, makers, and small businesses offering fresh food, handmade goods, and community centered resources. The intention is not just to create a place to shop but to build something consistent where people can return, connect, and feel rooted in the presence of local work and local care.

The inaugural market will feature 14 vendors representing a diverse cross section of Louisville's small business community. Visitors can explore a variety of offerings, including fresh flowers, plants, artisan breads, handmade goods, wellness products, locally grown produce, and specialty items created by entrepreneurs from across the city. The vendor lineup reflects the market's broader mission of increasing access to local businesses while creating opportunities for residents to discover, support, and build relationships with the people behind them.

At the heart of the market is a group of organizations working alongside each other in different but connected lanes. Together they create the foundation for a shared ecosystem that supports access, visibility, and collaboration across Louisville's local food and wellness spaces.

Heart Thread Collective serves as the host space and foundation for the market. Located in Louisville's Shelby Park neighborhood, it is a wellness and community hub centered on movement, workshops, and programming that supports healing, creativity, and connection. The Logan Street space extends that mission into a public facing environment where community can gather in a consistent and accessible way.

Sacred Earth Community Garden anchors the market in food access and youth empowerment. As a 501(c)(3) nonprofit, it works to expand access to fresh local produce in under resourced Louisville neighborhoods while also teaching gardening skills and strengthening relationships between people, food, and land. The work is grounded in the belief that access to healthy food and land based education is essential to long term community wellbeing.

Gene Isis Farms is a Black woman led urban agriculture and community development initiative rooted in the legacy of Black agrarian traditions. Based in Shawnee, the organization focuses on reconnecting people to land, food, and community through cultural programming and projects like the Rose Mary Outdoor Kitchen, a space centered on food, storytelling, and shared heritage. Their work brings cultural memory and agricultural practice together in a way that strengthens both identity and access.

Big Al's Breads & Bagels adds a local maker presence to the market, serving handcrafted bagels and breads throughout Louisville and Southern Indiana through markets, pop ups, and catering. Their work reflects the importance of small food producers in building accessible and locally rooted food systems that people can taste and trust. COAR Services supports the market as a project and event management partner. The organization helps coordinate logistics, strengthen collaboration, and translate shared vision into execution. As a Louisville based firm focused on community centered planning and partnership building, COAR helps ensure the market runs as a cohesive effort where each partner can show up fully in their lane while contributing to something larger.

Together, these organizations are not simply hosting a market. They are building a consistent space where local businesses, growers, makers, and community members can connect. By bringing a diverse group of vendors together under one roof, the market creates greater visibility for small businesses while making local products, resources, and experiences more accessible to the community.

At its core, the Sacred Earth Community Market is about creating access. Access to fresh food. Access to local entrepreneurs. Access to wellness resources. Access to community. It is a space where residents can discover what is being cultivated across Louisville while directly supporting the people doing the work.

In bringing these organizations together, the market becomes a reflection of what collaboration can look like when it is rooted in shared purpose. It strengthens the ecosystem that already exists across Louisville's food, wellness, and creative communities and makes it more accessible to the people it is meant to serve. The Sacred Earth Community Market launches June 20 at Heart Thread Collective, located at 1217 Logan Street. Community members are invited to shop, explore, and support the growing network of local businesses, organizations, and entrepreneurs helping shape a more connected Louisville.

### 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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## Summer Reading is back...and it's WILD!

LFPL's Summer Reading Program has been a Louisville tradition for nearly a century, helping children and teens avoid summer learning loss by encouraging them to read for fun and offering prizes and incentives. Summer Reading returns May 30 and runs through August 1. Infants through kindergarteners: **READ\* 20 BOOKS** \*(or have read to them) 1st through 5th graders: **READ 10 BOOKS**, 6th through 12th: **READ 6 BOOKS** ...and remember: You can read more than just books. Audiobooks, comics and manga, and graphic novels count, too!

Everyone who completes Summer Reading will receive a Red Panda Fanny Pack, plus free passes for: Kentucky Science Center, Frazier Kentucky History Museum, the Ali Center, Locust Grove, Squire Boone Caverns, Louisville Slugger Museum & Factory, Hwang's Martial Arts, the Belle of Louisville, a Racing Louisville soccer game, a Louisville Bats baseball game, an Ehrler's Ice Cream, a kids meal from Biscuit Belly, and a Fazoli's Italian Ice. Plus you're automatically entered for grand prize drawings at the end of Summer Reading. Preregister at [www.lfpl.org/summerreading](http://www.lfpl.org/summerreading) or download the Beanstack Tracker app and read the appropriate number of books for your age group and log them in Beanstack.

### Verizon Wireless Digital Ready FREE events

Do it yourself PR Tue, Jun 16: 12:00-2:00 PM ET

This event is ideal for: Businesses who struggle with content for marketing purposes  
At the end of this event, you'll have the tools to: Know what content creation actually looks like and how you can fit it into your busy life.

Topics included: Online marketing & Social media  
Event details: Content marketing is a powerful way to educate, position yourself as an authority, and capture the attention of your audience. It can be time consuming, but there are ways that professional content creators do it that saves them overall time and effort. Learn from a pro how to make content marketing work for you!

\*All classes are via zoom and can be found at [www.digitalready.verizonwireless.com](http://www.digitalready.verizonwireless.com)

### Paristown Plant Swap & Shop is back June 13th and October 10th from 10-4pm!

If you're looking for a day full of planty fun, you found the right spot! Here's what to expect:

- 24' swap table - completely free to participate! Bring a cutting, a potted plant, pack of seeds, or garden things that just don't do it for you and find something on the swap table that does (no sales at the swap table)
- Social Swap Hours - For the folks that want to chat all things botany, be here from 11-12 and 2-3 for social gatherings around the swap table. Get to know your planty neighbor or come outside of social swap hours and enjoy a classic give one, take one swap table centered on all things plants
- Local and regional plant vendors specializing in a wide range of flora from rare to common including tropicals, ornamental annuals and perennials, native species, bog species, and much more!
- Handmade craft vendors that have offerings honoring Mother Nature and her many forms of art
- Four free raffles with prizes from our vendors and Planty Bingo with planty prizes, Planty Trivia with planty prizes and delicious nom noms and a curated bevy menu

Free admission and limited free parking. This is an outdoor event, located under a pavilion. We are scheduled to run rain or shine! Visit [www.paristown.com](http://www.paristown.com) for more info.



## Explore. Create. Connect.

The Teen Tech Center at the Republic Bank Foundation YMCA is giving Louisville teens a place to discover their creativity, build new skills, and connect with others in a fun, welcoming environment. Open to teens ages 12-18, the free program offers hands-on access to professional technology and creative tools—no YMCA membership required.

Teens can explore podcasting, music production, video creation, digital art, coding, game design, photography, and more while learning from supportive mentors who help bring ideas to life. Whether participants have experience or are trying something new, the Teen Tech Center encourages curiosity, creativity, and confidence.

More than just a tech space, the center is a community where teens can collaborate, meet new friends, and discover future career interests in media, technology, and the arts.

The Republic Bank Foundation YMCA Teen Tech Center is located at 1720 West Broadway in Louisville. Your next big idea starts here.

## JCPS offering free summer meals in 2026

Jefferson County Public Schools (JCPS) is once again offering families several locations across the county where students can eat meals at **no cost**. JCPS School and Community Nutrition Services (SCNS) is offering meals at dozens of sites, including schools, parks and community partner sites, and mobile routes. The meal sites are open weekdays from May 27 to July 24. Families can search for available sites and menus and find a full list of sites available at [www.jefferson.kyschools.us/article/2935325](http://www.jefferson.kyschools.us/article/2935325).

This program is fully funded through USDA federal dollars and does not use district funds. **Meals are available to all children 18 years of age and younger, not just JCPS students.** We encourage families throughout the community to take advantage of this opportunity and participate in the program this summer. Families who live in more rural areas of Jefferson County and don't have easy access to the mobile, community partner, or school locations can pick up prepackaged meal boxes for each child at one of three bulk distribution sites: Echo Trail Middle School: 2601 Echo Trail, 40245, Evangel World Prayer Center: 6900 Billtown Rd, Louisville, KY 40299, PRP Fire Training Center: 8201 Greenwood Rd, Louisville, KY 40258

The three drive-through bulk distribution sites will be open from 11 a.m. - 1 p.m. every Friday beginning May 29 and ending July 31, with the exception of Thursday, June 18, and Thursday, July 2, due to Holidays falling on those Fridays.

- Parents are required to sign a form indicating their agreement to pick up or dine at only one location each day, and bulk boxes are for children who reside with them.
  - Parents/guardians will be able to pick up one meal box per child. Each box contains seven breakfasts and seven lunches.
    - There is a limit of two boxes if children are not accompanied by a parent or guardian.
    - Parents requesting food for more than two children will be required to have all children present.
      - Meal boxes will be distributed on a first-come, first-served basis.

## Getting started with Patent Public Search

Are you puzzled by patent searching or confused by the patent searching options available on the internet? Whether you are a novice searcher or an experienced one, the United States Patent and Trademark Office (USPTO) is here to help. Staff from the Patent and Trademark Resource Center Program and the Public Search Facility are experienced with educating users on USPTO search tools and will show you how to use the USPTO's Patent Public Search.

A free webinar will be held on Wednesday, June 24, from 2-3 p.m. ET. Please register in advance. For more information about this webinar, please email PTRCP@uspto.gov.



## Healthy Recipes



### Lemony Kale with Toasted Almonds

Serves: 2-3 Est. cost: \$2.44 Est. cost per serving: \$1.22

#### Ingredients:

- 2 tbsp sliced almonds, raw and unsalted
- 1 tsp extra virgin olive oil
- 1 bunch curly kale, de-stemmed and roughly chopped
- 1 pinch sea salt
- 2 cloves garlic, minced
- 1 tbsp fresh lemon juice
- 1/2 tbsp coconut aminos (or reduced sodium soy sauce)

**Equipment:** Cutting board, knife, small skillet, large sauté pan, spoon

#### Directions:

1. In a small pan, dry toast almonds over low heat for 2-3 minutes. (Continuously shake the pan until almonds become aromatic and not burnt).
2. Remove from heat and set aside.
3. In a large sauté pan, heat oil over medium heat.
4. Add kale and cook for 30 seconds.
5. Add salt, garlic, lemon juice, coconut aminos, and toss to coat. (Continue tossing mixture until kale is wilted, about 2 minutes; Taste kale and adjust flavors with a pinch of salt, lemon juice, or coconut aminos).
6. Remove the kale mixture from the heat
7. Serve in a bowl and garnish with toasted almonds. Enjoy!

#### Health Benefits:

*Kale* includes the nutrients potassium and fiber. Both have been shown to reduce blood pressure and cholesterol levels leading to improved cardiovascular health. Almonds are high in unsaturated fats which can help cholesterol levels by lowering LDL and increasing HDL.

*Almonds* are also a great source of fiber to help you feel fuller longer and control blood sugar levels

References: Recipe from Reanetta Perkins, 2023

## Horoscopes

**Aries 3/21-4/19** 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.

**Taurus 4/20-5/20** You're being encouraged to choose your battles wisely this week. The 5 of Swords signals that a conflict is currently brewing in a particular area of your life, and a confrontation could take place soon. When it does, you may be tempted to win the argument at all costs -- but have you considered what those costs are? In your attempt to prove you're right, you may say or do things you regret later, as well as sabotage your relationship with the other person (or people). Before going to battle, consider how winning in the moment could lead to a long-term loss.

**Gemini 5/21-6/20** 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.

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

**Leo 7/23-8/22** 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.

**Virgo 8/23-9/22** The 8 of Wands represents high energy and forward momentum, signaling a time of getting things done and making things happen. You might feel as though a lot is coming at you this week, and it could become difficult to figure out what you should pay attention to. Combat these distractions by homing in on a single goal and removing any distractions so you can focus on it. By using this energy to your advantage, you will turn this into a period of great productivity and progress.

**Libra 9/23-10/22** The Knight of Cups is a card of vision and advancement. This week, there's a possibility that you are going to receive some sort of invitation or proposal that you may not have been expecting. This card wants you to be open to this new possibility and take advantage of it, but it also wants you to exercise caution as you move forward. The Knight warns against getting too caught up in fantasies. Evaluate this situation before proceeding to ensure everything will be as you think it will be and that you will benefit from it.

**Scorpio 10/23-11/21** The Page of Wands wants you to embrace your more free-spirited side this week! Sometimes it's easy for us to get stuck in our routines or to keep going along with what's most comfortable for us. However, there's so much more to life left to explore! What is that you've been wanting to do but thought you couldn't? No dream is too big or small right now. When you combine your passion with your enthusiasm, the sky will truly be the limit for you.

**Sagittarius 11/22-12/21** The Queen of Cups indicates emotional maturity, compassion, and a nurturing spirit. This week you are being called to express this energy in some way. Perhaps a friend will approach you with relationship troubles, or it could be that a colleague is coming to you for support with a problem they're facing. When this happens, listen from the heart as they speak, but remain emotionally separated from the issue. While it may be tempting to dive head-first into the situation with them, understand that only they can work themselves out of their predicament.

**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** 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.

**Pisces 2/19-3/20** There may be no stopping you this week ... but is that a good thing? The Knight of Swords is a card cautioning against going after what you want at all costs. Yes, it's good to have dogged ambition, but only when you've considered all the challenges and consequences first. Before making your move, examine all the variables. What will you gain? What could you lose? Will you be neglecting those around you in pursuit of your goals? Understanding the fine line between determination and obsession could prevent you from potential headaches down the road. *Tarot.com*