

Sept 20th-Sept 26th
2026

The Underground Lou

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Issue
#171

Funding What’s Next

From Business Plans to Bigger Possibilities Learning

Ten Louisville entrepreneurs are gaining access to capital through a new partnership between Park Community Credit Union, AMPED and the Community Foundation of Louisville.

Ten entrepreneurs from the 2026 AMPED Business Accelerator gathered at the AMPED Technology Center to sign for lines of credit through Park Community Credit Union.

Representing industries ranging from healthcare and transportation to retail, food service, wellness, consulting, digital media and professional services, each entrepreneur had different plans for putting the financing to work.

For Pamela Estrada, owner of P&S Creations, those plans include opening her first storefront.

“This is a wonderful opportunity. It means the world to me,” Estrada said. “Right now, I’m in the process of opening my storefront, and this \$25,000 line of credit is going to help me with inventory, equipment, and getting my doors open.”

The signing also welcomed the entrepreneurs as Park members and member-owners, beginning a financial relationship that extends beyond their lines of credit.

Access to capital is one part of the accelerator experience. James Clay, founder of The Cleaning Weirdos, points to the business knowledge he gained along the way.

“It’s helped me out so much, from A to Z, from finances to business documents, and becoming Green Status certified with the state of Kentucky. You learn everything you need to learn with this program,” Clay said.

AMPED provided the year-long Business Accelerator, combining business education and mentorship for Black- and Latino-led businesses. Park provided eligible participants with below-market-rate lines of credit, while the Community Foundation of Louisville provided a loan guarantee through Invest Louisville.

The guarantee expanded access to financing for emerging entrepreneurs who traditionally face barriers to securing business funding.

Access to capital can influence when a



storefront opens, whether a new service launches, or how quickly a small business can pursue its next opportunity. As those businesses grow, the benefit can reach further through the products, services and connections they bring to the communities around them.

For Chanson Calhoun-Bellamy, owner of Young Stars Performance Academy, growth could mean expanding services and *(cont. on pg. 2)*

What to Do in the Lou

9/22 Fall in Love With Parks & Rec: Silent Disco 5:30PM-7:30PM Joe Creason Park 1297 Trevillion Wy. www.louisvillky.gov *free

9/23 Waterfront Wednesdays 5PM Big Four Lawn 1001 River Rd. www.ourwaterfront.org

9/23 Candidate Forum: Mayoral Candidate Shameka Parrish-Wright 6PM-8PM University Club 200 E. Brandeis Ave. shameka4mayor@gmail.com

9/23 Waterfront Wednesdays After Party: Coop le Moderne 9PM Galaxie Bar 732 E. Market St. 502.690.6595

9/24-27 Bourbon & Beyond KY Expo Center 937 Phillips Ln. www.bourbonandbeyond.com

9/24 District 4 Community Conversation 1PM-3PM California Community Center 1600 St. Catherine St. 502.574.1100

9/24 40 Under 40 4:15PM-7PM Churchill Downs Racetrack-First Turn Club 700 Central Ave www.bizjournals.com

9/24 The Connect Networking Event 5:30PM-8PM Mashup Food Hall 750 E. Jefferson St. www.posh.com *free

9/24 Texas Hold'em 6PM Union Pub & Social 115 W. Chestnut St. Jeffersonville, IN 812.590.1285 *free

9/25 Free Movie Screening: 9 to 5 7:30PM Old Forester’s Paristown Hall www.kentuckyperformingarts.org

9/25 After Dark: Dom Haley Deep House & Club Music 9PM Galaxie 732 E. Market St. 502.690.6595

9/26 Black Azz Fishing Trip 8AM-2PM Lake Jericho 1317 Lake Access Rd. Smithfield, KY blackazzcamping@gmail.com

9/26 Pollinator Garden Workshop 11AM-1PM Alberta O. Jones Park 744 S. 23rd St. www.parksalliancelou.org/events *free

9/26 Karaoke Brunch Hosted by Ricky Smily 11AM-2PM Mellwood Arts Center 1860 Mellwood Ave www.thetaomegaques.com

9/26 Parkland Day Parade 12PM 2800 W. Broadway 502.200.5930

9/26 Western Library Block Party 12PM-3PM Western Library 604 S. 10th St. 502.574.1779 *free

9/26 Community Health Fair 12PM-3PM YMCA 930 W. Chestnut St. 502.587.7405 *free

9/26 Rhythm & Blues 9PM Headliners Music Hall 1386 Lexington Rd. www.headlinerslouisville.com

9/26 Big Don & MJ Ent: Libra Love 10PM-3PM Joe’s Palm Room 1821 W. Jefferson St. www.yardtixx.com

9/27 Goodtimers Annual Summer Blowout Dayparty Finale 5PM-10PM 4th St. Live 411 S. 4th St. www.goodtimersentertainment.com

9/29 Build & Pitch: A Live Pitch Session for Founders 5PM-7PM Mashup Food Hall 750 E. Jefferson St. www.amplifystartups.com

10/1 Adult Field Day 2.0 6PM-10PM Jubilee Field 529 E. Burnett Ave. www.jubilee-field.com/event

10/2 Still After Dark: KY’s First Sauna Festival 6PM-9PM Christy’s Garden Paristown Hall www.eventbrite.com *free

10/3 Chrisette Michele: Up Close & Personal 6PM The Bay Cigar Lounge 901 Eastern Blvd. Clarksville, IN www.eventbrite.com

10/9 Fun Friday Networking 12AM-12PM Metro United Way 334 E. Broadway 502.583.2821 *free breakfast/headshots

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This Week’s Issue

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COMMUNITY HEALTH FAIR

SATURDAY, SEPTEMBER 26, 12–3pm

Fun for the whole family. Health for the whole community.

The YMCA is teaming up with the Western Branch Library for a **FREE Block Party & Community Health Fair** for all ages! Come for the fun and stay for FREE health screenings, helpful resources and hands-on learning for the whole family.

FREE HEALTH SCREENINGS

- Blood pressure checks
- Glucose testing

HEALTH & WELLNESS RESOURCES

- Mental health information
- Hands-only CPR demonstrations and education
- Financial health education

COMMUNITY PARTNERS

Ford • Western Library • Norton Healthcare • UofL Health • Flourishing Peaceful Families • Transcend Credit Union

Support from Ford Global Caring Month helped make this possible.

WHERE:
10th and Chestnut Streets, including Chestnut Street Family YMCA and Western Free Public Library

Bring the family. Have some fun. Take a step toward better health!





Editor’s Note: “Learn to forgive the people who hurt you because you’re only hurting yourself when you don’t.”

(cont. from pg. 1) reaching more people.

“I teach kids who have autism. I work with the elderly. This line of credit opens so many doors for future contracts and being able to service more people,” Calhoun-Bellamy said.

Star Allen, owner of SLA Shuttle Service, sees another side of that impact.

“It means continued growth. It means to be able to give back to my community and to continue to support the businesses in the area,” Allen said.

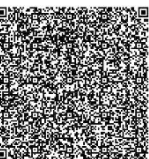
This work also connects directly to Park’s role as a Community Development Financial Institution. CDFIs work to increase access to financial services and capital in communities where those resources have historically been harder to access. For this year’s entrepreneurs, closing that gap means putting capital behind businesses already in motion and the people, services, and communities they serve.

For more information visit www.ampedlouisville.com.

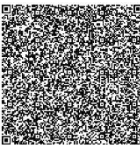


Congressional Black Caucus
Foundation Research Roundup
Black Policy in Brief

The future of Black political representation is at stake. Following the Supreme Court’s decision in *Louisiana v. Callais*, states are confronting new questions about how congressional maps are drawn—and what those changes could mean for the voting power and representation of Black communities.



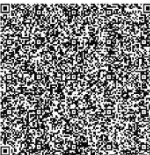
The new [2026 Midterm Watch: The Status of the CBC](http://www.cbcbfinc.org) website brings the evolving landscape into focus, tracking the potential implications for the Congressional Black Caucus and Black voters nationwide. Explore the resource to understand what’s changing, why it matters, and what’s at stake heading into the 2026 midterm elections.



For more information on the *Callais* decision, read the [explainer](#) or visit www.cbcbfinc.org.

Keeping Kids Fed: School Meals in the Wake of SNAP Cuts

Changes to SNAP eligibility under H.R. 1 could reduce food assistance for nearly 2 million children and put school meal access at risk for thousands more. This [fact sheet](#) examines how SNAP cuts could affect children’s access to free school meals and highlights strategies states, school districts, and Black communities can use to protect food security. Visit www.cbcbfinc.org for more information.



OFW Ambassadors Leadership Training Program 2027

The Office for Women Ambassadors is a six-month training program for women and gender diverse individuals who represent the diverse communities across Louisville Metro . Through the program, participants will develop and hone their leadership skills, learn about issues impacting women, and explore government and community programs available to women. The OFW Ambassadors will serve as community liaisons, sharing out information about vital community services and communicating back to government about the needs of women in their communities.

Eligibility Requirements:

- Applicants must demonstrate a commitment to and advocacy for improving the lives of women and/or girls and advancing gender equity.
- Applicants must be 18 or older. All ages over 18 welcome as we are striving for an intergenerational group.
- Applicants must live in one of the 26 Metro Council districts in Jefferson County (inside Jefferson County).
- Applicants MUST COMMIT to attending all training sessions. The training dates for 2027 are: January 14, February 18, March 18, April 15, May 13 and June 17 and training will take place from approximately 8:30-4:30 each day.
- Applicants who are not able to be seated in the OFW Ambassador 2027 cohort will be invited to join OFW Connection, a one day immersive training that is similar in kind on March 5, 2027.

YOU MUST COMMIT TO ATTEND ALL TRAINING DATES.

The training program is free, and food and transportation costs (bus tickets or parking) will be provided. Childcare will also be provided off site.

The Office for Women is committed to engaging the entire community of Metro Louisville in our work to promote gender equity. All programs of the Office for Women are open to the public. While there are unique civic engagement offerings for men, women and gender diverse individuals, we invite all to engage in programs that best suit your needs. If you have any questions, please feel free to reach out to the Office for Women at ofw@louisvilleky.gov.



APPLICATIONS CLOSE ON NOVEMBER 1, 2026.

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

Stop Wasting Hours: How to Put Your Small Business on Autopilot Date: 9/15/2026 12:00 PM-1:00 PM
Start Smart: Starting A Business in Kentucky Date: 9/15/2026 Time: 7:00 PM - 8:00 PM
Fund Smart: Understanding Business Financing Date: 9/16/2026 Time: 7:00 PM - 8:00 PM
HR Strategies for Building a Strong Childcare Team Date: 9/22/2026 12:00 PM-1:00 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!



Gilda's West welcomes all to enjoy a fun day of old-fashioned games, crafts, inflatables, and delicious treats

All ages are welcome to join a day filled with family-friendly fun for "Gilda's Old Fashioned Game Day" from 11 a.m.-2 p.m. on Saturday, September 26that Gilda's West, 1720 W Broadway. Activities will be located in front of the Republic Bank Foundation YMCA building. This event is FREE and open to all!

All ages are welcome! Family-friendly highlights include:

- Inflatables and face painting
- Food trucks and ice cream
- Music with a DJ and line dancing
- Sack races, corn hole, and volleyball
- Bingo and games
- A cakewalk and sweet treats
- Door prizes

Community partners will be on-site to provide additional resources for families affected by cancer, including Best Buy, Hosparus, Louisville Free Public Library, and the YMCA. For more information about "Gilda's Old Fashioned Game Day," please call 502-751-3865.

Upcoming Classes at Norton West Louisville Hospital

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

This program is made possible by Norton Healthcare Foundation. Learn how you can make a difference at www.nortonhealthcarefoundation.com. For more information contact 502.632.8100.



The countdown is on — 30 days to go until Dining for Dignity!

The countdown is officially on — Dining for Dignity is just 30 days away!

On October 18 at UAW Local 862, our community comes together on National Period Day to share a meal, celebrate, and raise the funds that put free period products into the hands of people across Kentuckiana. And we want you there.

Here's what's waiting for you:

- A powerful keynote from Metro Councilwoman Shameka Parrish-Wright
- Your host for the afternoon, Bella Rae of B96.5
- Live band line dancing with Sheryl Rouse and her band
- Great food, a mimosa bar, and a room full of people who believe, like you do, that no one should have to choose between dignity and a basic need

Every seat you fill means more products in the hands of people who need them. Whether you grab a single ticket or bring a full table of friends, you're fueling this work all year long — and you're in for a genuinely good time. 30 days go fast — grab your tickets today!



U.S Patent and Trademark Office Free Online Courses

- 10/6 Trademark Basics Boot Camp, Module 1: Fundamentals 2:00 p.m. ET
- 10/7 SOAR presents: Learn the three-step approach to filing a patent application without an attorney 1:00 p.m. ET
- 10/13 Trademark Basics Boot Camp, Module 2: Registration process overview 2:00 p.m. ET
- 10/20 Trademark Basics Boot Camp, Module 3: Searching 2:00 p.m. ET
- 10/22 Attend Patent Center and DOCX training 2:00 p.m. ET
- 10/27 Trademark Basics Boot Camp, Module 4: Application requirements 2:00 p.m. ET



Register at www.uspto.gov/about-us/events or contact TMWebinar@uspto.gov for additional information.

Farmer’s Markets

- *St Matthews Farmers Market* 8PM-12PM Beargrass Cristian Church 4112 Shelbyville Rd. *Every Sat.
- *Old Lou Farmer’s Market* 9AM-12:30PM 1336 S. 6th St. www.oldloufarmersmarket.com 502.640.6971 *Every Sat./EBT SNAP Accepted
- *Germantown Farmers Market* 9AM-1PM 1101 E. Kentucky St. info@germantownfarmersmarket.net *Every Sat.
- *Jeffersonville Farmers Market: Food, Drink & Live Music* 9AM-12PM Big Four Station 222 W. Market St. Jeffersonville, IN www.jeffmainstreet.org/farmers-market/ *Every Sat.
- *New Albany Farmers Market* 8AM-1PM 202 E. Market St. *Every Sat. through Oct. www.namainstreet.org/farmers-market 812.946.6550
- *Sunday Farmers Market* 10AM-2PM The Train Depot 2230 Buechel Ave. 502.888.3944 thetraindepotlouisville@gmail.com *Sun. through Oct.
- *Gray Street Farmers Market* 10:30AM-1:30PM LOUMED Commons 316 E. Chestnut St. www.publichealth.louisville.edu *Every Sat in Sept.

Community Yoga

*Every Sat. 10AM-11AM Central Park 1340 S. 4th St.
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

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)



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.		

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

Cherry & Hibiscus Sorbet

Serves: 3 Est. cost: \$5.20 Est. cost per serving: \$1.75

Ingredients:

- 2 cups water
- 1 cup hibiscus, dried
- 1 cup dark cherries, frozen
- 2 tbsp sweetener (e.g., agave, honey, maple syrup)



Hibiscus + Cherry Sherbet		
Nutrition Facts		
Serving Size 1 Serving		
Amount Per Serving		
Calories	150.7	
		% Daily Value*
Total Fat	0.7 g	1 %
Saturated Fat	0.6 g	3 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	18.8 mg	1 %
Total Carbohydrate	34 g	12 %
Dietary Fiber	2.2 g	8 %
Total Sugars	30.6 g	
Added Sugars	9.5 g	19 %
Protein	0.1 g	
Vitamin D	0.4 mcg	2 %
Calcium	63.4 mg	5 %
Iron	0.1 mg	0 %
Potassium	7.2 mg	0 %
* 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.		

Optional:

- ½ cup coconut milk (milk choice) – Sherbet option
- ½ cup pomegranate seeds
- 1 tsp ginger, fresh and grated

No milk = Sorbet

Milk option = Sherbet

Equipment: Blender or food processor, saucepan, bowl, airtight container (freezer-friendly)

Directions: *Lentils*

1. On medium-high heat, place water and hibiscus into the saucepan. Let it steep for 15-20 minutes.
2. The longer the more potent.
3. Strain hibiscus (optional), and place tea into a blender. Add cherries, coconut milk, and sweetener.
4. Blend until creamy and smooth. Add milk for the desired level of creaminess.
5. Place into freezer and chill at least 30 minutes before serving.
6. Top with fresh chopped mint, coconut flakes and/or granola. Enjoy!

Health Benefits:

Hibiscus provides an abundant amount of natural Vitamin C, great for hydration and muscle recovery for athletes and active individuals.

Cherries provide plentiful vitamins, antioxidants, and natural amounts of magnesium that help with sleep. reduce muscle spasms, and skin promoting properties, as well as help to reduce the risk of colon/prostate cancers.

References: Recipe provided by LA Dixon, 2023

Horoscopes

Aries 3/21-4/19 If you’ve been waiting for a sign to get started on an idea you’ve had, this is it! The Page of Swords indicates you’re filled with energy and excitement about a new project or venture. The question is, can you sustain this boundless enthusiasm once you get going? No matter which direction you choose in life, there are always going to be hurdles you’re going to have to overcome -- but don’t let that deter you. Know that by following your passions, you will be able to keep up this momentum.

Taurus 4/20-5/20 The Sun is truly shining down on you this week! This card represents abundance, optimism, success, and the warmth of a happy time in your life. It may be that you’ve been going through a tumultuous time in your life, feeling as though there wasn’t an end in sight. Well, it’s always darkest before the dawn -- and dawn has arrived! Through these obstacles you’ve learned a lot about yourself and have gained confidence from knowing that you can weather any storm. Enjoy this period of positivity because you’ve earned it.

Gemini 5/21-6/20 You’re going to learn that life is a balancing act this week! The 2 of Pentacles represents achieving harmony with opposing forces. Have you been called in different directions recently? Are what you want and what you need conflicting? Has work taken time away from your personal life or vice versa? This card wants you to take a step back and figure out where your priorities are. By knowing where you want to spend your time and energy, you can come up with a solution that sets you up for long-term success in all areas of your life.

Cancer 6/21-7/22 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.

Leo 7/23-8/22 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.

Virgo 8/23-9/22 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.

Libra 9/23-10/22 It’s time to celebrate! The 4 of Wands recognizes you’ve been putting forth great effort toward your goals. While it’s tempting to keep charging forward, it’s nice to pause and simply appreciate all that you’ve achieved so far. Allow others to share in this commemoration of your success. This can be anything from hosting a small celebratory dinner to throwing a raucous party. Remember, you can still strive toward your goals while stopping every once in a while to enjoy the fruits of your labor.

Scorpio 10/23-11/21 The 10 of Swords acknowledges you are going through a painful time right now. Perhaps you’ve been betrayed, or it could be you’re experiencing a period of things crashing down on you. These types of experiences are never pleasant to go through, but this week you’re being called to focus on the new beginning that this ending can make way for. Even though you may feel like you’ve hit rock bottom, take solace in the fact that there’s nowhere else to go but up. Remember, obstacles can be opportunities in disguise.

Sagittarius 11/22-12/21 Receiving The Hanged Man could indicate a major shift in perspective is coming this week. Alternately, it may mean that some sort of sacrifice is needed. The process The Hanged Man wants you to undergo in the days ahead may feel uncomfortable, but it can lead you to a much-needed release of negative past patterns that are no longer serving you. What have you been holding on to, and how have these beliefs held you back? This week you’re being encouraged to let go of them once and for all.

Capricorn 12/22-1/19 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.

Aquarius 1/20-2/18 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.

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

