

July 12th-July 18th
2026

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Issue
#164

Octavia Harper Earns 4.0 GPA in Kentucky State MBA Program

Family, focus, and a clear goal helped Octavia Harper turn more than two decades of military experience into academic success at Kentucky State University. The Memphis, Tennessee, native completed a Master of Business Administration in Executive Leadership as a member of the Class of 2026, earning a 4.0 GPA while building on more than two decades of military experience.

Harper is a U.S. Air Force veteran who retired as a master sergeant after 21 1/2 years of service, including work as a senior budget analyst for the 164th Airlift Wing of the Tennessee Air National Guard. Her military connection also extends across her family. Her husband, Robert L. Harper Jr., retired as a chief master sergeant from the Air National Guard after 23 years of service, and their son, Robert L. Harper III, is a senior airman with the Kentucky Air National Guard while attending college full time.

“As a U.S. Air Force veteran, military service shaped my character by instilling discipline, integrity, resilience, and a strong sense of responsibility,” Harper said. “It taught me how to lead under pressure, work effectively with teams at every level, and remain focused on achieving goals despite challenges.”

Those values carried into her next decision: finding a graduate program that fit her goals, recognized her service, and offered the flexibility to keep moving forward. Harper said Kentucky State’s military-connected tuition rate for service members, including retirees, was a key factor in her decision to attend the University. KYSU Global, Kentucky

(cont. to pg. 2)



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What to Do in the Lou

7/16 *Cultured in the Courtyard* 5PM-9PM Copper & Kings 1121 E. Washington St. info@culturedcheeseshop.com 502.656.8742

7/16 *Northwestern Neighborhood Place Back-to-School Event* 10AM-12PM Shawnee Neighborhood Place 4018 W. Market St. 502.485.7230 *free

7/17 *A Night w/Russ Smith: Mr. & Mrs. Bourbon* 6PM-9PM Seven 815 E. Market St. cheers@nrandmrsbourbon.com

7/17 *Downtown Drive-In: The Princess & the Frog* 7:30PM Brown Forman Amphitheater 1301 River Rd. www.louisvilledowntown.org *free

7/18 *Kem 7PM Iroquois Amphitheater* 1080 Amphitheater Rd. www.iroquoisamphitheater.com

7/18 *South Jefferson & Cane Run Neighborhood Places Back-to-School* 9AM-11AM Valley High School 10200 Dixie Hwy www.louisvilleky.org *free

7/18 *Old Lou Farmer’s Market* 9AM-12:30PM 6th and Park info@oldloufarmersmarket.com 502.640.6971 *EBT/SNAP

7/18 *First Neighborhood Place Back-to-School Event* 10AM-2PM Newburg Apostolic Church 4817 E. Indian Trail www.louisvilleky.org *free

7/18 *Saturday in the Park* 11AM-3PM Joe Creason Park 11AM-3PM Joe Creason Park 1297 Trevilian Way www.louisvilleky.gov *free

7/18 *Saturday Soul: Soulful House Music* 3PM-7PM The Presley Post 734 W. Main St. Suite 106 kafecalloway1973@gmail.com *free

7/19 *Sunday Farmers Market* 10AM-2PM The Train Depot 2230 Buechel Ave thetraindepotlouisville@gmail.com 502.888.3944 *Every Sunday

7/19 *Free Yoga in Shelby Park* 10AM-11AM Shelby Park 600 E. Oak St. *Every Sunday 502.456.1623 shelby@olmstedparks.org

7/19 *All Together Now: A Summer Market* 4PM-8PM FOKO 991 Logan St. kafecalloway1973@gmail.com *free

7/19 *Laughter & Pain Comedy Show* 6PM-9PM Roots: African American Museum 124 N. 1st St. 502.384.1940

7/19 *Baby Face Ray & 42 Dugg 4 the Trenches Tour* 8PM Old Forester’s Paristown Hall 724 Brent St. www.kentuckyperformingarts.org

7/20-24 *Art Camp* 9AM-1PM Metro Arts Community Center 8360 Dixie Hwy 502.937.2055 \$60

7/21 *A Century on the Fairway* 11AM-1PM Cresent Hill Golf Course 3110 Brownsboro Rd. www.louisvilleky.org *free

This Week’s Issue

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Kentucky Performing Arts Spaces For All Fund Applications for the 2026/2027

In-kind support of between \$1,500 and \$5,000 may be awarded. No cash is awarded. In-kind support will be applied toward venue expenses with the exception of the deposit. Applicants will be asked to communicate the amount of support they are requesting between \$1,500 and \$5,000. Exclusions include social events, political events, set costs, costumes, catering and artist fees. Awards are for a single, arts-based project to be presented in a KPA venue. Artists/organizations must have an operating budget of \$500,000 or less and meet at least one of the following requirements to apply:

- Applicants must have a (no cost, no obligation) hold at a Kentucky Performing Arts venue and begin the estimate process PRIOR to applying for support.
- Be a registered 501(c)3, Be mission based and Represent and/or serve youth or historically underrepresented communities
- Communities served: Greater Louisville area including the following counties: Bullitt, Hardin, Henry, Jefferson, Meade, Oldham, Nelson, Shelby, and Spencer counties in Kentucky; Clark, Floyd, Harrison, Scott, and Washington counties in Indiana
- Present underrepresented art forms and funds must be used by June 30, 2027. For general questions about the program or process, please email spacesforall@kentuckyperformingarts.org or visit www.kentuckyperformingarts.org.



making her assignments more practical and meaningful.

“It demonstrates that with focus, determination, and consistent effort, I can achieve the goals I set for myself,” Harper said.

Everett Bracken, Director of Military & Veteran Affairs at Kentucky State, said Harper’s success reflects the focus military-connected students bring to the University.

“Octavia’s story is a powerful example of how military-connected students build on service, experience, and purpose as they pursue their academic goals,” Bracken said. “Her success shows what can happen when discipline, perseverance, and the right support come together.”

Through Military & Veteran Affairs, Kentucky State supports veterans, active-duty service members, reservists, National Guard members, military spouses, dependents, and military families as they pursue their academic and professional goals. Bracken, a Gulf War combat veteran who served eight years in the U.S. Army, brings firsthand military experience and professional expertise to the role, including work with the U.S. Department of Veterans Affairs and the Kentucky Department of Veterans Affairs.

Harper encourages other military-connected students to take full advantage of Military & Veteran Affairs, saying Bracken’s “support, guidance, and thorough follow-through” helped ensure her journey was completed with accuracy.

As founder and chief executive officer of Strategic Organizational Support, LLC, a small business consulting and insurance agency, Harper plans to use her MBA to pursue opportunities as an adjunct professor at a historically Black college or university and continue her education through doctoral studies in business law.

This is the first in a series of stories highlighting military-connected students and graduates at Kentucky State University.

(cont. from pg. 1) State’s online learning program, also provided a flexible pathway to complete the MBA while balancing work, family, and community commitments.

“My MBA journey through KYSU Global represents a major milestone for me,” Harper said. “The 4.0 GPA accomplishment and transformative growth I have achieved will open new doors and create career opportunities that would not have been possible otherwise.”

The degree also carries a broader personal meaning for Harper, who sees her achievement as a message to other former service members considering whether to return to school.

“I am a true example to retirees that it is never too late to believe in yourself and achieve your dreams,” Harper said.

Her 4.0 GPA, Harper said, reflects the same discipline, resilience, and work ethic that supported her throughout the program. She also applied real-world business and leadership experience to her coursework,



YMCA Youth Sports Build Skills and Confidence in West Louisville

The YMCA of Greater Louisville offers a variety of [youth sports programs](#) that help children stay active, learn teamwork, and build confidence in a fun and supportive environment.

Young athletes in West Louisville can participate in sports such as basketball, soccer, NFL Flag Football, baseball, tee-ball, cheerleading, and field hockey, with programs designed for a wide range of ages and skill levels. The YMCA focuses on sportsmanship, character development, and healthy competition, ensuring every child has the opportunity to grow both on and off the field.

As a not-for-profit organization, we are committed to ensuring our programs, memberships, and services are available to all. Ask about [financial assistance](#). Through youth sports, the YMCA continues to strengthen families and empower young people throughout West Louisville. Register at www.ymcalouisville.org.

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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FIND YOUR TEAM

YMCA OF GREATER LOUISVILLE

FALL SPORTS

the Y YMCA

REGISTER TODAY!

[financial assistance](#). Through youth sports, the YMCA continues to strengthen families and empower young people throughout West Louisville. Register at www.ymcalouisville.org.

SBDC Kentucky free webinars to elevate your business

Plan Smart: Understanding Business Planning Date: 7/15 & 7/27 2026 12:00 PM - 1:00 PM
"AI Day" What's New & What's Next With AI 7/16/2026 12:00 PM - 1:00 PM
Start Smart: Starting A Business in Kentucky Date: 7/21/2026 Time: 7:00 PM - 8:00 PM
Fund Smart: Understanding Business Financing Date: 7/22/2026 Time: 7:00 PM - 8:00 PM
HR Strategies for Building a Strong Childcare Team 7/23/2026 12:00 PM - 2:00 PM
Fund Smart: Understanding Business Financing Date: 7/31/2026 Time: 12:00 PM - 1:00 PM

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



The Better Angels Lavine Fellowship

Applications deadline: July 19, 2026 11:59PM

Eligibility:

- Your film must focus on an American historical subject, issue, or person within a time frame occurring at least twenty years prior to submission (prior to 2006) and must present a variety of perspectives grounded in extensive and thorough research. The majority of the film must be historically focused to qualify. We invite submissions employing a broad range of storytelling devices and archival materials, which should be integral to the story.
- Applicants should submit a 20-minute continuous sample; the sample can be from a rough or fine cut of the feature-length project.
- Short films are ineligible.
- Submissions must follow journalistic standards and consider multiple perspectives. Industrial, promotional, “advertorial”, advocacy, and instructional films are ineligible. No product placement or paid messaging is permitted. If a submission uses AI, the project must identify when and where AI is used and adhere to the [Archival Producers Alliance’s Best Practices for Use of Generative AI](#).
- A film previously submitted to the Library of Congress Lavine/Ken Burns Prize for Film can be submitted to the Fellowship if it was not previously awarded.

[Apply now.](#)



First One’s Free: Newcomers can claim a free pro soccer ticket

Louisville’s professional soccer clubs are teaming up with Kroger to grow the game through the “First One’s on Us” ticket initiative! Fans who have never attended a Louisville City FC or Racing Louisville FC game at Lynn Family Stadium are now able to claim one free ticket to their first game courtesy of Kroger.

To redeem visit www.lynnfamilystadium.com/first/. A representative will be in contact to confirm eligibility and deliver your ticket. Requests are accepted until 5 p.m. the day before games.

Center for Neighborhoods & RUSSELL A PLACE OF PROMISE present the

Historically Black Neighborhoods & Districts

Space is limited! Sign up by August 7th!

Neighborhood Institute

Berrytown | Smoketown | James Taylor | Newburg | California Park Hill | Algonquin | Chickasaw | Parkland | Shawnee Park DuValle | Russell

Register by visiting CFN's and RPOP's websites or scan the QR code

6 Thursday Sessions starting August 20 - September 24
Graduation Saturday, September 26
Dinner served at 5:30pm | Sessions 6pm - 8pm
Sessions are in-person and rotate locations in neighborhoods

Food provided

Center For Neighborhoods The Lucille Leggett Neighborhood Institute

The Lucille Leggett Neighborhood Institute: Historically Black Neighborhoods & Districts

Russell: A Place of Promise & Center for Neighborhoods are teaming up to bring you the Lucille Leggett Neighborhood Institute focused on historically Black neighborhoods and districts in Louisville!

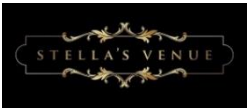
This community education program is designed to equip resident leaders with the skills and resources to initiate positive change in the community through their neighborhood. Classes meet six Thursdays starting August 20. Locations will vary each week and be held in one of the neighborhoods. Graduation will be held on Saturday, September 26 at the Western Branch Library in Russell!

Dinner will be provided! Attendance is free, but space is limited, and advance registration is required. The Lucille Leggett HBND Neighborhood Institute is open to all neighborhoods, but priority will be given to residents living in: Smoketown, Parkland, Algonquin, James Taylor, Park Duvalle, Shawnee, California, Newburg, Park Hill, Berrytown, Chickasaw, and Russell

Lucille Leggette was a true pillar of the Russell neighborhood and Louisville community. Born in Mobile, Alabama, she worked with Dr. Martin Luther King Jr. in the Civil Rights Movement and moved to Russell in the 1970s. She taught in Tennessee and Kentucky and volunteered tirelessly, helping youth, seniors, and beautifying her beloved neighborhood of Russell. Lucille passed away in 2019 at the age of 100.



Scan the QR code to register or visit www.rhop.com for more information.



Level Up Leadership Training: Elevate people. Transform outcomes.

Get out of your comfort zone July 23rd from 8:45AM-3PM and focus on developing collaborative leadership through coaching and conflict resolution with facilitators Amy Goodson and Betty jeune. Coffee and lunch will be provided. register today to secure your spot!

- Creating a Coaching Culture: Turning Everyday Conversations into Performance & Engagement Drivers with Amy Goodson
- From Clash to Connection: Improv Tools for Innovative Conflict Resolution with Betty Jeune

Please limit your registration to two persons per organization or business. As this is a **free event**, we would like to ensure that the opportunity to attend is available to a wide audience. Any remaining available tickets will be released two weeks before the event. You will be notified via email and can then encourage other members of your team to register. As part of your registration you will be asked to complete pre-work in the form of a survey and a worksheet that must be completed ahead of the training that should take about 20 minutes of your time. Contact cpothead@louisville.edu for more information.

Healthy Recipes



Lentil Nacho / Taco Meat

Serves: 4-5 Est. cost: \$2.70
Est. cost per serving: \$0.65



Ingredients:

- 2 cups lentils (red,black, green)
- 3 cups water (stock or broth)
- Salt to taste
- 1 cup walnuts, chopped (optional)
- 1 tbsp coconut oil (choice of oil)

Nacho/ Taco Spice Blend:

- 1 ½ tsp cumin, ground
- 1 tsp paprika powder
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tbsp chili powder
- ¼ tsp oregano, dried
- 1 tsp black pepper
- 1 tbsp liquid amino OR
- 1 tbsp Worcestershire

Lentil Meat w/ Roasted Walnuts

Nutrition Facts

Serving Size1 Serving

Amount Per Serving

Calories291.7

% Daily Value*

Total Fat19.7 g25 %

Saturated Fat3.8 g19 %

Trans Fat0 g

Cholesterol0 mg0 %

Sodium787.7 mg34 %

Total Carbohydrate21.8 g8 %

Dietary Fiber6.5 g23 %

Total Sugars1.8 g

Added Sugars0.7 g1 %

Protein11.7 g

Vitamin D0 mcg0 %

Calcium53.2 mg4 %

Iron3.9 mg22 %

Potassium467.3 mg10 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full info at cronometer.com

Equipment: Stove, serving plate / bowl, two medium pot with lid, knife, cutting board, can opener

Directions: *Lentils*

- 1.Rinse your lentils with fresh water before boiling to remove any dust or debris.
2. Cook on the stovetop, using 3 cups of liquid (such as water or stock) to 1 cup of dry lentils. Be sure to use a large enough saucepan as the lentils will double or triple in size.
3. Bring to a boil, cover tightly, reduce the heat, and simmer until they are tender.
 - For whole lentils, the cook time is typically 15-20 minutes. For split red lentils, the cook time is typically only about 5-7 minutes. Be sure to season with salt after cooking. *If salt is added before, the lentils will become tough.
 - Canned / Steammed lentils are also another great time saving option – just be sure to rinse them under fresh water for about one minute to reduce the sodium content. Cook as directed on the package.

Taco / Nacho Meat

- Toast Walnuts in oven at 400°F for 3-5 mins OR in a conventional oven on the toast setting.
- Season lentils with 1 packet of taco seasoning (OR add ground cumin, paprika powder, garlic powder, onion powder, chili powder, oregano, and black pepper after cooking them as directed).
- Mix walnuts into lentils. (Optional: Squeeze fresh lime juice over the meat substitute blend.)
- Use as nacho meat or taco meat and add your favorite toppings! Enjoy!

Health Benefits: Lentils are a great source of healthy protein, are high in fiber, and are a source of iron, selenium, and folate. Chickpeas/ Garbanzo beans: are a great source of healthy protein, are high in fiber, and a source of manganese, folate, copper, iron, zinc, magnesium and more.

References:

1. Recipe provided by LA Dixon
2. Taco seasoning spice blend: <https://www.allrecipes.com/recipe/46653/taco-seasoning-i/>

Horoscopes

Aries 3/21-4/19 Your message for the week is one about creating more balance in your life. The Tarot gives you many opportunities to consider this theme, but The World card is quite possibly the ultimate expression of that need. This card is encouraging you to look at every realm of your existence -- emotional, physical, mental, and spiritual. Have you been lacking harmony in one of these areas? If so, you're being advised to not only figure out how to achieve that balance, but how to maintain it as well.

Taurus 4/20-5/20 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.

Gemini 5/21-6/20 Don't be intimidated by this card! The Death card is one of the more commonly misunderstood cards in the Tarot. It doesn't represent a physical death -- rather, it's about transformation of the self and letting go of the things that are no longer serving us. What have you been holding onto that you need to let go of? Ending this chapter of your life could pave the way for something far greater down the road. This week, notice opportunities to move on from whatever it is that's been holding you back from the future you deserve.

Cancer 6/21-7/22 The 4 of Pentacles wants you to focus on your relationship with money this week. Are you saving your money, while also still indulging in life's little luxuries? Or are you hoarding every penny you have because you're afraid you're going to lose everything? Examine what is driving this mindset. Don't allow your feelings around finances to distract you from effectively managing your wealth and setting yourself up for long-term success. You can have fun now, while still having security later.

Leo 7/23-8/22 Don't let fear get the best of you! The Moon indicates that lingering hang-ups from a past experience could creep up this week, flooding you with memories you'd just as soon forget. This could be something you tried to stuff down into your subconscious, hoping it would work itself out over time. Instead of attempting to ignore the issue, choose to bring it out of the shadows and heal yourself. It might be painful at first, but keep in mind that the burden you've been carrying has also hurt you over time.

Virgo 8/23-9/22 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.

Libra 9/23-10/22 Have you felt like you're juggling too many things at once? This week, the 7 of Cups recognizes you have many competing priorities, and while it's noble to lend your energy to so many different things, it has proved impossible to give the right amount of attention to any one of them. As a result, one or more of those areas have suffered. Choice can be our friend, but it can also be our enemy. Now is the time to figure out where your time and energy is best spent.

Scorpio 10/23-11/21 The 2 of Cups recognizes that partnership is going to be center stage for you this week. This partnership could be of the romantic variety, or it might be a something you've built with a platonic or professional ally. Even though the relationship you have with this person is still in the early stages, it has the potential to grow into something that will benefit the both of you long-term. Spend time cultivating this relationship now, while also rejoicing in the fact that your combined forces and mutual admiration will take you both far.

Sagittarius 11/22-12/21 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.

Capricorn 12/22-1/19 This week the 9 of Pentacles is inviting you to savor the fruits of your labor. You've been putting your blood, sweat, and tears into your goals, and you are now seeing deserved success as a result of your efforts. This is the time to take advantage of the material comfort you've created for yourself. So, go ahead and book an expensive spa package. Take yourself on a trip. Buy that expensive bottle of wine you've been eyeing. You've more than earned the right to splurge!

Aquarius 1/20-2/18 You may feel compelled to go above and beyond for others this week! The 6 of Pentacles is a card of generosity, charity, and giving and receiving. This could be in a literal sense, indicating that you may give someone a loan or some other kind of financial support. However, this could also be a time when you are generous in spirit, helping someone move, lending advice, or offering much-needed support to a loved one going through a tough time. Some of the most treasured gifts we give to others are free.

Pisces 2/19-3/20 The 3 of Pentacles wants to acknowledge that you're on the right track! Are you working toward something new right now? This card is encouraging you to keep going. Regardless of how grandiose this idea is, you have the skills and capabilities to make it happen. This week is the time to do your homework and prepare, creating a comprehensive plan if you don't have one already. And don't be afraid to reach out to others for help -- teamwork could take you further than you expected. *Tarot.com*