

June 14th-June 20th
2026

The Underground Lou

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Issue
#160

Fueling Healthy Futures

The YMCA of Greater Louisville has BIG news! Our Brown Bag Bus is hitting the road – and with it comes a powerful new way to support children and families in our community. More than a mobile meal program, the Brown Bag Bus is a community-powered initiative that brings healthy lunches, educational engagement, and caring connections directly into neighborhoods where children live, learn, and play.



Powered by partnership and driven by purpose, the Brown Bag Bus was created to make healthy meals more accessible for local children. The program removes barriers such as transportation and distance by meeting kids where they are, ensuring every child has the opportunity to enjoy nutritious food in a safe and welcoming environment.

The Brown Bag Bus delivers more than lunch. Through interactive activities and programs like the Super Snack Squad, children are encouraged to learn healthy habits in fun, engaging ways, creating moments of learning, laughter, and connection that help fuel healthy futures.

Most importantly, the Brown Bag Bus represents what is possible when a community comes together. Local partners, supporters, and neighbors are working side by side with the YMCA to invest in children and strengthen neighborhoods one stop at a time.

Together, we are bringing healthy meals, encouragement, and opportunity directly to families across our community. As the Brown Bag Bus begins its journey, it reflects the YMCA's commitment to helping every child thrive through strong partnerships, meaningful connections, and community care – one stop at a time.

What to Do in the Lou

- 6/17 OLB Writer's Circle** 6:30PM-8:30PM Old Louisville Brewery 625 W. Magnolia Ave 502.365.4886 oldlouisvillebrewery@gmail.com
- 6/17 Louisville 48 Hour Film Project Meet & Greet** 7PM Di Orio's 919 Baxter Ave www.48hourfilm.com/louisville
- 6/18 Music in the Park** 11AM-1PM Alberta O. Jones Park 717 S. 23rd St. www.louisvilleky.gov
- 6/18 Prayer Vigil: Fighting to Save Our Children** 2PM-4PM 37th Broadway 502.558.2311
- 6/18 & 6/25 Twilight Thursdays** 5PM Churchill Downs 700 Central Ave www.churchilldowns.com
- 6/18 Cultured in the Courtyard** 5PM-9PM Copper & Kings 1121 E. Washington St. *Every Thursday 502.656.8742 info@culturedcheeseshop.com
- 6/18 Summer Jams: Simm McGraw** 7PM The Depot 701 Michigan Ave Jeffersonville, IN www.jeffparks.org *Free
- 6/19 A Celebration of Freedom: Community Free Day** 8:30AM-5PM Muhammad Ali Center 144 N. 6th St. www.alicenter.org/juneteenth *Free
- 6/19 Juneteenth Cookout Conversations** 11AM-2PM Republic Bank Foundation YMCA 1720 W. Broadway 502.935.9622 *Free
- 6/19 Juneteenth: Freedom, Culture, Community** 1PM-3PM Valhalla Post Acute Center 300 Shelby Station Dr. 502.254.0009 502.272.0889 *Free
- 6/19 Ancestor's Dream** 1PM-7PM Fourth Street Live 411 S. 4th St. www.mclannaire.com
- 6/19 Juneteenth Unity Parade & Celebration** 3PM Shawnee Southwestern Pkwy & Broadway 502.200.5930
- 6/19 Jammin' in Jeff** 4PM-11PM Riverstage 100 W. Riverside Dr. Jeffersonville, IN www.jammininjeff.com
- 6/19 Unite Our Community Juneteenth Celebration** 12PM-3PM Dream Center Academy 2509 Portland Ave 502.694.0791
- 6/19 Be OWT it's Our Day, Day Party** 5PM-10PM Atomic Sound Club & Gameyard 1125 Bardstown Rd. info@atomiclouisville.com
- 6/19 Friday Line Dancing** 7PM-10PM Platform 147 E. Main St. New Abany keyvoko@gmail.com
- 6/19 Downtown Drive-In: The Princess & the Frog** 8PM Brown-Forman Amphitheater 1301 River Rd. www.louisvilledowntown.org
- 6/20 Whiskey Row Car Show** 10AM-4PM Whiskey Row 124 W. Main St. www.eventbrite.com
- 6/20 KY Pride Festival** 12PM-10PM Waterfront Park Great Lawn 231 E. Witherspoon St. www.kypride.com
- 6/20 Hip Hop in the Park** 5PM-9PM Alberta O. Jones Park 717 S. 23rd St. *Free
- 6/21 Yoga in Shelby Park** 10AM-11AM Shelby Park 600 E. Oak St. 502.456.1623 shelby@olmstedparks.org *Every Sunday
- 6/21 Sunday Farmers Market** 10AM-2PM The Train Depot 2230 Buechel Ave *Every Sunday/SNAP Accepted

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This Week's Issue

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Cookout Conversations Honoring Freedom. Building Community.

Join us as we celebrate Juneteenth with an afternoon of meaningful dialogue, great food, and community connection at the Republic Bank Foundation YMCA.

We invite members, families, and friends to gather for **Cookout Conversations**—a celebration centered around reflecting on the significance of Juneteenth and the progress made for Black people since 1865. Together, we'll engage in thoughtful discussions while enjoying cookout favorites, interactive activities, and opportunities to connect.

- Enjoy:
- Meaningful community conversations
 - Cookout-style food and fellowship
 - Interactive "Freedom Wall" activity
 - Giveaways and family-friendly fun



Republic Bank Foundation YMCA
1720 West Broadway

June 18
11am-2pm

Come celebrate freedom, honor history, and help inspire the future through conversation and community.



Editor's Note: "It's the smaller everyday habits that create the biggest impact in the long run."

What to Do in the Lou

- 6/21 **KPF: Love is our Power Drag Brunch & Pool Party** 10AM-5PM The Myriad Hotel 900 Baxter Ave www.kypride.com
- 6/21 **Father's Day at the Louisville Zoo** 10AM-5PM Louisville Zoo 1100 Trevilian Way www.louisvillezoo.org *Free for dads
- 6/21 **Father's Day Buffet** 12PM-7PM LuCretia's Kitchen 617 W. Oak St. 502.294.8143 lucrelucretiaskitchen@gmail.com *Free bourbon shot for dad
- 6/21 **Best Dad Ever Brunch** 1PM-4PM The Reserve 1578 Bardstown Rd. 859.312.0859
- 6/21 **Horizon** 2PM-7PM Captain Quarters: CQ Princess 5700 Captains quarters Rd. www.posh.com
- 6/22 **Afterwork Kickback x Shifty: A Service Industry Day Party** 3PM-9PM One Fourteen Bar 114 W. Main St. 502.907.1400 *Free



One year later: Community voices shaping Norton Children's future pediatric care campus and hospital

One year after announcing plans to build a new pediatric campus and second children's hospital, Norton Children's is advancing the project with input from families, caregivers and community members from across the region.

Over the past year, more than 10,000 families and community members from 96 Kentucky and Indiana counties and across 31 states have shared their voices through surveys and conversations. Norton Children's has collected valuable feedback at 10 dedicated listening sessions and more than 80 events across the region. That feedback will directly impact the campus design and services with the goal of shaping the future of children's healthcare locally and nationally.

"The level of passion and engagement we've seen over the past year has been remarkable," said Russell Cox, president and CEO, Norton Healthcare and Norton Children's. "People care deeply about this project, and we appreciate their willingness to share thoughtful, practical feedback. We're taking that input to make decisions about how this campus will serve families."

The campus, planned on 150 acres off Tucker Station Road in Jeffersontown, Kentucky, is designed to expand access to specialized pediatric care and increase capacity as demand continues to grow. It will serve families from across Kentucky and Southern Indiana, while positioning the region as a national destination for pediatric care.

The project will build on Norton Children's existing network, which serves more than 215,000 patients a year, and grow national reach, strengthening the health system's ability to care for children with complex conditions while keeping families at the center of every decision. Through its affiliation with the University of Louisville School of Medicine, Norton Children's integrates clinical expertise, academic research and education to support that level of care.

Since initially announcing the project June 11, 2025, Norton Children's has engaged families, caregivers, community members and kids to help guide decisions about how the campus will function. That input is now shaping key elements of the project.

Several priorities have emerged from the feedback:

- Expanded mental health and autism services
 - More support for families during hospital stays, including family lounges, playrooms and restaurants
 - Patient rooms with family sleeping areas, refreshments and video games
 - A welcoming outdoor environment with sensory trails, quiet reflection spaces and playgrounds
- Norton Children's will continue community engagement efforts throughout 2026, with additional surveys, listening sessions and outreach designed to gather more input as planning progresses. Feedback will continue to inform design, services and the overall campus experience.

Planning and early development work is ongoing. Additional updates will be shared as the project moves forward.

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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SCHEDULE

SATURDAY • JUNE 20TH		SUNDAY • JUNE 21ST	
1:00 PM	TALENTED MINDS VS 502 BAD BOYS	1:00 PM	03 LEGENDS VS KY BOURBOINS
2:00 PM	OTF VS WHO'S NEXT GP	2:00 PM	KY HEADHUNTERS VS EUNOIA SPIRS
3:00 PM	BLUEGRASS KINGS VS DOWN TO WIN	3:00 PM	TEAM REDEMPTION VS KITT-IF-TUTT CLIPPERS
4:00 PM	CHURCH LEAGUE VS WICKTOWN	4:00 PM	HOMETEAM VS ALGONQUIN PARK
5:00 PM	★ WOMEN'S DIRT BOWL GAME ★	5:00 PM	★ WOMEN'S DIRT BOWL GAME ★
6:00 PM	BREEWAY WARRIORS VS MAMBA MENTALITY	6:00 PM	EAST END VS PARKHILL
7:00 PM	GBED TRAIL BLAZERS VS GOC	7:00 PM	LKLS VS JEWELL PARK UNIVERSITY

PRESENTED BY OUR COMMUNITY PARTNERS

SPECIAL THANKS TO DISTRICT 5 COUNCILWOMAN
DONNA PURVIS

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 or download the Beanstack Tracker app and read the appropriate number of books for your age group and log them in Beanstack.



Lowes Grill Spatula Giveaway Saturday, Jun 20th Walk-in only

The first 150 members, in-store on 6/20, starting at 10 a.m. get an exclusive FREE Grill Spatula perfect for Father's Day! Limited quantities. While supplies last. Visit www.lowes.com for locations.



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.

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.

Site Name Address

Algonquin Pk 1614 Cypress St
Ashley Pointe 1115 Penile Rd
Autumn Lake 2801 Autumn Lake Dr
Barrington Point 1321 Glengarry Dr
Bates Elem 7601 Bardstown Rd
Beechmont Townhomes 418 Marshall Walk
Blake Elem 3801 Bonaventure Blvd
Blue Lick Elem 9801 Blue Lick Road
Brandeis Elem 2817 West Kentucky St
Breathing New Life 1048 South 15th Street
Byck Elem 2328 Cedar Street
Camp Taylor Elem 1446 Belmar Lane
Cane Run Elem 3951 Cane Run Rd
Carter Elem 3600 Bohne Ave
Central High 1130 W Chestnut St
Chancey Elem 4301 Murphy Lane
City Life Shawnee 4102 W Market St
Cochran Elem 500 W Gaulbert Ave
Conway Middle 6300 Terry Road
Crosby Middle 303 Gatehouse Lane
Crums Lane 3212 S Crums Lane
Derby Estates 5319 Rangeland Rd
Douglas Park Apts 402 Douglas Park
Dunn Elem 2010 Rudy Lane
East Chase Apartments 1700 Somerset Place
Eastern High 12400 Old Shelbyville Rd
Eisenhower Elem 5300 Jessamine Ln
Eleven Oaks 5546 Indian Oaks Circle
Fairdale Pool 709 Fairdale Rd

Site Name Address

Greenwood Boat Dock 8202 Greenwood Rd
Greenwood Elem 5801 Greenwood Rd
Gutermuth Elem 1501 Sanders Ln
Hartstern Elem 5200 Morningside Way
Hawthorne Elem 2301 Clarendon Ave
Heritage Green Apts 5103 South 1st St
Holiday Park 8219 Minors Lane
Hudson Middle 7th-8th 3526 W Muhammad Ali
Indian Trail Elem 3709 E Indian Trail
Iroquois Park 5216 New Cut Rd
Jacobs Landing 4200 Medallion Ct
Johnsontown Rd Elem 7201 Johnsontown Rd
Kenwood Elem 7420 Justan Ave
Lassiter Middle 8200 Candleworth Dr
Layne Elem 49831 East Ave
Lincoln Elem 930 E Main Street
Lowe Elem 210 Oxfordshire Ln
Manual High 120 W Lee Street
Maplewood Apts 4860 Fegenbush Ln
Maupin Elem 1312 Catalpa Street
McFerran Elem 1715 South 13th Street
Meyzeek Middle 828 S Jackson St
Middletown Elem 218 N Maditon St
Mill Creek Elem 3816 Dixie Highway
Mills Pointe 12000 E Orell Rd
Mt Lebanon Church 2224 W Chestnut St
Nathan Hale Park 7007 Nathan Hale
Newcomer Academy 3741 Pulliam Dr
Norton Pool 4201 Lee Ave

Site Name Address

Olmsted South 5650 Southern Pkwy
Parkway Place Apts 1737 Patton Ct
Partridge Place 3701 Dena Street
Perry Elem 755 Dixie Highway
Pioneer Mobile 4136 Cane Run Rd
Pointe of Stoneybrooke 2505 Arbor Pointe Dr
Riverport Landing 3400 Cathe Dykstra Wy
Sanders Elem 8408 Terry Rd
Scenic Acres 7511 Cane Run Rd
Semple Elem 724 Denmark St
Seneca High 3510 Goldsmith Lane
Sheppard Park 1601 Magazine St
Shively Apts 3105 Clinton Place
Slaughter Elem 3805 Fern Valley Rd
Smyrna Elem 6401 Outer Loop
Southeast YMCA 5930 Six Mile Ln
TJ Middle 1501 Rangeland Rd
Trackside Ministries 700 Central Ave
Tully Elem 3300 College Dr
Valley High 10200 Dixie Highway
Vesta Derby Oaks 3237 Utah Ave
Villages of Hikes Point 3712 Klondike Ln
Wellington Elem 4800 Kaufman Ln
West Buechel Comm. Ctr. 3716 St Francis Ave
Western High 2501 Rockford Ln
Western Middle 2201 W Main St
William Harrison Park 3232 Oleanda Ave
Wyandotte Park 1104 Beecher St

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 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.

Taurus 4/20-5/20 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.

Gemini 5/21-6/20 The Wheel of Fortune reminds you this week that life is full of ups and down. If you've been going through a problematic time in your life, this card could signal an end to this difficult period. If you've been going through a prosperous period, things could soon return to normal. Don't lament this change -- it is a natural part of growth and a natural part of life. Every experience you have serves a purpose in your understanding of yourself and your situations. Let this card serve as a reminder to embrace the ebbs and flows of life.

Cancer 6/21-7/22 You could be facing a major decision this week! This situation may be presenting a moral dilemma for you, and The Lovers card represents the need to develop greater clarity on what your values and beliefs are before determining how to proceed. Do you feel compelled to go a certain direction based on fears or feelings of guilt? Don't let those things become motivating factors. Instead, try to understand that every action has a reaction and decisions such as these are never easy. Stay true to yourself -- you can't go wrong. .

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

Virgo 8/23-9/22 Aren't you quite the social butterfly? The Queen of Wands indicates that a charming and enthusiastic energy is overflowing from within you this week, and others won't be able to help but take notice. In fact, you could find yourself smack dab in the center of the attention! This is the perfect time to put yourself out there, connect with others, and integrate yourself into a group of like-minded individuals. Don't hold back -- your enthusiasm could end up being contagious.

Libra 9/23-10/22 Don't give up just yet! Your card this week, the 7 of Pentacles, is reminding you that anything worth having can't be achieved overnight. Perhaps you've been working on a project or area of your life and haven't yet reaped the rewards of your efforts. Understandably, this has been a source of frustration for you. Remind yourself that this wasn't an easy task and take pride in the effort you've already put forth. Your hard work and patience may not have paid off just yet, but they will soon enough.

Scorpio 10/23-11/21 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.

Sagittarius 11/22-12/21 You can run, but you can't hide this week! The 7 of Swords acknowledges you may be trying to avoid or escape a situation you're better off confronting head-on. Have you been putting off a tough conversation with a friend? Not yet ready to talk with your partner about where your relationship is headed? Are you letting professional tension build rather than dealing with it? Remember, dodging this issue won't make it better. In fact, it could even make it worse. The time to deal with this matter is now.

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 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!

Pisces 2/19-3/20 It could feel like you're caught up in conflict this week! The 5 of Wands indicates you've been trying to work toward some type of goal but are being met with obstacles that get in the way of your progress. Perhaps you feel as though your point of view is being challenged, or it could be you're finding it difficult to work with a specific person. Either way, you're being challenged this week to truly listen to others' opinions. You might find that what initially seemed like criticism was actually constructive feedback that will help you in the long run. *Tarot.com*