

Aug 30th-Sept 5th
2026

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Issue

#168

Black Wrestling Champions Book Earns National Recognition for Kentucky State Professor

David L. Shabazz receives Outstanding Book Award during National Association of Black Journalists Convention

Black Wrestling Champions Book Earns National Recognition for Kentucky State Professor

A Kentucky State University professor’s work to preserve an often-overlooked chapter of sports and cultural history has earned national recognition from the National Association of Black Journalists.

Dr. David L. Shabazz, associate professor of communication, received an Outstanding Book Award for Pro Wrestling’s Black World Champions during the NABJ Convention in Atlanta.

The book documents Black professional wrestlers who captured major world championships in the United States and internationally. It places their achievements within the broader histories of sports, media, race, representation, and popular culture.

“These athletes were not simply entertainers,” Dr. Shabazz said. “They were pioneers who challenged racial barriers, represented their communities, and helped professional wrestling reach new audiences.”

Dr. Shabazz received the award Aug. 13 after participating in the NABJ Author’s Showcase. During the approximately 30-minute session, he discussed his research in an interview with David Squires, a longtime member of the NABJ Sports Task Force and professor at North Carolina Agricultural and Technical State University.

“I attended the Author’s Showcase looking forward to discussing the book and sharing the stories of these important champions,” Dr. Shabazz said. “I was genuinely surprised when I received the Outstanding Book Award. It made the experience even more meaningful.”

Pro Wrestling’s Black World Champions examines athletes from different eras, wrestling organizations, and regions of the world. It also considers the importance of representation in an industry in which Black performers historically faced limited



Photo by Cedric Brooks

opportunities, racial stereotypes, and barriers to reaching its highest levels. Dr. Shannon Brogan, chair of the School of Humanities, said Dr. Shabazz’s work exemplifies the public impact of faculty scholarship.

“Through his research and writing, Dr. Shabazz brings overlooked histories into public view,” Dr. Brogan said. “This recognition reflects both the significance of his scholarship and his commitment to telling stories that deserve a wider audience.”

An educator with more than two decades of experience, Dr. Shabazz. (cont. pg. 3)

What to Do in the Lou

- 9/1 *Rio Da Yung OG Live* Mercury Ballroom 611 S. 4th St. www.touringwithrio.com
- 9/3 *Cultured in the Courtyard* 5PM-9PM Copper & Kings 1121 E. Washington St. info@culturedcheeseseshop.com 502.656.8742
- 9/3 *The Blend: Impact* 5:30PM-8:30PM 734 W. Main St. Suite 106 www.thepresleypost.com
- 9/3 *Herb Class Series: Herbal Uses, History & Gardening Workshop* 6PM-7PM 1050 S. Main St. Scottsburg, IN 812.752.1050
- 9/3 *After Work Kickback Bourbon Heritage Month: Bourbon, Blues & Boots Kickoff* 6PM-10PM Paristown Hall Christy’s Garden 724 Brent St. 502.584.7777 *free
- 9/4 *KY Flea Market Labor Day Spectacular* 10AM-5PM www.kentuckyfleaemarket.com
- 9/4 WorldFest 11AM-11PM Belvedere 141 N 6th St. www.louisvilleky.gov/government/city-events/worldfest
- 9/4-5 & 9/7 *Picnic Lunch + Afternoon Cruise* 12PM-2PM Belle of Louisville 401 W. River Rd. www.belleoflouisville.org
- 9/4 *Cowork Connect Create* 12PM-5PM The Presley Post 1734 W. Main St. suite 106 www.thepresleypost.com *free
- 9/5 *Southern Indiana Cars & Coffee* 8AM-11AM Storming Crab 1360 Veterans Pkwy Clarksville, IN
- 9/5 *Fleur Flea Outdoor Vintage Market* 10AM-5PM Louisville Waterfront Park Great Lawn 231 Witherspoon St. www.thefleurdelflea.com 502.533.2688
- 9/5 *Kentuckiana Showdown* 10AM-6PM Cox Park 3730 River Rd. 502.572.4242
- 9/5 *Vintage & Vinyl: Riverstage Night Market* 5PM 100 Riverside Dr. Jeffersonville, IN www.jammininjelf.com *free
- 9/5 *Godzilla (1954) & Godzilla vs Destoroyah (Double Feature)* 7:30PM Iroquois Amphitheater 1080 Amphitheater Rd. www.iroquoisamphitheater.com *free entry
- 9/5 *Afroman* 8PM Mercury Ballroom 611 S. 4th St. www.ticketmaster.com
- 9/5 *8 Up Jam Session* 8PM-12P 8 Up 350 W. Chestnut St. 502.631.4180 *free entry
- 9/6 *Rally 4 Recovery 2026* 12PM-4PM Central park 1340 S. 4th St. www.peopleadvocatingrecovery.org
- 9/6 *7th Annual Miss Fall Harvest Pageant* 10AM The Venue at Roberts Family Farm 115 Kennedy Rd Guston, KY www.bombhead.com
- 9/6 *All White Labor Day Weekend Day Party* 6PM-11PM Ice House 226 E. Washington St. www.goodtimersentertainment.com
- 9/6 *Nathan Young Never Say Goodbye Car Show* 4PM-9PM 8620 Preston Hwy 502.994.2825 nathanyoungneversavgoodbye@gmail.com
- 9/8 *Pickleball 101* 5:30PM-7:30PM Baird Urban Sports Park 615 W. Main St. www.louisvilledowntown.org/urbansportspark.com *free

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This Week’s Issue

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Editor’s Note: “Sometimes it’s okay to be selfish when you’re taking care of you. Put yourself first sometime.”

Nominate outstanding Kentucky education support staff for the 2026 RISE Award

Gov. Andy Beshear’s Office, in partnership with the Kentucky Department of Education, has opened the nomination window for the 2026-2027 Kentucky Education Support Staff Professional Award. The top two nominees also will be considered for the national 2027 Recognizing Inspirational School Employees (RISE) Award. Enacted by Congress in 2019 and overseen by the U.S. Department of Education (USED), the RISE Award recognizes classified school employees who have displayed exemplary service to students in pre-kindergarten through high school. From driving students to school or preparing their meals, to working with partner agencies to ensure essential needs are met, classified employees serve in a variety of vital – and often overlooked – roles.

Eligible candidates must work in any of the following occupational specialties: paraprofessional, clerical and administrative services, transportation services, food and nutrition services, custodial and maintenance services, security services, health and student services, technical services and skilled trades. The nomination period will close at 11:59 p.m. ET on Oct. 9. Each nominator can submit up to two candidates for consideration by contacting jennifer.ginn@education.ky.gov.

(cont. from pg. 1) teaches journalism, radio, podcasting, and photography. He was named the Kentucky Communication Association’s 2019 Educator of the Year and the College Media Association’s 2020 Broadcast Adviser of the Year. His newspaper columns and scriptwriting also have received recognition from the Society of Professional Journalists and the Broadcast Education Association.

Across his teaching, research, and creative work, Dr. Shabazz frequently explores African American representation, sports communication, media, and popular culture. That focus made recognition from the nation’s leading organization for Black journalists especially meaningful.

“NABJ has always understood the importance of telling stories that might otherwise be ignored or forgotten,” Dr. Shabazz said. “For this organization to acknowledge a book devoted to preserving the history of Black professional wrestling champions is something I deeply appreciate.”

The National Association of Black Journalists supports Black journalists and advocates for greater representation throughout the media industry. Its annual convention brings together journalists, educators, students, authors, and media leaders for professional development, networking, and discussions about journalism and Black communities.

Dr. Shabazz hopes the recognition will introduce the book to new readers and encourage broader discussion of the athletes whose achievements helped transform professional wrestling.

“This award is not only about the book,” Dr. Shabazz said. “It is also an acknowledgment of the champions whose stories deserve to be remembered. Their accomplishments are an important part of sports history, media history, and Black history.”

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 p.m. 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

Your \$10,000 grant opportunity is waiting

Don’t miss out—Digital Ready’s \$10,000 grant opportunities are open now, as part of over \$1M in total funding this year. The application is open all year round, so there’s never been a better time to apply. Apply in two steps: Complete two Digital Ready resources, then submit your application at any point during the year. Once you apply, you remain eligible throughout the year for the opportunity to be awarded a \$10K grant.

Who can apply? Owners of for-profit small businesses based in the United States, Puerto Rico, or the U.S. Virgin Islands who are 18 or older may apply. Owners of multiple businesses may apply for one business only. Register and complete any combination of two free courses or events anytime in 2026 to unlock the grant application. Apply once to remain eligible for \$10,000 grants awarded throughout the year.

Applications will be reviewed monthly from June through December 2026. Each month, 10 small businesses will be selected for grants. If you are not selected in a given month, your application will remain under consideration for the remainder of 2026. All applicants will receive a final decision by January 12, 2027. Visit www.digitalready.verizonwireless.com for more information.

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 Faire 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

Start Smart: Starting A Business in Kentucky Date: 9/8/2026 Time: 7:00 PM - 8:00 PM
Fund Smart: Understanding Business Financing Date: 9/9/2026 Time: 7:00 PM - 8:00 PM
Business Launch Training Lab: From Idea to Action Date: 9/22/2026 Time: 6:00 PM-7:30 PM
Entrepreneurship Through Acquisition 9/26/2026 9:30 PM - 12:00 PM St. Matthews Eline Library
Register at www.kentuckysbdc.com Looking for a free business mentor? Sign up on the website!



YMCA Empowers Newcomers with New American Welcome Center Services

The YMCA of Greater Louisville’s New American Welcome Center (NAWC) empowers newcomers to become self-reliant, connected, and contributing members of our community. Through the NAWC, we focus on the following:



- **Language & Education:** English as a Second Language (ESL) classes and tutoring
- **Health & Wellbeing:** Access to YMCA wellness resources and youth/family programs
- **Citizenship & Civic Engagement:** Community orientation, local engagement, and referral to civic education resources
- **Economic Integration & Employment:** Employment readiness training and job search support
- **Community Development:** Cultural and language clubs, volunteer connections, and partnerships with See Forward Ministries and Newcomer Academy

The Y is a place where everyone belongs. We understand the challenges newcomers face and walk alongside them with resources, guidance, and compassion. NAWC services are available at the Chestnut Street Family YMCA and Southeast Family YMCA. Most services and programs are free or low-cost and open to immigrants and refugees of all ages and backgrounds. Find out more: <https://www.ymcailouisville.org/programs/community/new-american-welcome-center>

Growing Forward with Play on Words



What a prolific summer! We've explored a variety of writing styles and genres and shared some amazing stories. Don't let your story be the last flower to bloom as this summer season ends.

Join POW Inc. on 9/5 at the Waterfront Botanical Gardens. We'll explore past, present and future writing while strolling the gardens and building a beautiful bouquet of flowers that exemplifies our growth. Hosted by Darleen Horton, Director, Community Violence Intervention Programs.

As always, entrance to WFBG is free, and we'll provide refreshments and POW kits for those who need them. We look forward to ending the summer with you.

Free Registration www.playonwordsinc.org/events. After come Roll Bounce with us at Joy Ride in Shawnee Park from 4 p.m.-8 p.m.

Sista Strut 10TH ANNUAL BREAST CANCER WALK LOUISVILLE
Walk with Purpose. Strut with Power.

SEPTEMBER 12, 2026
RALLY STARTS AT 8AM | WALK STARTS AT 10AM
NORTON HEALTHCARE SPORTS & LEARNING CENTER
3029 W Muhammad Ali Blvd
Louisville, KY 40212

WHAT IS SISTA STRUT?
Sista Strut aims to heighten awareness about the issues of breast cancer in women of color, as well as provide information on community resources. Studies show that African American women are more likely to get breast cancer at a younger age and have a death rate from breast cancer higher than Caucasian women of the same age.

DID YOU KNOW?
African American women in the U.S. have a 41% higher death rate from breast cancer than white women.
African American women are more likely than white women to be diagnosed with breast cancer before age 40 and are more likely to be diagnosed with larger tumors.
Awareness of these issues will help survival rates with earlier diagnoses.

REGISTER & RECEIVE!
Your registration includes:
OFFICIAL SISTA STRUT T-SHIRT
SISTA STRUT DRAWSTRING BAG
GREAT SPONSOR GIVEAWAYS!

REGISTRATION FEES
NOW - JULY 31: \$15 PER PERSON, \$20 PER TEAM MEMBER
AUGUST 1 - AUGUST 24: \$20 PER PERSON, \$25 PER TEAM MEMBER
AUGUST 25 - SEPTEMBER 12: \$25 PER PERSON, \$30 PER TEAM MEMBER

SCAN TO REGISTER!
Secure your spot today and be part of a movement that saves lives!
FOR ADDITIONAL DETAILS visit REAL931.COM

Stronger Together. WALK. SUPPORT. SURVIVE.

INTERESTED IN BEING A VENDOR?
Email: thorgermundson@real931media.com for pricing and availability

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the Y
RECOGNIZING SERVICE, IMPACT, AND CHARACTER
YMCA OF GREATER LOUISVILLE
2026 YMCA Youth Character Awards

If you know an extraordinary teen who exemplifies the values of caring, honesty, respect and responsibility, nominate them for a YMCA of Greater Louisville Youth Character Award. Each honoree will receive \$2,500 in scholarships to support their academic and leadership pursuits.

Scan here to nominate a teen!
Nominations Accepted Through September 18

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FOOD TRUCKS | LINE DANCING | MORE!!!
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Farmer’s Markets

- 9/5 Old Lou Farmer’s Market 9AM-12:30PM 1336 S. 6th St. oldloufarmersmarket.com 502.640.6971 *Every Saturday/EBT SNAP Accepted
- 9/5 Germantown Farmers Market 9AM-1PM 1101 E. Kentucky St. info@germantownfarmersmarket.net *Every Saturday
- 9/5 New Albany Farmers Market 8AM-1PM 202 E. Market St. *Every Sat through Oct. namainstreet.org/farmers-market 812.946.6550
- 9/6 Sunday Farmers Market 10AM-2PM The Train Depot 2230 Buechel Ave. 502.888.3944 thetraindepottolouisville@gmail.com *Every Sunday through Oct.
- Norton Commons Farmers Market 12PM-3PM Norton Commons 6301 Moonseed St. Prospect, Ky
- 9/6 West End Farmers Market 3PM-7PM California Park 1104 S. 16th St. www.change-today.org *Bi-weekly

Community Yoga

*Every Saturday 10AM-11AM Central Park 1340 S. 4th Street
Friends of Central Park central@olmstedparks.org
www.olmstedparks.org 502.456.8125

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

Healthy Recipes



Sweet Potato Turmeric Soup

Serves: 5-6 Est. cost: \$15.00 Est. cost per serving: \$2.50-\$3.00

Ingredients:

- 1 tbsp coconut oil
- 1 cup yellow onion, chopped
- 4 garlic cloves, minced
- 1 tbsp chopped ginger
- 2 cups, sweet potato, peeled and diced
- 2 cups large carrots, chopped
- 1 tbsp turmeric
- ½ tsp sea salt
- ½ tsp black pepper (or cayenne pepper)
- 4 cups low-sodium vegetable broth or chicken broth
- 4 tbsp unsalted almond butter
- 15-ounce can unsweetened coconut milk
- Juice from one lime
- ¼ cup chopped cilantro (fresh)

Equipment: knife, cutting board, large pot with lid, serving spoon, small bowl, blender or immersion hand-held blender

Directions: Lentils

1. In a large pot, heat coconut oil over medium high heat. Add onion, by itself, and sauté for 3-4 minutes.
2. Then add garlic and ginger; sauté for 1 minute. Add sweet potato, carrots, turmeric, sea salt, and black pepper, and sauté for 1-2 minutes.
3. Deglaze with one cup of broth, then add the remaining broth and bring it to a boil. Reduce the heat to medium, simmer, and partially cover for 10 minutes, or until vegetables are soft.
4. Transfer the soup to the blender, add the almond butter, and blend until smooth. Pour the soup back into the pot, add coconut milk and lime juice. (Optional: use a hand-held immersion blender.)
5. Season to taste with salt, as needed, and heat through. Ladle into bowls; sprinkle with chopped cilantro. Enjoy!

Health Benefits:

Turmeric contains curcumin, a substance with powerful anti inflammatory and antioxidant properties. Turmeric helps increase antioxidant capacity and combat oxidative stress, which is especially beneficial for immune support, brain function, and heart health

Sweet potatoes are an excellent source of beta carotene, which can be converted to vitamin A and help support your immune system and gut health.

Recipe provided by Maya Lechowick, 2022



Sweet Potato Turmeric Soup		
Nutrition Facts		
Serving Size: 1 full recipe		
Amount Per Serving		% Daily Value*
Calories	1442 kcal	72 %
Total Fat	67.1 g	103 %
Saturated Fat	22.6 g	113 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	842.4 mg	35 %
Total Carbohydrate	197.3 g	66 %
Dietary Fiber	36.2 g	145 %
Sugars	42.1 g	
Protein	32.2 g	64 %
Vitamin A	474 %	Vitamin C 86 %
Calcium	77 %	Iron 87 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		

Chicken Salad Sandwich

Serves: 2 Est. cost: \$8.35 Est. cost per serving: \$4.18

Ingredients:

- 6 oz cooked skinless chicken breast, shredded or diced
- 2 tbsp mayonnaise
- 2 tbsp plain non-fat Greek Yogurt (or 4 tbsp yogurt only)
- 2 tsp Dijon mustard
- 2 tbsp red onion, diced
- 2 tbsp celery, diced (optional)
- 4 tbsp fresh parsley, chopped (or cilantro, dill, tarragon, mixed herbs)
- 1 tsp lemon juice
- Sea salt to taste
- Ground pepper to taste
- 4 slices whole wheat bread, toasted if desired
- 1 ea small tomato, sliced
- 1 cup baby spinach

Equipment: Chef’s knife, Mixing Bowl, Pan, Wooden Spoon
Directions: Lentils

1. In a medium bowl, combine chicken, mayonnaise, yogurt, mustard, onion, celery, and parsley.
2. Mix well and season with salt and pepper to taste.
3. Adjust ingredients as needed.
4. Top two slices of bread with half of the chicken salad mixture, tomatoes, and spinach.
5. Top with remaining slices of bread. Enjoy!

Health Benefits:

Whole Wheat Bread is high in fiber, which can aid in regulating the digestive system and blood glucose levels. Phyto-chemicals such as selenium and magnesium may help reduce the risk of certain cancers

Spinach is loaded with Vitamin C to support the immune system. Spinach also contains folate which can increase red blood cells and support the growth of nervous system.

References: Recipe from Reanetta Perkins, 2023



Chicken Salad Sandwich		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving		% Daily Value*
Calories	214.2 kcal	11 %
Total Fat	7.7 g	12 %
Saturated Fat	1.5 g	7 %
Trans Fat	0 g	
Cholesterol	46.8 mg	16 %
Sodium	337.2 mg	14 %
Total Carbohydrate	17.6 g	6 %
Dietary Fiber	2.9 g	12 %
Sugars	2.7 g	
Protein	18.8 g	38 %
Vitamin A	24 %	Vitamin C 16 %
Calcium	9 %	Iron 9 %
* 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 Rest, reflect, and recover. That is the message the 4 of Swords has for you this week. You may have faced a difficult situation recently, such as the loss of a job, the ending of a relationship, or issues related to money. This matter took a lot out of you, and now you might be feeling mentally, physically, emotionally, and spiritually drained. Take some time to recuperate and recharge. It’s important to give yourself this opportunity to reactivate yourself – it helps you go back into the world with a rejuvenated spirit and a new perspective.

Taurus 4/20-5/20 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.

Gemini 5/21-6/20 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.

Cancer 6/21-7/22 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.

Leo 7/23-8/22 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.

Virgo 8/23-9/22 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.

Libra 9/23-10/22 The Queen of Cups indicates emotional maturity, compassion, and a nurturing spirit. This week you are being called to express this energy in some way. Perhaps a friend will approach you with relationship troubles, or it could be that a colleague is coming to you for support with a problem they’re facing. When this happens, listen from the heart as they speak, but remain emotionally separated from the issue. While it may be tempting to dive head-first into the situation with them, understand that only they can work themselves out of their predicament.

Scorpio 10/23-11/21 An opportunity could present itself to you this week, and the King of Wands is acknowledging that you have the strength and fortitude to accept it! Have you shied away from leadership roles in the past? Have you felt overwhelmed by taking on more responsibilities? Now is the time to stand firm in your power and own the visions you have. The key to success is becoming very clear about where you want to go and setting realistic goals that will help you get there. Go out there and grab the brass ring!

Sagittarius 11/22-12/21 If you’ve been waiting for a sign from the universe about something, this is it! The Ace of Wands represents a new beginning and all the potential that comes with this new venture. This week you are being encouraged to pursue that new path or project you’ve felt passionately about but haven’t acted on yet. Use this time to take your first steps toward manifesting this goal. There’s no need to make huge leaps forward – even a small step forward is still a step toward your success.

Capricorn 12/22-1/19 You could find yourself approaching the finish line this week! The 9 of Wands recognizes the persistence and dedication you’ve put into a personal goal you’ve been working toward. Your initial goals and ideas were planted and have grown, and you are so close to finally reaching your destination. While the road may have been long and weary at times, this is no time to give up. Resilience is your greatest asset right now, so put on your battle armor and keep moving forward no matter what life may throw your way.

Aquarius 1/20-2/18 Keep an open heart and an open mind this week! The Page of Cups is urging you to go back to the time in your life when you were more childlike, more fearless, more idealistic. It could be that past or recent circumstances have made you more cynical and closed off as a way to shield yourself from getting hurt. While this approach can certainly help you avoid more pain, it may also prevent you from experiencing life’s pleasures. Don’t let your past dictate your future in this way. Learn to trust again.

Pisces 2/19-3/20 Temperance is a card of balance and moderation. Receiving this card signifies a need to keep a more go-with-the-flow attitude, practicing patience and adaptability as best you can. Perhaps you’ve been resisting a change in your life or letting a stressful situation get the best of you. If this is the case, change your approach this week. Allow things to slide off your back instead of meeting them with resistance. By finding your inner balance, you set yourself up to find your outer balance once again.

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