

Oct 11th-Oct 17th
2026

The Underground Lou

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Issue
#174

“I Don’t Feel Like Myself Anymore”

Could perimenopause be behind the changes you’re feeling?

You walk into a room and forget why. You’re awake at 3 a.m., exhausted by lunchtime, and irritated by things you used to brush off. Your period has become unpredictable. Somewhere between taking care of everybody and trying to keep up, you find yourself saying, “I just don’t feel like myself anymore.”

Sis, that deserves a conversation.

Welcome to **Sis, Let’s Talk**. I’m Dr. Ashley, a Women’s Health Nurse Practitioner with 18 years of experience in this specialty area. Each week, we’ll have honest conversations about hormones, health, and the things women often experience quietly.

Today, we’re beginning with perimenopause—the transition leading up to menopause. As our ovaries age, estrogen levels fluctuate and eventually decline. These changes usually begin in our 40s, but for some women, they start in their 30s—even while they’re still having regular periods.

And sis, estrogen’s influence goes far beyond your cycle. It helps support many systems throughout your body, including your brain, bones, heart, and vaginal and urinary health. That’s why this transition can affect how you sleep, think, feel, and function. Symptoms can overlap with other health conditions, making the hormonal connection easy to miss.

Does any of this sound familiar?

- Periods becoming irregular
- Hot flashes or night sweats
- Trouble falling or staying asleep
- Mood changes, including irritability or anxiety
- Brain fog or difficulty concentrating
- Joint aches and muscle discomfort
- Heart palpitations—a racing or fluttering feeling
- New or worsening headaches or migraines
- Vaginal dryness or discomfort during sex
- Urinary urgency or needing to pee more often

These symptoms and many more are real and you deserve to be heard and supported.

This week, I want you to jot down what’s changed, when it happens, and how it affects your day. Bring those notes to your healthcare provider, or schedule a consultation with me so we can talk through what you’re experiencing and explore your next steps. Then reach out



to your girlfriends and ask, “Have any of you been feeling this way, too?” You might discover that someone you love has been suffering in silence—and your conversation could help her feel less alone.

There’s something comforting about being around women who get it. That’s what my free **3AM Society on Facebook** is all about—a place to connect, share what you’re experiencing, and learn about your changing body alongside other women navigating this transition. I’d love to have you join us.

What to Do in the Lou

- 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
- 10/16 7th Annual Shelby Park Pumpkin Patch** 5PM-8PM Shelby Park 600 E. Oak St. info.shelbypark@gmail.com *free
- 10/16-18 Grateville Dead 2026** 5PM-11PM Brown-Forman Amphitheater 1271 River Rd. www.ourwaterfront.org *free
- 10/16 Lady’s Night Smoke & Sip** 6PM-8PM Louisville Thoroughbred Society 209 E. Main St. www.louisvillethoroughbredsociety.com
- 10/17 Halloween in Brown Park** 11AM-3PM Brown Park 1000 Browns Ln. www.thechamberstmatthews.com *free
- 10/18 3rd Annual Dining for Dignity Breakfast Fundraiser** 1PM-3PM Ford UAW Local 862 Hall Fern Valley Rd. www.donorbox.org/events/944105
- 10/18 Louisville Kidney Walk** 1PM-4PM Big Four Lawn 1101 E. River Rd. www.kidneywalk.org/louisville
- 10/18 Speed Together: Explore + Create** 1PM-4PM Speed Art Museum 2035 S. 3rd St. www.speedmuseum.org
- 10/18 Hot Wheels Monster Trucks Live Glow-N-Fire** 1:30PM KFC Yum! Center 1 Arena Plaza www.ticketmaster.com
- 10/18 Shades of Brown: The Fall Fashion Social** 5PM-10PM Noble Funk 922 S. 2nd St. www.utopialouisville.com
- 10/19 Candle Creation Workshop** 6PM-8PM Passport by Molina Community Room 2028 W. Broadway www.colemanprep.org
- 10/20 KY Women’s Book Festival 20th Anniversary Celebration** 6PM-7:30PM Student activity Center MPR 2100 S. Floyd St. www.louisvillebookfestival.com
- 10/22 Paint & Sip** 6PM Passport by Molina Community Room 2028 W. Broadway www.colemanprep.org
- 10/23 Downtown Drive-In: The Princess Bride** 7PM Brown-Forman Amphitheater 1271 River Rd. www.ourwaterfront.org *free

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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.



Editor’s Note: “Criticism is one thing but be careful not to let anybody trick you out of your spot.”

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

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

©Sudoku.cool

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



Women's Health Screening

Prioritize your health with convenient women's health screenings close to home. Norton Prevention & Wellness, in partnership with Churchill Downs, is bringing the Mobile Prevention Center to Churchill Downs on Friday, Oct. 16, from 9 a.m. to 4 p.m. The mobile unit is staffed by experienced health care providers and features state-of-the-art mammography equipment and a private exam room.

Screenings available include mammograms for women ages 40 and older, well-woman exams, which may include a Pap smear and/or HPV test, for women ages 40 to 64. Screenings are intended for those who have not had a mammogram or screening in the past year and who can stand unassisted for 15 minutes.

If you have insurance, please bring your photo ID and insurance card. No insurance? You still may be eligible. Funding may be available for eligible Kentucky residents who are uninsured or underinsured.

Appointments are preferred, but walk-ins are welcome. Schedule your appointment today by calling 502.899.6842.

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!



#AskAttica: November is Election Day and Y'all Got Questions

Welcome to my first #AskAttica column!
I'm excited to bring you these answers to your questions. This column is where we make government make sense.
General Election Day is on Tuesday, November 3rd this year. So, let's start with the questions I hear most often:
What are we voting for in November?
A lot. I broke it all down in a recent Substack article: Breaking Down Kentucky's Ballot. It matters that you might vote for someone who supports massive data centers; you know, the things that are destructive to our environment and sap your brain cells. It matters that you might be voting for someone who is so wealthy they don't even know what affordable housing means. It matters that you may be voting for someone who wants to deport your neighbor just because they hate Black folks and other people of color. Y'all, don't vote for haters.
Who's running?
Every ballot is a little different depending on where you live. For example, people in Butchertown have a different Metro Council member than people in Valley Station. Download your sample ballot to see who's running www.strap.jeffersoncountyclerk.org/WhereDoIVote/

What if I don't have a Real ID?
You don't need a Real ID to vote in Kentucky. You do need one of these:
a photo ID issued by the local, state or federal government; military; and colleges and universities (despite an attempt to change this as an acceptable form of voter identification). See the full list from the State Board of Elections here.
Where can I learn about the candidates?
Kentuckians for the Commonwealth (KFTC) put together an excellent voter guide at kentuckyelection.org. Read up before you vote. You deserve to know who you're choosing and what they stand for because there are some clowns running for office.
Show up ready. Bring someone with you so they can vote, too. Check your ballot, check your ID, and make a plan to vote. Share this with someone who's got questions.
Got questions? #AskAttica
Send them to me at atticascottmedia@gmail.com, and your question might be featured in a future column.



Remember The Time Art Exhibit

Experience Remember the Time, a free art exhibit featuring Darryl Tucker’s vibrant finger paintings, original artwork, and prints, plus food
Remember the Time: An Art Exhibit Featuring Darryl Tucker
Some memories never fade. Others come alive through art.
Ome out for an unforgettable evening of art, culture, creativity, and connection at Remember the Time, a special exhibition featuring the extraordinary work of Louisville finger-painting artist Darryl Tucker.
Through bold colors, expressive imagery, and his unique finger-painting technique, Darryl brings everyday moments, childhood memories, family traditions, and familiar experiences to life. His paintings tell stories that remind us of where we've been, the people who shaped us, and the moments that connect us.

Whether you're a longtime art collector, a first-time buyer, or someone who simply appreciates beautiful art and a great story, this is an experience you won't want to miss.
What to Expect:

- Original Artwork: Experience Darryl Tucker's remarkable original finger paintings.
- Art for Every Collector: Explore original paintings, framed canvas prints, canvas prints, and paper prints.
- Food & Drinks: Enjoy delicious food by KMS Culinary and a cash bar.
- Art, Culture & Community: Connect with fellow art lovers, meet the artist, and enjoy an evening celebrating creativity and the memories that bring us together.

Event Details

Saturday, October 17, 2026
6:00 PM – 9:00 PM
The Library Business Hub
1718 West Jefferson Street
Louisville, KY
Admission is FREE!



Come for the art. Stay for the experience. Leave with a memory—and perhaps a piece of art—that will last a lifetime.
Reserve your free ticket today and invite someone who loves art, culture, and a good story!



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.ouldloufarmersmarket.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.change-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



BEANS & RICE

Serves: 3-4 Est. cost: \$4.10 Est. cost per serving: \$1.40

Ingredients:

- 1 ea 13oz can black beans, drained and rinsed
- 1 ea 13oz can dark kidney beans, drained and rinsed
- 1 tsp cumin
- 1 tsp black pepper
- 1-2 bay leaves
- 1/4 cup onion, chopped OR 1 tbsp onion powder
- 1 + 1/2 cups rice (basmati, white, brown)
- 2 cups water
- 1 tsp paprika
- To taste, salt and pepper
- Fresh squeeze lime juice

Optional toppings:

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

Equipment: 2 saucepans with lids, can opener, spoon, bowl, fork

Directions:

Beans:

1. In a saucepan, on medium-high heat add both black and kidney beans. Mix well.
2. Add 1/4 cup water, cumin, onion, salt and pepper, and bay leaves. Mix well.
3. Reduce the heat to medium. Cook for 25-35 minutes, stirring occasionally.
4. Turn off the stove and cover until ready to serve.

Rice:

1. In a saucepan on medium-high heat, add water and bring to a boil.
2. Add rice and cover.
3. Reduce the heat to medium-low and cook for 10-15 minutes or according to the package.
4. Turn off the stove and let the steam out for 5 minutes.
5. Add paprika to the rice and fluff with a fork.

Add beans to rice and fold in with a fork or spoon, OR add rice and place beans on top with other toppings such as sauteed vegetables or roasted corn. Enjoy!

Health Benefits:

Kidney beans are a wonderful source of trace minerals, especially manganese which is essential in energy production and defense against foreign invaders of the body, having strong antioxidant properties.

Paprika is the ground powder of a type of red pepper. It helps to improve flavor and contains the compounds capsicum (cap sehkum) and beta-carotene (beh-tah karo-teen) that provide vibrant color and health benefits like pain relief and heart protection*Recipe provided by: LA Dixon, 2023*



Beans & Rice

Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	333.5	
	% Daily Value*	
Total Fat	2.3 g	3 %
Saturated Fat	0.4 g	2 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	730.8 mg	32 %
Total Carbohydrate	60.2 g	22 %
Dietary Fiber	20.3 g	72 %
Total Sugars	5.3 g	
Added Sugars	0 g	0 %
Protein	20.3 g	
Vitamin D	0 mcg	0 %
Calcium	169.1 mg	13 %
Iron	5.4 mg	30 %
Potassium	831.9 mg	18 %

* 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.

Horoscopes

Aries 3/21-4/19 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.

Taurus 4/20-5/20 The Knight of Wands is an impulsive card, indicating feelings of restlessness that can lead to turbulence in your life. This week, you’re being asked to look at a decision you’re facing and consider the consequences of acting in haste. You may have been ready to choose which path to take, but perhaps you should take a second look before you leap. This isn’t an easy thing to do when you’re excited about something, but this card serves as a reminder that a well-laid plan makes for long-term success.

Gemini 5/21-6/20 The 6 of Cups is about the past impacting the present. This week, you’re being called to examine whether or not you’re tethered to your past in some way. While it’s true we sometimes need to look in the rearview mirror as a way of informing current or future decisions, we can easily become stuck living in the past if we’re not careful. Don’t let nostalgia or distorted memories prevent you from making progress and appreciating what’s happening in the here and now. Allow your past to be a source of improvement rather than a source of stagnation.

Cancer 6/21-7/22 You could be facing a major decision this week! This situation may be presenting a moral dilemma for you, and The Lovers card represents the need to develop greater clarity on what your values and beliefs are before determining how to proceed. Do you feel compelled to go a certain direction based on fears or feelings of guilt? Don’t let those things become motivating factors. Instead, try to understand that every action has a reaction and decisions such as these are never easy. Stay true to yourself -- you can’t go wrong.

Leo 7/23-8/22 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.

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 Chariot is a card that encourages willpower, action, and self-control. This week, you’re being asked to step into your power and bravely take the reins as you propel yourself toward a goal you have. This is no time to passively wait for good things to happen to you. This card knows that anything worth having requires hard work and discipline. By strapping on your emotional and mental armor, you allow yourself to charge into your future, undeterred by whatever obstacles pop up along the way.

Scorpio 10/23-11/21 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.

Sagittarius 11/22-12/21 The 2 of Wands is urging you to spend time in the present planning for what’s going to happen in your future. You have a whole world of possibilities in front of you right now, but this isn’t the time to act on impulse or instinct. This week you’re being called to weigh all your options, carefully considering the pros and cons of each path. But this doesn’t mean you should be afraid of going outside of your comfort zone! Uncharted territory can lead to long-term success if you go into it with realistic expectations and a clear plan in place.

Capricorn 12/22-1/19 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.

Aquarius 1/20-2/18 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.

Pisces 2/19-3/20 Have you had your head in the clouds recently? The Knight of Pentacles is urging you to come back down to Earth and apply effort to your ideas this week. Maybe you’ve been suffering from a case of "all talk and no action." Alternatively, you could be putting off your day-to-day responsibilities in favor of more exciting offers. No matter what your situation, you’re being encouraged to create a plan of action or stick to a routine, as progress is best achieved through discipline. *Tarot.com*

U.S Patent and Trademark Office
Free Online Courses

- 10/16 Trademark: Federal trademark searching; overview registration process overview 3:00 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

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

