

Oct 4th-Oct 10th
2026

The Underground Lou

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Issue
#173

Ask Attica joins the Underground Lou with new 'Ask Attica' column

Have your political questions answered every week

Honorable Attica Scott is a former Kentucky State Representative, trusted civic educator and political agitator who breaks down public policy from an insider's perspective so that folks can understand how government operates, influence legislation, and build power. During her time serving as the first Black woman in the Kentucky state legislature in nearly 20 years, she spearheaded policies focusing on Black maternal health, The CROWN Act, eliminating the tax on menstrual hygiene products and baby products, providing free menstrual hygiene products to incarcerated women, Breonna's Law, supporting creative art therapies, and expanding Medicaid coverage for lactation support services, breastfeeding equipment, and doula services. Her work continues through her #AskAttica podcast and her #CivicsIn60 videos.

She previously worked for nearly a decade as an Action Learning Coach at County Health Rankings & Roadmaps, a collaboration of the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute. She also served for nearly a decade as the Coordinator of Kentucky Jobs with Justice and was an Adjunct Faculty member at Jefferson Community and Technical College and Bellarmine University. She became a global ambassador in 2015 as an English immersion teacher in Taining County, Fujian Province, China.

Attica is a regional Connector and west Louisville Connector with Leadership Louisville and was honored with the Ms. Foundation for Women 2011 "Woman of Vision" Award. Attica's influence and political power was highlighted in 2019 by the Kentucky Gazette featuring her as one of the most Notable Women in Kentucky Politics and Government. In 2021, "Today's Woman" magazine readers voted her the Most Admired Woman in Politics. In 2022, both Kentucky State University and Zeta Phi Beta Sorority, Inc. recognized her with Image Awards. In 2025, the Prospect Area Chamber of Commerce honored her with the Strong Woman Leader Award. In 2026, Aspen Global Innovators Group selected her



for the Healthy Communities Fellowship.

Attica currently serves on the Board of Directors of Louisville Family Justice Advocates and For Lady's Sake.

Attica is a certified anti-racism trainer through Crossroads Ministry and the Commission on Religion in Appalachia. She holds a professional certification in Technology of Participation Facilitation Methods from The Institute of Cultural Affairs. Her proudest accomplishment is being the mom of two amazing young people.

You can follow her on social media at @atticascottky.

What to Do in the Lou

10/7 Bryson Tiller Presents: Neo Trapsoul Tour 7:30PM KFC Yum! Center 1 Arena Plaza www.ticketmaster.com

10/9 Derby Dayz 11AM-5PM The Club House 150 Clubhouse Dr. Georgetown, KY www.posh.vip

10/9 Fun Friday Networking 9:30AM-12PM Metro United Way 334 E. Broadway 502.583.2821 *free breakfast/headshots

10/9-10/11 Pumpkins at Kentucky Kingdom 5PM-10PM KY Kingdom 937 Phillips Ln. www.kentuckykingdom.com *every wknd in Oct.

10/9 Downtown Drive-In: The Nightmare Before Christmas 7PM Brown-Forman Amphitheater 1271 River Rd. www.ourwaterfront.org *free

10/9 Soul River Brown Live 9PM Stevie Rays Blues Bar 230 E. Main St. soulriverbrown@gmail.com

10/10 Save Our Stories Festival 11AM-4PM Roots 101 African American Museum 124 N. 1st St. www.eventbrite.com *free

10/10 R&B Fest 4PM-9PM Bourbon Hall 119 W. Liberty St. www.likeit-loveit.com

10/10 Maybe Its Fate 2 Year Anniversary 5PM-8PM Maybe It's Fate 1425 Story Ave. www.maybeitsfate.com *free

10/10 The Sickle Cell Gala: A Royal Affair 6PM Crown Plaza Louisville Expo Center 830 Phillips Ln. www.thescakky.org

10/10 The Link Up Alumni Party 9PM-2AM Lyric Theatre 300 E. Third St. www.yardtuxx.com/event/the-link-up

10/11 Sunday Brunch & Social 11AM-4PM 8 Up Louisville 350 W. Chestnut St. 502.631.4180 www.eventbrite.com

10/11 International Day of the Girl Festival 1PM-5PM Louisville Waterfront Park 315 River Rd. www.bayacorp.org *free

10/11 The 10 Taste Experience 5:30PM-9PM The Olmsted 3701 Frankfort Ave. www.aproninc.org

10/13 Jazz Under the Trees 5:30PM Joe Creason Park 1297 Trevillian Way www.bestparksever.com

10/15 Voila Cocktail Bar Grand Opening 3PM-12AM Voila Cocktail Bar 425 W. Chestnut St. @violacocktailbar

10/15 Shively Night Live 10PM Whirling Tiger 1335 Story Ave. www.thewhirlingtiger.com *free

10/20 KY Women's Book Festival 20th Anniversary Celebration 6PM-7:30PM Student activity Center MPR 2100 S. Floyd St. www.louisvillebookfestival.com

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This Week's Issue

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Election 2026 Key Information

Primaries: Kentucky conducts closed primaries. Under Kentucky law, all persons who want to vote in the Democratic Party's or Republican Party's Primary Election must have changed their party affiliation by December 31 of the year prior to the next Primary Election.

Only 17? You may register to vote in Kentucky as a 17-year-old if you will be 18 years old by the next General Election, which will be November 3, 2026.

College Students: If you are a college student registered to vote in Kentucky and you are unable to vote in your precinct on election day, you may apply for an absentee ballot with your county clerk. Kentucky County Clerks

Cancel Your Voter Registration: Voters who are moving out of Kentucky should cancel their Kentucky voter registration before registering to vote in another state.

There are two ways to cancel your voter registration:

1. Visit your County Clerk's office with identification and request to be removed from the voting rolls. Find your County Clerk's office here.
2. Call the Kentucky State Board of Elections at 1-800-246-1399 to request a cancellation letter, which begins the process of canceling your voter registration.

Absentee Ballot Request, Military & Overseas Voters, Review Your Registration or Absentee Ballot Status, New/Update Registration, "Early Voting" & Election Day Locations, Poll Workers, Candidate Filings, Sample Ballot or Election Results and additional information can be found at www.vrsws.sos.ky.gov/ovrweb/govoteky/ or contact the Kentucky State Board of Elections at 502-573-7100.



LEVEL UP Leadership Training. Elevate people. Transform outcomes.

October 22 Thursday 9:00 AM - 3:00 PM EDT Goodwill West Louisville Opportunity Center 2820 West Broadway

Find connection as we focus on curious leadership with facilitators Dr. Deb Clary, Lawrence Smith and Ryan Jones. Coffee and lunch will be provided. Register today to secure your spot! Thanks to the generosity of the bufford family foundation, the center for positive leadership is pleased to offer our level-up leadership training, at no charge, to small businesses, non-profit organizations, and our partnering elevator organizations. We kindly ask you to 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. Please note: 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, this should take about 20 minutes of your time. If you have any questions please contact Anna Nickell at anna.nickell@louisville.edu.



SUDOKU

Find answers on pg. 3

		9						
	6				1	5	7	
5	2						4	
2			7		6			
		3			2	1		7
			9				3	
	8	2	6			9		
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3				8				

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Dining for Dignity

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.

www.forladyssake.com

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.

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.

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



Let us know where you'd like to see the Lou!

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SBDC Kentucky free webinars to elevate your business

Are You Bankable? 10/6/2026 12:00 PM-1:00 PM
Childcare Business Kickstart Date: 10/8/2026 Time: 12:00 PM - 1:00 PM
The Startup Station Registration Clinic: Name it. Claim it. Launch it. Date: 10/8/2026 Time: 6:00 PM - 7:30 PM St. Mathews Library
Ashland Business Launch Training Lab: From Idea to Action Date: 10/13/2026 12:00 PM-1:00 PM Ashland, KY
Build Your Website with AI Date: 10/13/2026 Time: 12:00 PM-1:00 PM
Funding Options for Business Owners 10/15/2026 8:00 AM - 9:00 AM Shelbyville, KY
Register at www.kentuckysbdc.com Looking for a free business mentor? Sign up on the website!



Save Our Stories Festival: A joyous, interactive day celebrating and catalyzing community-led preservation and storytelling

The Louisville Story Program is honored to partner with Roots 101 African American Museum and the Community Archiving Workshop Collective to bring you the Save Our Stories Festival! The stories and heritage of minoritized communities are being targeted for erasure. What can our collective response look like? Join us in exploring how you can be a part of the effort and have lots of fun in the process!

Free & open to the public. Food & refreshments will be available!

What to expect:

- Explore the Roots 101 African American Museum exhibits
- Learn about inspiring “our stories told by us” projects from the people who are leading them
- Discuss what YOU think needs to be documented, preserved, and passed on, what role you can play to keep these stories alive, who else could also play a role
- Meet others who share your passion for community-led storytelling and documentary arts
- Try your hand at making documentary videos with the Kentucky BIPOCU Filmmakers Association
- Conduct genealogical research with guidance from the African American Genealogical Group of Kentucky
- Learn how you can digitize your treasured photographs and videotapes
- Learn how to record stories you care about through oral history interviewing
- See what's on your old videotapes at a VHS viewing station
- Observe or participate in a Community Archiving Workshop in which archivists and community members inspect and catalog collections of materials that are precious to our community
- Practice some of your new skills
- Take home resources for your next step in your own preservation projects

Community Presentations:

11:30 - Welcome: Save Our Stories

Opening remarks by Lamont Collins of Roots 101 and Darcy Thompson of Louisville Story Program. Poetry reading by Gabe Tomlin.

11:50 - Hidden Archive: The History and Evolution of Central High School

Together with Harvard University doctoral student Jordan Jackson-Collins and Central High School librarian Adrian Layne, ten Central High School students have worked to arrange and publish Central’s “hidden archive”: a collection of school yearbooks, handwritten commencement speeches, teacher correspondence, photographs, and more. The oldest materials in the archive date to Central High School’s inaugural graduating class in 1884. In the almost 150 years since Central’s opening as the first and only Black public high school in Kentucky, none have been formally inventoried or published--until now. In this presentation, the Central High School student-archivists will describe the work they have done with the Central materials, share some of the stories the archive tells, and explain why this history matters to the past, present and future of the historic Central High.

Presenters: Achol Atem, Laila Ricketts, Atiba “Nia” Serikali, Aliana Sheffield, Brooklyn Smith, Mackenzie Smith, Kalala Sykes, Cyrus Taylor-Bateman, Natalie Tedford, Nichole Tedford, Jordan Jackson-Collins, Adrian Layne

12:45 - The Chickasaw Neighborhood: Documenting, Sharing and Preserving Our Legacy

The history of the Chickasaw neighborhood and the people who fought to build it is astoundingly rich, and thanks to the tireless efforts of a group of people who grew up there, this history of Chickasaw from the 1940s through the 1970s is being documented in a forthcoming book. The organizers have spent seven years pulling together recollections and photographs from over 200 contributors to tell a powerful collective story that illuminates how the Chickasaw community nurtured one another and made lasting contributions to Louisville in civil rights, politics, education, and every other imaginable field. In this presentation, they will share some of the steps the committee took to gather, document and record their rich history and the present day legacy they are preserving in their book.

Presenters: Cheri Bryant Hamilton, Leborah Goodwin, Kip Mackey, Claudia Geurin, Mrs. Elmer Lucille Allen

1:40 - I’m Glad About It: The Legacy of Gospel Music in Louisville

In the mid-20th century, a potent creative movement was documented in Louisville as small recording studios and record labels such as Sensational Sounds, Grace Gospel, and Blessed captured the sound and spirit of the city’s gospel choirs and quartets. Decades later, dozens of elders in the local gospel community worked with the Louisville Story Program to assure that these powerful recordings, and the stories of the women and men behind them, would live on for generations to come. Their work resulted in I’m Glad About It: The Legacy of Gospel Music in Louisville, 1958-1981, a box set featuring 83 archival recordings lovingly restored from the original vinyl, a 208-page full-color book documenting Louisville’s rich Black gospel music legacy written by the people who have built that legacy, a companion double LP, and an extensive digital archive of photos, videos, and 1,000 songs by 125 gospel artists. This session is a thrilling opportunity to learn about some of this history directly from three of the authors of I’m Glad About It.

Panelists: Wilma Clayborn, Raoul Cunningham, Rev. Della Porter

2:35 - Preview of Louisville Story Program Digital Archives

The Louisville Story Program will be launching its new Digital Archives in the coming months. This presentation is an opportunity for you to get a sneak preview of some of the forthcoming collections, how to navigate them, and how you will be able to contribute to them. Your feedback will help inform the final design and functionality of the digital archives. Featured collections include over 16,000 photographs from the Louisville Defender that are housed at the University of Louisville Photographic Archives. This is also an opportunity for you to begin envisioning new digital collections that you might like to develop in the future to share with the community.

Presenter: Darcy Thompson and Jason Polete, Together LLC

3:30 - The History of Black South Louisville

The South Louisville neighborhood was a small community centered around three major centers: Churchill Downs, the L&N Railroad, and the “N” Street Baptist Church. Whites and Blacks lived in close proximity, as the neighborhood was always integrated, except for the public schools that transitioned around 1956. The neighborhood was bustling with commerce and entertainment centers and also birthed several professional musicians. After a decline during the late 70s, the neighborhood has changed dramatically. Several people who grew up in Black South Louisville are in the process of documenting the rich history of this tight-knit community from 1890 to 1975, a period of segregation that came through the periods of two World Wars, the Korean conflict, Vietnam, and the Civil Rights Movement. This presentation will preview some of their work.

Presenter: Dr. Barry C. Johnson

Register for the event to receive all the latest updates: www.eventbrite.com



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
- *Gray Street Farmers Market* 10:30AM-1:30PM LOUMED Commons 316 E. Chestnut St. www.publichealth.louisville.edu *Every Sat in Sept.
- *Sunday Farmers Market* 10AM-2PM The Train Depot 2230 Buechel Ave. 502.888.3944 thetraindepotlouisville@gmail.com *Sun. through Oct.
- *10/4 West End Farmers Market* 3PM-7PM California Park www.chance-today.org 1600 St Catherine *Sundavs bi-weeklv

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



BASIL FRIED RICE

Serves: 4 Est. cost: \$6.80 Est. cost per serving: \$1.70

Ingredients:

- 1 tbsp cooking oil
- 1 bag frozen onion and pepper blend
- 1 tsp black pepper, ground
- 1 tsp garlic, powder
- 1 large sweet potato, diced
- 1 tbsp soy sauce
- 1 cup rice
- ½ cup water OR broth (e.g. chicken, beef, vegetable)
- 3-4 ea basil leaves OR 1 tsp dried
- 2 tbsp green onion, chopped (optional)
- 1 tsp cayenne (optional)
- Salt and pepper

Optional toppings:

- Protein (chicken, beef, or shrimp)
- Hard-boiled egg
- Fried cabbage or Kimchi
- Hemp Seed

Equipment: Skillet with lid, spoon, knife, cutting board

Directions: *Lentils*

1. In a skillet, warm oil over medium heat. Add onion blend and garlic powder. Sauté 3-5 minutes or until translucent.
 2. Add diced sweet potato, pepper, and soy sauce. Cover and cook for 7-9 minutes, or until sweet potato starts to soften.
 3. Add rice. “Fry” for 3-4 mins, toasting the rice.
 4. Add water (or broth), basil and green onion to skillet and cover for 5-7 minutes.
 5. Top with your favorite protein or with cooked cabbage and serve in bowl.
- Enjoy!

Health Benefits:

Basil is a good source of Vitamin C, magnesium, potassium and iron, it has even been shown to help rid of intestinal worms, as well as remove heavy metal toxins. When part of a balanced diet, rice can extend quality of life.

Rice water is rich in vitamin B, vitamin E, fiber, magnesium, manganese, and zinc, it also has an antioxidant (inositol pronounced, ‘in-no-sih-tol’), that is a great beauty hack as a natural hair rejuvenator making it shinier and healthier

Recipe provided by: LA Dixon, 2023



Basil Fried Rice

Nutrition Facts

Serving Size

1 Serving

Amount Per Serving

Calories

191.3

% Daily Value*

Total Fat

7.3 g

9 %

Saturated Fat

1.1 g

5 %

Trans Fat

0 g

Cholesterol

0 mg

0 %

Sodium

261.3 mg

11 %

Total Carbohydrate

28.6 g

10 %

Dietary Fiber

3.3 g

12 %

Total Sugars

3.9 g

Added Sugars

0 g

0 %

Protein

3.2 g

Vitamin D

0 mcg

0 %

Calcium

27.6 mg

2 %

Iron

0.9 mg

5 %

Potassium

335.6 mg

7 %

* 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.

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.

SUDOKU ANSWERS

7	3	9	2	5	4	6	8	1
4	6	8	3	9	1	5	7	2
5	2	1	8	6	7	3	4	9
2	1	5	7	3	6	4	9	8
8	9	3	5	4	2	1	6	7
6	4	7	9	1	8	2	3	5
1	8	2	6	7	3	9	5	4
9	7	6	4	2	5	8	1	3
3	5	4	1	8	9	7	2	6

Horoscopes

Aries 3/21-4/19 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.

Taurus 4/20-5/20 The line between pleasure and pain is razor thin! The Devil represents your habits, temptations, and vices – all the things that activate your shadow side and lead you away from your true self. You’re being called to examine whether short-term gratification is creating a long-term problem. This week, consider your actions. Are you truly in control? Are these behavior patterns healthy? What are the benefits besides temporary satisfaction? If you’ve been going overboard, now is the time to pull back before you veer too far off course.

Gemini 5/21-6/20 It could feel like you’re caught up in conflict this week! The 5 of Wands indicates you’ve been trying to work toward some type of goal but are being met with obstacles that get in the way of your progress. Perhaps you feel as though your point of view is being challenged, or it could be you’re finding it difficult to work with a specific person. Either way, you’re being challenged this week to truly listen to others’ opinions. You might find that what initially seemed like criticism was actually constructive feedback that will help you in the long run.

Cancer 6/21-7/22 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.

Leo 7/23-8/22 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.

Virgo 8/23-9/22 It’s time to take a break from your everyday life! The Hermit is indicating that you may have a need to withdraw and reflect this week. It could be that you’ve been immersed in many new experiences or spent much of your time recently socializing. Now it is necessary to go for a walk in the forest, take a long bath, book a weekend getaway, or anything else that helps you disconnect from the outside world and reconnect with your inner world. Recharging your spiritual batteries will help you re-emerge with a renewed perspective.

Libra 9/23-10/22 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.

Scorpio 10/23-11/21 Receiving the 9 of Cups could signal that this is the week when your stars will finally begin to align. When this card appears in a reading, it is a signal from the universe that everything in your life is as it should be. This dose of fortunate energy could mean feeling perfectly content in your job, your relationship, your friendships – your emotional cup could truly runneth over! Take the time to stop and appreciate the abundance of blessings life is offering you right now.

Sagittarius 11/22-12/21 You’re being encouraged to tap into your potential this week! The Magician is recognizing that the entire world is at your fingertips because you have everything needed to get what you want. This week you are being called to align this powerful source of inner magic with your goals – anything can truly happen! Looking for a new job? Trying to form a romantic connection? Trying to improve your cash flow? Don’t be afraid to go for it, because you are a manifestation machine right now!

Capricorn 12/22-1/19 This week you’re being called to separate yourself from a disappointing situation or unfulfilling relationship in your life. The 8 of Cups acknowledges that this split will be painful, especially since you’ve devoted so much time and energy to it. In fact, this could be one of the reasons you haven’t moved on already. Rather than focusing on what the situation could have been or hoping things will change, accept reality for what it is. Remember, leaving will hurt you temporarily, but staying could hurt you more in the long run.

Aquarius 1/20-2/18 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.

Pisces 2/19-3/20 The 4 of Cups signals that you have been feeling unfulfilled and craving some kind of change in your life. Perhaps you are looking around and seeing what others have, longing for those things that aren’t a part of your own life. It might also be that you feel unmotivated in your present circumstances. While it’s nice to aspire, it’s easy to get caught up in an unhealthy cycle of desire. This week try to address the root cause of these feelings. Is the grass really greener on the other side, or do you just need to spend time watering your own grass? *Tarot.com*

