

June 21st-June 27th  
2026

# The Underground Lou

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Issue  
#161

## Metro United Way Invests More Than \$1 Million to Strengthen Youth Programs Across the Region

Metro United Way has announced a major investment in the future of young people across the region, committing \$1,037,800 to support youth serving organizations throughout its 7-county service area.

The investment will provide funding to 37 organizations, including 29 BIPOC led or grassroots organizations, and is expected to deliver more than 21,000 hours of youth programming while positively impacting more than 6,000 young people during the first year.

The funding comes at a critical time as communities face growing concerns about the availability of summer and year-round youth programming. Community leaders warn that when structured opportunities are limited, young people face greater risks of exposure to crime, substance abuse, poor mental health outcomes, and academic setbacks. Many youth also lose access to school-based meals during the summer months, increasing the risk of food insecurity.

Metro United Way's Youth Success Request for Proposals was created as a two-year general operating grant opportunity for nonprofit organizations serving youth ages 6 through 24. Eligible organizations were located within Metro United Way's seven county region, which includes Jefferson, Oldham, Shelby, and Bullitt counties in Kentucky and Clark, Floyd, and Harrison counties in Indiana.

Grant recipients were selected based on their alignment with Metro United Way's five Youth Success strategies, which focus on creating opportunities that help young people thrive academically, socially, emotionally, and professionally.

One of the organization's primary



focuses are expanding academic support opportunities for youth. Through the Rise Tutoring Partnership with Bellarmine University, dedicated tutors are connected with youth serving organizations to provide academic assistance and educational support. Additional initiatives include Any One Can Read, which offers *(cont. to pg. 2)*

## What to Do in the Lou

**6/24 Job News Louisville Job Fair** 10AM-2PM L&N Federal Credit Union PNC Club 2550 S. Floyd St. 502.412.7500

**6/24 Oliver Lewis Statue Commemoration** 11AM Churchill Downs 700 Central Ave [www.theoliverlewis.com](http://www.theoliverlewis.com)

**6/25 Ali Night w/the Louisville Bats** 6:30PM-10PM Slugger Field 401 E. Main St. [www.alicenter.org](http://www.alicenter.org)

**6/26 Martin & Muir Counseling 10 Year Anniversary Celebration** 4:30PM-7:30PM 451 Baxter Ave [info@martinandmuir.com](mailto:info@martinandmuir.com) [www.eventbrite.com](http://www.eventbrite.com) \*free

**6/25 Sip & Shop Summer Festival** 5PM-8PM Wallitsch Garden Center 2608 Hikes Ln. [www.wallitsch.net](http://www.wallitsch.net)

**6/25 Cultured in the Courtyard** 5PM-9PM Copper & Kings 1121 E. Washington St. [info@culturedcheeseshop.com](mailto:info@culturedcheeseshop.com) 502.656.8742 \*free/every Thursday

**6/25 Metro Council Meeting** 6PM City Hall 601 W. Jefferson St. [www.louisville.legistar.com/Calendar.aspx](http://www.louisville.legistar.com/Calendar.aspx)

**6/25 Verzus Watch Party: B2K vs. Pretty Ricky** 8PM Caffiends Coffee House 3802 Nicholasville Centre Dr. Ste. 200 Lexington, KY [caffiendscoffeehousesma@gmail.com](mailto:caffiendscoffeehousesma@gmail.com)

**6/26 Downtown Drive-In: National Treasure** 7PM Brown-Forman Amphitheater 1301 River Rd. [www.louisvilledowntown.org](http://www.louisvilledowntown.org) \*free

**6/26 After Dark Burlesque: Enchanted After Dark** 9PM-1AM Portal 1512 Lytle St. [portal@fifteen-twelve.com](mailto:portal@fifteen-twelve.com)

**6/27 Old Lou Farmer's Market** 9AM-12:30PM 6th and Park Ave. 502.640.6971 [info@oldloufarmersmarket.com](mailto:info@oldloufarmersmarket.com) \*SNAP Accepted

**6/27 Malone Workforce Solutions Job Fair** 10AM-3PM Malone Staffing 5522 New Cut Rd. [www.malonesolutions.com](http://www.malonesolutions.com)

**6/28 Sunday Farmers Market** 10AM-2PM The Train Depot 2230 Buechel Ave [thetraindepotlouisville@gmail.com](mailto:thetraindepotlouisville@gmail.com) 502.888.3944

**6/28 Black Boy Joy Club Cookout** 2PM-7PM Taylor Memorial Park 4201 Lee Ave [tezof2deep@gmail.com](mailto:tezof2deep@gmail.com) \*\$2/\$3

**6/28 Community Legacy Lounge** 5PM-8PM Alberta O. Jones Park 744 S. 23rd St. \*free

**6/28 Goodtimers Day Party** 5PM-10PM Ice House 226 E. Washington St. [www.goodtimersentertainment.com](http://www.goodtimersentertainment.com)

**6/28 Salsa on the Belle** 7PM-10PM Belle of Louisville 401 W. River Rd. [chelsevowneddance@gmail.com](mailto:chelsevowneddance@gmail.com)

**7/29 West End Farmers Market** 3PM-7PM California Park 1104 S. 16th St. [www.change-today.org](http://www.change-today.org)

**7/3 Cowork. Connect. Create!** 12PM-5PM The Presley Post 734 W. Main St. Suite 106 [www.thepresleypost.com](http://www.thepresleypost.com) \*free

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### This Week's Issue

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**COWORK CONNECT CREATE**  
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Editor's Note: "Staying healthy mentally and physically isn't easy but it sure does makes life so much better."

## Realtor info session focused on the 25 new homes being developed on Elliott Avenue

Join RPOP virtually on Tuesday, June 30, 2026, from 12:00 PM - 1:00 PM to learn about the 25 new homes being developed on Elliott Avenue through RPOP CLT's first homeownership investment. This session is designed for realtors, brokers, housing counselors, and community partners interested in helping buyers access affordable homeownership opportunities in Russell.



Topics will include overview of the Elliott Ave development, understanding community land trust homeownership, buyer eligibility and affordability, homebuyer education requirements, referral process and how realtors can prepare buyers today.

If you have any questions, please reach out to [info@russellpromise.org](mailto:info@russellpromise.org). **RSVP by Monday, June 29 at 6pm.** Once you register you will receive a google meet link to join virtually. To learn more visit [www.russellpromise.org/events](http://www.russellpromise.org/events).

*(cont. from pg. 1)* free online literacy resources and assessments, and Educational Justice, a program that pairs high achieving high school students with fifth through eighth grade students to encourage mentorship and academic growth.

Beyond academic programming, Metro United Way continues to provide infrastructure support to a network of nearly 200 community-based youth organizations. The network brings together providers committed to delivering high quality learning experiences, skill development opportunities, and professional growth for youth workers.

The organization also invests in training and professional development opportunities for youth development professionals. Through conferences, workshops, and specialized training sessions, youth workers receive access to research-based practices and current information on issues affecting young people and the organizations that serve them.

Capacity building remains another key component of the investment strategy. Metro United Way provides support through program quality coaching, access to research-based data tools that help organizations measure learning outcomes and social emotional development, and grant development assistance through a partnership with the Buttafly Group.

Recognizing the importance of supporting those who work directly with youth, Metro United Way also offers mental health resources for youth workers. These services include Sister Circle, a facilitated support group for women of color working in youth development, along with individualized employee assistance services provided by certified mental health professionals.

The announcement follows the recent launch of Metro United Way's Hardship to Hope Youth Summer Fund, an initiative designed to address immediate summer needs for youth ages 11 through 18. The fund supports organizations that provide mentoring, career exploration, life skills training, academic enrichment, mental and physical health services, music, art, educational field trips, and other activities that keep young people engaged in positive environments.

Research consistently shows that quality youth programming reduces risky behaviors while increasing academic achievement, social development, and long-term success. Community leaders say investments in youth programs also benefit families and employers by helping address childcare challenges and strengthening workforce stability.

Metro United Way officials say every child deserves access to safe and structured opportunities that promote learning, personal growth, and healthy development. Through this latest investment, the organization hopes to ensure thousands of young people across the region have the support and resources needed to succeed both during the summer and throughout the year. Community members interested in supporting the initiative or learning more about the Hardship to Hope Youth Summer Fund can visit Metro United Way's website at [www.metrounitedway.org/summerfund](http://www.metrounitedway.org/summerfund).

2NOT1 Fatherhood & Families, Inc.  
Academy of Music Production Education  
Americana Community Center  
Big Brothers Big Sisters of Kentuckiana  
Boys and Girls Club of Harrison - Crawford  
Community Action of Southern Indiana  
Goodwill Industries of Kentucky Highland  
Kaylyn's House of Joy, Inc.  
La Casita Center  
Lighthouse Academy at Newburg  
Neighborhood House, Inc.  
Out Loud Louisville  
Prominent Youth of America Inc.  
St. George's Scholar Institute  
TECH-Nique  
Turnaround Resource Center, Inc.  
Wesley House Community Services  
Worth the Words  
Young Adult Development in Action, Inc.

300FOR300  
ACE Project, Inc.  
Backside Learning Center  
Black Minds Matter Louisville Inc.  
Children Have Options in Choosing Experiences  
Girl Scouts of Kentuckiana  
Park Community Development Corp  
Kentucky Refugee Ministries  
Life Development Corporation  
Louisville Central Community Centers Inc.  
Olive Tree Resources, Inc.  
Project Community Center Inc.  
Somali Community of Louisville  
Steam Exchange  
The Book Works  
University of Louisville Foundation, Inc.  
West Louisville Math and Science Project  
YMCA of Greater Louisville, Inc.

### 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
- 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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## SBDC Kentucky free webinars to elevate your business

Start Smart: Starting A Business in Kentucky Date: 6/29/2026 Time: 12:00 PM - 1:00 PM  
 Understanding the SUPERPOWER of Sales Date: 6/30/2026 Time: 12:00 PM - 1:00 PM  
 Fund Smart: Understanding Business Financing Date: 7/1/2026 Time: 12:00 PM - 1:00 PM  
 Plan Smart: Understanding Business Planning Date: 7/3/2026 12:00 PM - 1:00 PM  
 Fund Smart: Understanding Business Financing Date: 7/8/2026 Time: 7:00 PM - 8:00 PM

Register at <http://www.kentuckysbdc.com/>



## Community involvement needed for 30th street corridor planning feedback survey

You've got thoughts that need to be heard! Your feedback will help ensure the future of the 30th Street Corridor reflects the needs, history, and vision of the Russell community! If you did not attend the May 7 Stakeholder Meeting or June 3 Community Open House, watch the recording [here](#) before completing this survey.



Please submit your survey responses by Tuesday, June 30.

Russell: A Place of Promise (RPOP), together with the design team at Perkins & Will, is leading a planning effort focused on the 30th Street Corridor, from Market Street to Garland Avenue, and from South 28th Street to Louis Coleman Jr. Drive. This corridor includes more than \$500 million in recent and planned community investments, including RPOP's future campus at 30th & Madison, the Norton Healthcare Sports & Learning Center, Eclipse Apartments, ElderServe, Elliott Park, Bezos Academy, Goodwill's Opportunity Campus, Norton West Louisville Hospital, the Nia Center, and other major neighborhood assets.

The goal of this effort is to create a safer, more connected, and more welcoming corridor for residents, families, seniors, youth, businesses, and visitors. The planning team is exploring improvements such as sidewalks, street trees, lighting, public art, wayfinding, safer crossings, gathering spaces, traffic calming, and stronger connections between neighborhood destinations.

**30TH STREET CORRIDOR PLANNING FEEDBACK SURVEY**  
 WE WANT YOUR FEEDBACK  
 You've got thoughts and we want to hear them! Your feedback will help ensure the future of the 30th Street Corridor reflects the needs, history, and vision of the Russell community!  
 WATCH NOW  
 Check out our YouTube, social bios or website for more details!  
 Complete survey by Tuesday, June 30  
 Click Survey link in bio or go to [www.russellpromise.com/events](http://www.russellpromise.com/events)  
 RUSSELL: A PLACE OF PROMISE @RUSSELLPLACEOFFROMISE WWW.RUSSELLPROMISE.ORG

This survey is intended for people who attended the meeting live or watched the presentation afterward. Your feedback will help guide future design recommendations, identify community priorities, and support future funding opportunities for infrastructure improvements, brownfield cleanup, beautification, redevelopment, and long-term investment throughout the corridor.



Your input will help ensure the future of the 30th Street Corridor reflects the needs, history, and vision of the Russell community. Find the survey at the following link: [30th Street Corridor Planning Feedback Survey](#) or QR code.

For more information about Russell: A Place of Promise (RPOP) and our corridor planning work visit our website at [www.russellpromise.org](http://www.russellpromise.org)

**LOUISVILLE, KENTUCKY**  
**EST. 1969**  
**DIRT BOWL**  
**SHAWNEE PARK**  
**SCHEDULE**

SATURDAY • JUNE 27TH	SUNDAY • JUNE 28TH
1:00 PM TALENTED MINDS VS DTF	1:00 PM KY BOURBONS VS WHO'S NEXT GP
2:00 PM EUNOIA SPURS VS WICKTOWN	2:00 PM KUTT-IT-TUTT CLIPPERS VS KY HEADHUNTERS
3:00 PM ALGONQUIN PARK VS BLUEGRASS KINGS	3:00 PM 502 BAD BOYS VS D3 LEGENDS
4:00 PM DOWN TO WIN VS MAMBA MENTALITY	4:00 PM TEAM REDEMPTION VS CHURCH LEAGUE
5:00 PM ★ WOMEN'S DIRT BOWL GAME ★	5:00 PM ★ WOMEN'S DIRT BOWL GAME ★
6:00 PM GREED TRAIL BLAZERS VS PARKHILL	6:00 PM JEWELL PARK UNIVERSITY VS EAST END
7:00 PM HOMETEAM VS BREEWAY WARRIORS	7:00 PM LKLS VS GDC

PRESENTED BY OUR COMMUNITY PARTNERS  
 Metro UNITED WAY Central Bank PARK DUVALLE  
 Wing STATION AMIRACLE-ADE WATERS FAMILY  
 SPECIAL THANKS TO DISTRICT 5 COUNCILWOMAN **DONNA PURVIS**

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- Healthy eating habits and physical activity encouraged with nutritious snacks provided daily
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For pricing, locations near you or, if you prefer, you may register at 502.587.7405 or [ymcalouisvillechildcare.org](http://ymcalouisvillechildcare.org).

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- 18 WEEK PROGRAM**  
 Amped's next Immersive Cohort runs from August 25 - November 24, 2025! Step one of the application process is attending an in-person interest session. Sign up for a session using the QR code below!
- EARN CERTIFICATIONS**  
 Our program includes pre-training covering computer fundamentals, followed by a 12-week fully immersive training designed to prepare you in earning your CompTIA A+ certification.
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## Free career training for young adults 18-24

Ready to launch a career in the environmental industry? Your opportunity starts now! Blueprint 502 is now accepting applications for the next Brownfields Training cohort! If you're 18-24 years old and looking to gain valuable skills, earn industry-recognized certifications, and prepare for a rewarding career, this FREE training program could be the perfect fit. Up to 7 federal certifications, 261 hours of hands-on training (6-8 weeks), **Up to a \$500 stipend** upon successful completion, Career pathways with earning potential of \$50,000-\$90,000+ annually and TARC passes available for participants.



Training includes 40-Hour HAZWOPER, CPR/First Aid, EPA Lead RRP, Asbestos Abatement Worker, 8-Hour HAZWOPER Supervisor, CDL License\* (Limited spaces available) and DOT Hazardous Materials (\*Limited spaces available). Apply today at <https://form.jotform.com/241964838269170> or by scanning the QR code. Questions? Contact Julian McCrary at (502) 208-8548 or [Brownfields@Blueprint502.org](mailto:Brownfields@Blueprint502.org).

## 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*

Lemony Kale with Toasted Almonds		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving		% Daily Value*
<b>Calories</b>	188.9 kcal	9 %
<b>Total Fat</b>	8.1 g	13 %
Saturated Fat	0.8 g	4 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	263.8 mg	11 %
<b>Total Carbohydrate</b>	24.1 g	8 %
Dietary Fiber	6.5 g	26 %
Sugars	6.6 g	
<b>Protein</b>	11.5 g	23 %
<b>Vitamin A</b>	763 %	<b>Vitamin C</b> 461 %
<b>Calcium</b>	37 %	<b>Iron</b> 20 %

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## Horoscopes

**Aries 3/21-4/19** The Page of Pentacles represents enthusiasm for new beginnings and new ventures. This week, you are being encouraged to express your creative talents in some way. Have you been thinking about starting something but haven't taken the first steps to get it off the ground? This card wants you to take those imaginative ideas you've been toying with and start working toward manifesting them. By remaining focused and applying a strong work ethic, you give yourself the ability to turn your dreams into a reality.

**Taurus 4/20-5/20** Get ready to sit high upon your throne this week! The Queen of Swords is incredibly perceptive, embodying an intellectual sharpness and maturity that helps her tune out the noise of emotion and outside opinion. You could be facing a decision now or in the near future, and this card is serving as a reminder to rely on your logic and to look at all the facts before proceeding. You have an abundance of experience and wisdom that you can draw upon, so make sure to utilize it.

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

**Cancer 6/21-7/22** The possibilities are truly endless for you right now! The 3 of Wands is signaling that you will have an abundance of opportunities to expand your horizons in some way. Look beyond your current circumstances for a moment and consider your future. What is it that you envision for yourself? Now is not the time to think small. Your potential is limitless, so take advantage of these opportunities as they present themselves to you. The greatest successes lie beyond your comfort zone.

**Leo 7/23-8/22** You could be on the verge of a decision that will have a long-lasting impact! You've been at this crossroads for a while, unsure of which path to go down. The Judgement card knows the best choices come from the perfect blending of head and heart. This will require you to look to your past for tangible lessons you've learned, but you must also connect with your inner self and listen to what your intuition is trying to tell you. This is the week to make your decision -- and you already have everything you need to do so.

**Virgo 8/23-9/22** Have you had your head in the clouds recently? The Knight of Pentacles is urging you to come back down to Earth and apply effort to your ideas this week. Maybe you've been suffering from a case of "all talk and no action." Alternatively, you could be putting off your day-to-day responsibilities in favor of more exciting offers. No matter what your situation, you're being encouraged to create a plan of action or stick to a routine, as progress is best achieved through discipline.

**Libra 9/23-10/22** This could be the week you finally release something that has been hanging over you for far too long. The 6 of Swords serves as a reminder that, although it may be difficult, sometimes we have no choice but to move on from a challenging situation. What have you been holding onto that has prevented you from creating a brighter future for yourself? Now is the time to let this go once and for all. This won't be an easy task, but ultimately, it is the right thing to do.

**Scorpio 10/23-11/21** The line between pleasure and pain is razor thin! The Devil represents your habits, temptations, and vices -- all the things that activate your shadow side and lead you away from your true self. You're being called to examine whether short-term gratification is creating a long-term problem. This week, consider your actions. Are you truly in control? Are these behavior patterns healthy? What are the benefits besides temporary satisfaction? If you've been going overboard, now is the time to pull back before you veer too far off course.

**Sagittarius 11/22-12/21** 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.

**Capricorn 12/22-1/19** 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.

**Aquarius 1/20-2/18** 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.

**Pisces 2/19-3/20** The 5 of Cups indicates you've been allowing yourself to wade in a sea of regret and disappointment. While the pain you're feeling is very real and shouldn't be minimized, it isn't a free pass to stay stuck in this mode forever. By choosing to focus on your perceived failures or mistakes, you can't see the positive things right in front of you, nor can you move on toward greener pastures. There's still hope, and it's important this week that you find where that hope is and shift your attention to that. *Tarot.com*