

Aug 16th-Aug 22nd
2026

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Issue
#167

New Stage. A Renewed Legacy.

Louisville Central Community Centers to Launch State-of-the-Art Grand Lyric Theater Through Family Arts Academy, Featuring The Curtis Family C-Notes

Louisville Central Community Centers, Inc. (LCCC) proudly announces the grand opening of the Grand Lyric Theater, marking a transformative cultural milestone in the heart of the Russell neighborhood. Located at 1300 W. Muhammad Ali Blvd, the new (cont. under photo)



Beyond the Walls of the Y

The YMCA of Greater Louisville is more than just a gym. It's a place where lives are changed every day. Together with our members, donors, volunteers, and community partners, we are strengthening the community, supporting families, and creating opportunities for people of all ages to thrive.

In 2025, the YMCA served 113,898 community neighbors, helping address critical needs in education, healthy living, youth development, and more. Through YMCA Safe Place Services, 630 youth and young adults received case management, mentoring, and basic needs support as they worked toward brighter futures. More than 560 children and adults gained life-saving skills through YMCA Safety Around Water, 7,690 children played youth sports, 9,084 received before-and after-school care, and more than 165,625 meals were served to children, youth, and adults through YMCA programs.

At the heart of our mission is a simple promise: No one is turned away from the YMCA because of an inability to pay. We believe every child, every family, and every individual deserves the opportunity to belong, grow, and succeed, regardless of financial circumstances. Thanks to the generosity of our community, the YMCA provides income-based financial assistance for memberships, youth programs, School-Age Child Care, and YMCA Camp Pioningo. This commitment ensures that everyone has access to the programs and services that build confidence, improve health, and strengthen connections.

Together, we are building a healthier, more connected Greater Louisville where everyone has the opportunity to reach their full potential. To learn more about the YMCA's impact in our community, visit www.ymcacomunityimpact.org.

venue represents the visionary redevelopment of the historic Old Walnut Street campus—transforming a former industrial block into a vibrant community and cultural hub. The theater's name honors the rich history of "Old Walnut Street," a once-thriving African American commercial and cultural corridor impacted by 1960s urban renewal.

"This is more than a building; it is a renewed legacy. We are transitioning from an industrial past to a creative future, ensuring this theater serves as a stage for community empowerment for generations to come." — Dr. Kevin E. Fields, Sr., President and CEO Of LCCC

The Grand Lyric's opening celebration will feature a "big impact week" (August 17th to August 22nd) of programs and events that bring children, families, business and civic leaders, and cultural icons together under a common banner of family and community development.

While the grand opening commemorates the successful completion of a major community revitalization project, LCCC is actively pivoting toward (cont. pg. 2)

What to Do in the Lou

8/20-30 KY State Fair KY Expo Center 937 Phillips Ln. www.kystatefair.org *\$12 w/free parking online

8/20 Music in the Park 11AM-1PM Sun Valley Park 6616 Ashby Ln.

www.louisvilleky.gov

8/20 Cultured in the Courtyard 5PM-9PM Copper & Kings 1121 E. Washington St.

info@culturedcheeses.com 502.656.8742

8/20 Shively Night Live 10PM Whirling Tiger 1335 Story Ave www.thewhirlingtiger.com

8/21 KKP Boudoir Pool Party 4:30PM-8:30PM River Run Family Park 224 Daisy Ln.

New Albany, IN www.eventbrite.com

8/21 Movie in the Park: Hoopers 7PM Gateway Park 500 Little League Blvd.

Clarksville, IN info@clarksvilleparks.com *free

8/21 Midnight Star w/Special Guest Digital Ground 8PM Ky State Fair 937 Phillips Ln.

www.kystatefair.org 502.367.5000

8/22 Meet the Barnyard Babies 9AM-12PM Haymarket 3020 River Rd. \$5

8/22 Family Canoe Day 10AM-1PM Chickasaw Park 1200 Southwestern Pkwy *free

w/equipment provided

8/22 Community Resource Day 12PM-3PM Home Away from Home Therapeutic Center

849 S. 37th St. 502.653.9732

8/22 Pull Up & Park: One Helluva Day Party 4PM-9PM Smokeasy 566 S. 5th St.

www.smokeasycigarlounge.com

8/22 8th Annual Latin Music Awards KY 8PM-10:30PM Fourth Street Lice 411 S. 4th St.

www.latinmusicawardsky.com

8/24 Yoga at West Sixth Nulu 6PM-9PM 817 E. Market St. *every Monday/pay what you can

8/25 Build & Pitch: A Live Pitch Session for Founders 5PM-7PM Mashup Food Hall

www.amplifylouisville.com

8/29 Black Boy Joy Conference 2026

10AM- 3PM Burnett Baptist Church 6800 S. Hurstbourne Pkwy

cortezhampton89@gmail.com

8/30 Women in Film Panel & Industry Mixer: Mary Clay Boland 3PM-6PM Lex Studios

425 Codell Dr. www.womeninfilmmky.org

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This Week's Issue

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Meet the Barnyard Babies!

Spend a summer morning with some of the Farm’s newest arrivals in the Haymarket Gardens. Meet and interact with playful baby goats visiting from Ashbourne Farms, including this season’s triplets, along with a special appearance from our Mama Donkey and her foal. It’s a chance for little ones and grown-ups alike to enjoy a touch of farm life in the city. While you're there, enjoy our Chef’s Omelette Station, available from 9:00 AM – 11:00 AM and featuring fresh ingredients and Stella’s Lucky Eggs from Ashbourne Farms.

Admission is \$5 per person and available for purchase at entry. Admission includes access to the Haymarket Gardens, family friendly games, and opportunities to meet and interact with the visiting farm animals. Food and beverages will be available for purchase separately.

Haymarket Gardens 3020 River Road Louisville, KY 40207
502.576.5760 customer-service@haymkt.com

(cont. from pg. 1) long-term operational sustainability. The organization is issuing a formal call-to-action for funding partners, stakeholders, performing artists, producers and community leaders to join a newly formed Operating Advisory Group. This leadership collective will support the ongoing economic viability of the Grand Lyric Theater as a premier magnet for the arts and a catalyst for continued investment across West Louisville.

Building upon the momentum of its opening season, the Grand Lyric Theater is thrilled to announce an upcoming week-long residency featuring the acclaimed, San Francisco-based soul and funk family band The Curtis Family C-Notes ("C-Fam"). Known for their vibrant multi-instrumental performances, appearances on America's Got Talent (Season 16), and recognition as "The San Francisco First Family of Song," the family group will headline a series of community events at LCCC.

Family Arts Camp (August 17 – 20) Engaging local youth and families in interactive workshops in creative arts, music programming, and entertainment industry essentials — built on the Curtis Family's newly announced performance-workshop curriculum, "Me, We & The Power of Community: Songs of Triumph."

VIP Gala (August 20) Corporate and civic leaders will gather for a Midsummer Night's Soirée, an exclusive evening of fine dining and entertainment, celebrating community partnership, arts education, and cultural enrichment.

Community Concert Series (August 21 – 22) Unforgettable live performances with the C-Notes and friends on the Grand Lyric Theater stage showcasing their signature soul, funk, and R&B repertoire.

Inside the Camp: "Me, We & The Power of Community" — Songs of Triumph The Curtis Family has unveiled the camp's performance-workshop curriculum, drawing its name from a legendary moment by Louisville's own Muhammad Ali: at a 1975 Harvard lecture, when a voice in the crowd called out "Give us a poem," Ali answered with two words — "Me! We!" Every camp session opens in that spirit, with campers chanting the mantra: "Me! We! Community! Me! We! Collectively!" Across the week, campers will trace the true origins of American music — from the spirituals and blues born of America's enslaved Africans through gospel, jazz, rock 'n' roll, R&B, and funk — while building real vocal technique, learning rhythm and music theory through games, and discovering the art of the griot: storytelling through song and dance. Participants will learn all three verses of "Lift Every Voice and Sing," rehearse side by side with the C-Notes, and take the Grand Lyric stage during the residency's gala and weekend concerts.

For additional information contact 502.583.8821.

Upcoming Classes at Norton West Louisville Hospital

MS 101 Workshop

Course provides education and teaches you strategies to successfully manage MS, along with helping you find important resources.
Wednesday, Aug. 26
10 a.m. to 12 p.m.
Community Education Center
850 S. 28th St.
Register: (502) 629-1234, option 4
MS 101 Workshop

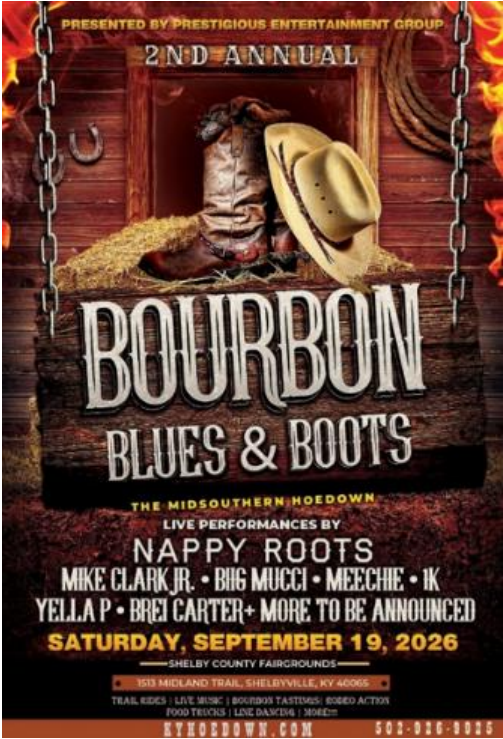
Neuro Art of Mindful Living - 6 class series

This series is for anyone living with a neurological disease (i.e. stroke, Parkinson's, MS, memory disorder, epilepsy, migraine, etc.) and a caregiver/guest. Lunch is provided.
Wednesdays (1st of 3rd of each month) starting Sept. 2 - ending Nov. 18
11 a.m. to 1 p.m.
Community Education Center
850 S. 28th St.
Neuro Art of Mindful Living

Stroke Prevention and Education

Friday, Sept. 4
1 to 2:30 p.m.
Community Education Center
850 S. 28th St.
Register: (502) 629-1234, option 4
Stroke Prevention and Education

These programs are made possible by Norton Healthcare Foundation. Learn how you can make a difference at www.nortonhealthcarefoundation.com. For more information contact 502.632.8100



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
Vines Wine Bar & Spirits Shop 1985 Douglas Blvd.

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SBDC Kentucky free webinars to elevate your business

HR Strategies for Building a Strong Childcare Team 8/19/2026 7:00 PM - 8:00 PM

Childcare Business Blocks: 8/20/2026 Time: 12:00 PM - 2:00 PM

Start Smart: Starting A Business in Kentucky Date: 8/25/2026 Time: 7:00 PM - 8:00 PM

Business Launch Training Lab: From Idea to Action Date: 8/26/2026 Time: 5:30 PM-7:00 PM

Fund Smart: Understanding Business Financing Date: 8/26/2026 Time: 7:00 PM - 8:00 PM

Register at www.kentuckysbdc.com Looking for a free business mentor? Sign up on the website!



New Software Helps Make Environmental Research Easier to Understand

Developed by Kentucky State University research associate Ife Familusi, FluxDash helps students and scientists understand how forests, farms, and other landscapes interact with the atmosphere

Specialized research towers using mounted sensors are able to continuously measure things like carbon dioxide, water vapor, heat, and air movement. These towers use a research method known as eddy covariance, which tracks what moves between the land and the air above it.

The information they collect can help scientists answer important environmental questions: Is the land storing carbon or releasing it? How much water are plants using? How does a landscape respond to drought, changing weather, or human activity? How well are former mine lands recovering?

But while the towers produce an enormous amount of data, turning those numbers into useful findings can require advanced training and several different computer programs.

Kentucky State University Research Associate Ife Familusi developed his own program called FluxDash to make that work easier to learn and perform. The desktop software guides users through reviewing environmental measurements, finding possible problems, filling gaps in the data, and creating charts and summaries that are easier to understand.

“Environmental data analysis can be intimidating for students and early-career researchers because it often requires several software environments, technical decisions, and processing steps,” Familusi said. “FluxDash was created to bring those steps into one learning-focused platform so users can see what goes into the analysis without being overwhelmed by the entire technical depth at once.”

With Familusi’s program, users can turn raw readings into daily, monthly, and annual summaries. They can estimate how much water moves from soil and plants into the atmosphere, determine whether a landscape stores or releases carbon, and create tables and graphics for reports and presentations.

A built-in record also documents the choices users make as they analyze the information. That feature helps students and researchers explain how they reached their conclusions and allows others to review or repeat their work.

“FluxDash transforms a complicated research process into a more approachable teaching and analysis tool,” said Dr. Buddhi Gyawali, professor of geospatial applications, human dimensions, and climate studies. “Students can begin working with important environmental information while also learning the scientific decisions behind the results.”

Familusi earned his Master of Science in Environmental Science and Technology from Kentucky State in December 2024. His graduate research drew upon 12 combined years of observations from a Central Kentucky pasture and a deciduous forest to examine how the two landscapes exchange carbon dioxide with the atmosphere. That work contributed to studies published in the scientific journals Atmosphere and Forests.

Since completing his degree, Familusi has continued working with the University’s Soil Health Laboratory and Center for Geospatial Intelligence and Environmental Security. He also oversees the flux tower supporting Kentucky State’s land-reclamation research work in Eastern Kentucky.

At the Martin County site, researchers examine how vegetation returns to former mine lands, how water moves through the landscape, and how well those areas recover over time. The work also provides students and early-career professionals with practical experience collecting and interpreting environmental information.

“FluxDash has strong potential as both a teaching aid and a practical research tool,” said Dr. Maheteme Gebremedhin, chair of the School of Agriculture and Natural Resources and associate professor of soil science. “It helps students understand how measurements collected in the field become meaningful information about the health and performance of an ecosystem.”

The software is expected to support training in ecosystem monitoring, climate resilience, geospatial environmental science, and carbon-cycle research at Kentucky State and among collaborating research partners.

Part of the data used to develop and test FluxDash came from the eddy flux installation in Martin County, Kentucky. The installation received support through two U.S. Department of Agriculture Evans-Allen grants: “Ecological Resilience and Extreme Weather Events: Impacts on Small Farmers, Landowners, Rural & Urban Communities” (accession No. 7003276) and “Studying Long-term Agroecosystems Changes in Reclaimed Mine Land Properties in Eastern Kentucky” (accession No. 7005721).

The U.S. Department of Energy’s “Geospatial-Artificial Intelligence Enhanced Curriculum for Minority Serving Institutions” grant (award No. DE-EM0005308) also supported the work. Dr. Gyawali directs all three projects.

The program and its supporting materials are available through the project’s GitHub repository.

Farmer’s Markets

- 8/22 Old Lou Farmer’s Market 9AM-12:30PM 1336 S. 6th St. *Every Saturday/EBT SNAP Accepted
- 8/22 Germantown Farmers Market 9AM-1PM 1101 E. Kentucky St. info@germantownfarmersmarket.net *Every Saturday
- 8/23 West End Farmers Market 3PM-7PM California Park 1104 S. 16th St. www.change-today.org *Bi-weekly

Free Yoga in Central Park

Every Saturday 10AM-11AM Central Park 1340 S. 4th Street
Instructor: Yani Nicole Old Louisville Jiu Jitsu Academy
Dress comfortable and bring water and a yoga mat
Friends of Central Park central@olmstedparks.org
www.olmstedparks.org 502.456.8125

Healthy Recipes



Watermelon & Cucumber Salad

Serves: 4 **Est. cost:** \$10.00-\$13.00 **Est. cost serving:** \$2.50-\$3.25

Ingredients:

- ½ medium watermelon
- 2 cups strawberries, s l i c e d
- 1 medium cucumber, thinly sliced
- 1 cup feta cheese, crumbled
- 10 ea mint leaves, fresh
- Dash of salt

Equipment: Knife, cutting board, large mixing bowl, mixing spoon, refrigerator

Directions: *Lentils*

1. In a medium mixing bowl add the watermelon, strawberries, cucumber, feta cheese, mint leaves, and salt. Mix well.
2. Chill for 10 minutes in the refrigerator before serving. Enjoy!

Health Benefits:

Watermelon is a great source of water, vitamin A, vitamin C, potassium, and magnesium. Vitamin C is beneficial to our immune system and it helps prevent damage caused by chronic stress on the body. As well, watermelon is high in cucurbitacins, which is a phytonutrient that has anti-tumor and anti-inflammatory properties. Try watermelon is a smoothie, as a snack, or frozen as a popsicle.

Cucumbers are packed with vitamin C, vitamin K, magnesium, and potassium. Cucumbers are packed with tannins, which is an antioxidant that has been shown to lower blood pressure. Try cucumbers in a dill salad, smoothie, or chickpea salad.

References: *Recipe provided by Kristin Schaefer.*



per

Nutrition Facts

Serving size: 1 cup	
Servings: 4	
Amount per serving	
Calories	144
% Daily Value*	
Total Fat 8.3g	11%
Saturated Fat 5.7g	28%
Cholesterol 33mg	11%
Sodium 421mg	18%
Total Carbohydrate 12.5g	5%
Dietary Fiber 2g	7%
Total Sugars 8.5g	
Protein 6.5g	
Vitamin D 0mcg	0%
Calcium 211mg	16%
Iron 1mg	5%
Potassium 284mg	6%

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

Avocado Toast

Serves: 1 **Est. cost:** \$4.00 **Est. cost per serving:** \$4.00

Ingredients:

- ½ 1 slice bread, toasted
- 1/2 Avocado, sliced
- 2 oz (¼ cup) protein of choice (e.g. boiled egg, canned sardine, tuna, salmon)
- 1 small tomato, sliced
- 1 pinch dried rosemary or other herb
- 1 pinch salt
- 3 tbsp sprouts (optional)

Equipment: Cutting Board, Knife Toaster, optional

Directions: *Lentils*

1. On the toast, layer avocado, protein, and tomato.
2. Season with herbs and salt.
3. Top with sprouts and enjoy!

Health Benefits:

Avocados contain healthy fats, anti-aging, disease fighting antioxidants, and nearly 20 vitamins and minerals, making them highly nutritious. Avocados contain vitamins E, C and K, magnesium, and potassium, folate, and magnesium

Sardines: Not only are they an excellent source of protein, vitamin B12, vitamin D and calcium (containing more than 20% of the Daily Value), but they're also a good source of iron (containing more than 10% DV). Plus, canned sardines contain close to 100% of the recommended daily intake of omega-3 fatty acids

References: 1. Recipe from Angelina Andriacchi, 2024.



Avocado Toast	
Nutrition Facts	
Serving Size	1 full recipe
Amount Per Serving	
Calories	267.3
% Daily Value*	
Total Fat	14.3 g 18 %
Saturated Fat	2.4 g 12 %
Trans Fat	0 g
Cholesterol	15.9 mg 5 %
Sodium	204.6 mg 9 %
Total Carbohydrate	25.1 g 9 %
Dietary Fiber	7.6 g 27 %
Total Sugars	2.9 g
Added Sugars	1.5 g 3 %
Protein	12.9 g
Vitamin D	1.1 mcg 5 %
Calcium	105.9 mg 8 %
Iron	2.2 mg 12 %
Potassium	656.1 mg 14 %

* 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

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Horoscopes

Aries 3/21-4/19 You could find yourself committed to a new cause this week! The Hierophant is a card that represents belief systems, traditions, and institutions. You may have been feeling lost, aimless, and in need of direction. If you’ve been considering joining a new group, now is the time! Being surrounded by people of a similar mindset could offer you the type of community you’ve been missing. These allies could eventually become a powerful source of support as you explore the person you’re becoming.

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 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.

Cancer 6/21-7/22 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.

Leo 7/23-8/22 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.

Virgo 8/23-9/22 The 5 of Pentacles acknowledges that you’ve fallen on hard times recently. Have you suffered a job loss? Are finances not flowing as easily as you’d like them to? These kinds of struggles don’t just take a toll on your pocketbook -- they can become emotional, mental, and spiritual burdens as well. Don’t shoulder the weight of the world by yourself. This week you’re being encouraged to call out to your friends and family for help. All difficult periods pass eventually, but they pass much more easily when you have support.

Libra 9/23-10/22 Victory is yours this week! The 6 of Wands is a card of resolution and honor. It’s indicating that not only have you worked hard and achieved your goals, but you’re starting to gain recognition because of them. Have you gotten praise from higher ups at your company for your efforts on a project? Have you put a new health regimen into place and others are taking notice? Soak it in. You may be inclined to brush off this kind of recognition, but now is not the time to bashful. It’s OK to be acknowledged for your achievements, so bask in this moment.

Scorpio 10/23-11/21 Your breakthrough moment has arrived! The Ace of Swords signals that the fog is lifting, and you have greater mental clarity this week. It may feel as though you’re viewing the world through a brand-new lens, one that helps you cut through the noise and get to the heart of the matter. Is a situation not what it seems? Has someone been deceiving you? Have you been deceiving yourself? You’re being handed an opportunity to clear the air and see things for exactly what they are.

Sagittarius 11/22-12/21 The Strength card is signaling that you have the inner fortitude needed to gracefully navigate a difficult situation in your life. It’s easy to get lost in emotions like anger, sadness, fear, or shame, but you’re being called to rise above that this week and remain calm in this time of adversity. Don’t act on your base instincts. Instead, embrace your more compassionate and forgiving side. This allows you to become a silent warrior who remains in control not only of yourself but the situation as well.

Capricorn 12/22-1/19 Has it felt like you’ve been shouldering the weight of the world? The 10 of Wands acknowledges an immensely heavy burden you’ve been carrying around. It’s possible you’ve taken on too much in trying to meet your goals, and now it’s essential you ask for help or scale back on what you’ve committed yourself to. This may be a tough pill to swallow, because there are issues of pride and an unwillingness to delegate at play. However, you’ve reached a point where your ability to meet your goal is compromised. You deserve to enjoy life, so ask for that helping hand this week.

Aquarius 1/20-2/18 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.

Pisces 2/19-3/20 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. *Tarot.com*

