

Jan 5th- Jan 11th  
2025

# The Underground Lou

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Issue  
#116

## Ending the Year and Setting the Stage for 2025

Goals and Positive Outlets

As the calendar flips to a new year, it's a natural time for reflection and renewal. The close of 2024 offers an opportunity to celebrate accomplishments, learn from challenges, and set the tone for a successful and fulfilling 2025. Here's how to make the most of this transition and establish meaningful goals and positive outlets for the year ahead.

Before diving into planning for 2025, take a moment to reflect on 2024. Consider these questions: What were your proudest achievements? What challenges did you face, and what lessons did you learn? Which areas of your life—personal, professional, or social—brought you the most joy?

Writing down your thoughts can provide clarity and help you identify patterns to guide your goals for the new year.

When creating goals for 2025, aim for the SMART framework: Specific, Measurable, Achievable, Relevant, and Time-bound. This approach ensures your goals are clear and actionable. For example: Instead of saying, "I want to exercise more," set a goal like, "I will work out three times a week for 30 minutes."

Define how you will track progress. Keep your goals realistic based on your current circumstances. Align goals with your values and priorities. Set deadlines to maintain focus and motivation. In striving to achieve your goals, it's essential to maintain balance. Consider incorporating these positive outlets into your routine: Engage in activities that spark joy and allow for self-expression, such as painting, writing, or playing music. Creativity can be both a stress reliever and a source of inspiration. Regular exercise boosts physical health and mental well-being.



Whether it's yoga, jogging, or joining a dance class, find an activity you enjoy to stay active and energized. Practices like meditation, journaling, or spending time in nature can help reduce stress and keep you grounded. Build and nurture relationships by joining groups or volunteering. Sharing experiences and supporting others can deepen your sense of purpose and belonging.

Life is unpredictable, and plans may need to evolve. Approach 2025 with a mindset of adaptability. Remember, it's okay to revise your goals as circumstances change. What matters is progress, not perfection. As you work toward your goals, take time to acknowledge and celebrate your successes, no matter how small. Recognizing achievements reinforces positive habits and keeps you motivated. 2025 holds endless possibilities. By reflecting on the past, setting intentional goals, and cultivating healthy outlets, you can make this year your best yet. Approach the new year with optimism, determination, and a commitment to personal growth. Here's to a fulfilling and successful 2025!

## What to Do in the Lou (Cont. from pg. 1)

1/8 **Let's Plan Planner Meet Up** 6PM-7:30PM California Community Center 1600 W. Chestnut Street 502.574.2658

1/9 **Paint & Sip: Lavendar Haze** 6:30PM-8:30PM Pinot's Palette 291 N. Hubbards Lane Suite 160

1/9 **Destroy Lonely: Forever Tour** 8PM Old Foresters Paristown Hall 724 Brent Street [www.ticketmaster.com](http://www.ticketmaster.com)

1/10 **R&B Live Mercury Ballroom** 611 S. 4th St [www.mbonly.com](http://www.mbonly.com)

1/11 **Beyonce Drag Brunch** 10:45AM-3:30PM Le Moo 2300 Lexington Rd [www.lemoodragbrunch.com](http://www.lemoodragbrunch.com)

1/11 **KMD: Legs & Glutes** 11AM Studio Huste 131 St. Matthews Av 2nd Fl [www.kmdfit/event.com](http://www.kmdfit/event.com)

1/11 **Family Fun Day** 11AM-3PM KMAC Contemporary Art Museum 715 W. Main Street [www.kmacmuseum.org](http://www.kmacmuseum.org) \*Free/Family friendly

1/11 **32nd Cabo Wabo Coat Party** 5:30PM Mellwood Art Center 1860 Mellwood Art Center [www.cabowabolouisville.com](http://www.cabowabolouisville.com)

1/11 **Live Jazz Night w/ the John Smart Quartet** 7:30PM-10PM Stave Speakeasy at Lou Lou on Market 812 E. Market Street 502.515.9699

1/11 **Reggae & Dancehall VS. Hip Hop & R&B** 10PM 21st Germantown 1481 S. Shelby Street 502.654.7221

1/12 **Ultimate Wedding Expo** 12PM-3PM Mellwood Art Center 1860 Mellwood Ave [www.eventbrite.com](http://www.eventbrite.com)

1/12 **Chili Cook Off** 12PM-3PM Atrium Brewing 1154 Logan St 502.690.3069

1/12 **Sunday Showcase: The Art of the Violin** 2PM-3PM Speed Art Museum 2035 S. 3rd Street [www.speedmuseum.org](http://www.speedmuseum.org)

1/14 **NEW: Intro to Meditation Workshop** 5:30PM-8PM Passionist Earth & Spirit Center 1924 Newburg Road [www.networkofentrepreneurialwomenkv.com](http://www.networkofentrepreneurialwomenkv.com)

1/14 **Girls Nerd Out** 6PM-9PM Otaku Manga Lounge 2902 Bardstown Rd Suite E [www.nerdlouisville.org](http://www.nerdlouisville.org)

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NOMINATIONS ARE OPEN!

WWW.BOBEAWARDS.COM



### Most-Fit Fitness League

The Y is offering a FREE 8-week session for kids in grades 5th-12th and their families who reside in the west end of Louisville. Most-Fit Fitness League will use sports competitions to educate youth and adults in the following areas:

- Physical and mental health and wellness
- Nutrition education
- Conflict resolution
- Positive community interactions
- Avoid confrontations that lead to gun violence

Families who complete the 8-week session will receive a complimentary 6-month family community-wide YMCA membership.



## What to Do in the Lou (Cont. from pg. 1)

- 1/15 Valentine Door Hanger Paint Party 7PM-9PM The
- 1/17 After Hours at the Speed 5PM-9PM Speed Art Museum 2035 S. 3rd Street [www.speedmuseum.org](http://www.speedmuseum.org)
- 1/17 Dinner & a Movie: One of Them Days 7PM 5000 Shelbyville Road [www.millennialthoughtspod.com](http://www.millennialthoughtspod.com)
- 1/17 Brown Sugar: A Night at the Museum 8PM-1AM Roots 101: African American Museum 235 N 1st Street 502.384.1940
- 1/18 Vinyl Richie: 80's & 90's Mixtape Show 8PM Zanzabar 2100 S. Preston Street 502.635.9227
- 1/19 Hip Hop Roundtable 1PM-4PM Trellis Brewing 827 Logan Street [www.louievolve.com](http://www.louievolve.com)
- 1/19 Prayer Board Launch 3PM-6PM The Presley Post 734 W. Main Street [www.regmorgandesigns.com](http://www.regmorgandesigns.com)
- 1/19 MLK Weekend Day Party 5PM-10PM Tavern on Fourth 427 S. 4th Street [www.goodtimersentertainment.com](http://www.goodtimersentertainment.com)
- 1/19 GV Old School Basement Party 9PM-2AM Dasha Barbours 217 E. Main Street [www.qualityculture502.com](http://www.qualityculture502.com)
- 1/20 Community Free Day 10AM-5PM Muhammad Ali Center [www.alicenter.org](http://www.alicenter.org)
- 2/22 4th Annual BOBEAWARDS 5PM-10PM Center for African American Heritage 1700 W. Muhammad Ali [www.bobeawards.com](http://www.bobeawards.com)

### Health Daddy Wow

502.938.3388



## Career & Training Opportunities

### Paid UofL COLOR Lab Study

The COLOR Lab at UofL is investigating reactions to stress and use of stress reduction techniques for Black adults (RED Study). If you're interested in helping and receiving up to \$65 in Amazon gift cards, please see the information below.

#### To be eligible you must

- Be 18 years or older
- Identify as Black
- Be able to complete an in-person study at UofL

Location Part 1: Online, link below Part 2: Davidson Hall at the UofL

#### Compensation

- You will receive a \$15 electronic Amazon gift card for the online part of the study \*Eligibility to complete the entire online portion will be based on responses to initial online items
- You will receive a \$45 Amazon gift card for completing the in person study + \$5 bonus for completing the study during your first scheduled appointment. [www.UofLcolorlab.com/RED](http://www.UofLcolorlab.com/RED)

### Mahogany Salon Now Hiring Stylist

- Open booth available
- Full or part time
- Must be licensed

Mahogany Salon at Mellwood Art Center

1860 Mellwood Ave

Contact 502.895.0123 or [themahoganyсалonllc@gmail.com](mailto:themahoganyсалonllc@gmail.com) for more information

### PICKUP LOCATIONS

- Dynamic Nutrition 1561 Bardstown Rd
- Xquisite Nutrition 2631 S 3rd Street
- Small Business Administrative 600 M. L. King Jr. Pl.
- Franco's 3300 Dixie Hwy
- Pocket Change 1510 Crums Lane
- Tim Pages 2922 Taylor Blvd
- AMPED 4425 Greenwood Ave
- KY AAHC 1701 W. Muhammad Ali Blvd
- Urban League 1535 W. Broadway
- AMPED RTBI 1219 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
- House of Earlisious 4925 Poplar Level Road
- 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
- Hair La Flaire 1859 Berry Blvd
- Discount Tint & Auto 1857 Berry Blvd
- Wags Hair 801 W. Broadway
- Mahogany Salon 1860 Mellwood Ave
- Double Deuce 2529 W. Broadway
- Good Vibes Smoke Shop 2710 Rockford Lane
- Opportunity Corner 636 S. 18th Street
- Shawnee Library 3912 W. Broadway
- Bates Memorial Baptist Church 620 E. Lampton
- Southern Hospitality 3402 W. Broadway
- Health Daddy Wow 1806 Ralph Ave
- Black Jockey's Lounge 630 S. 4th Street

### BOBEAWARDS 2024

Sponsorships are available for this year's award show! Email us at [info@bobeawards.com](mailto:info@bobeawards.com) or call us at 502.878.6531. Over 1,000 black owned businesses are nominated each year! Close to 8,000 participants nominate and vote each year.

Nominations now closed! Visit [www.BOBEAWARDS.com](http://www.BOBEAWARDS.com) to keep an eye open on voting for your favorite black owned business or individual in this year's awards!



### KMD

Kiss My Derriere

Legs & glutes focused class for all fitness levels

wear your sexy black workout gear

Date: January 11th

Time: 11am

#### Location:

Studio Hustle  
131 St. Matthews Ave  
Louisville, KY  
2nd Flr  
(Inside bike shop)

\$20.00

[KMDfit/event.com](http://KMDfit/event.com)

### BIG FOUR ARTS FESTIVAL

SEPT 6 - 7, 2025

Big Four Arts Festival Artist Early Application Period Opens

Jan. 1, 2025 - Artist application period begins

May 10, 2025 - Artist application deadline @ midnight EST

Sign up at:

<https://bigfourbridgeartsfestival.com/artists-apply/>

<https://www.zapplication.org/event-info.php?ID=12747>

### AI-Powered Entrepreneurship: Lunch Your Business w/ Artificial on Intelligence

Tuesday January 14th @12PM

Dr. Wiliam Brantley: President & Chief Learning Officer, Brantley Advanced Social Sciences Applications

Louisville Small Business Development Center [www.kentuckysbdc.com](http://www.kentuckysbdc.com) 502.977.5800

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## Norton West Louisville Hospital: A New Era of Health Equity

On Monday, November 11, 2024, Norton West Louisville Hospital officially opened its doors, marking a significant milestone in healthcare accessibility for the residents of West Louisville. This state-of-the-art, \$90 million facility spans 90,000 square feet and is located at 850 S. 28th St. on the Norton Healthcare Goodwill Opportunity Campus. With over 390 employees in clinical and nonclinical roles, the hospital addresses a critical need for comprehensive healthcare services in a historically underserved area.

In just one month since its opening, Norton West Louisville Hospital has already made a profound difference in the community. "Over the past month, more than 2,500 patients have walked through our doors for medical care ranging from primary care and preventive screenings to emergency services and inpatient care," said Russell F. Cox, president and CEO of Norton Healthcare. "This facility was built to help improve health equity in West Louisville and make access to care easier. This first month of care at Norton West Louisville Hospital is a major step in reaching a community goal of improving health outcomes." **West Louisville has a life expectancy 15**

years shorter than those in other parts of the city, with higher mortality rates from stroke, heart disease, and cancer. Norton West Louisville Hospital is designed to meet a wide range of healthcare needs, offering inpatient treatment and operating rooms, laboratory and imaging services (including X-ray, ultrasound, CT, and MRI) and retail pharmacy.

The hospital also features integrated medical offices, housing primary care providers and specialists in fields such as cardiology, endocrinology, orthopedics, pulmonology, women's care, neurology, and oncology/hematology. Pediatric services include primary care and specialties like pediatric endocrinology and oncology/hematology. Unique to Norton West Louisville Hospital is the integration of these medical offices within the hospital itself, eliminating the need for a separate medical office building. Patients also benefit from access to providers from the Wendy Novak Diabetes Institute, a part of Norton Healthcare and Norton Children's, ensuring expert care for diabetes management in both children and adults.

In addition to medical services, the hospital offers amenities and resources aimed at fostering community well-being, including a centralized check-in area for streamlined visits, a community room for events and gatherings, a bistro for dining, outdoor green space to promote wellness and a Dare to Care food pantry to address food insecurity.

## Rivulet Liqueur

Celebrating 10 Years!



"We believe that our Rivulet Artisan Pecan Liqueur is best sipped and savored neat, but we also know that it mixes incredibly well in handmade cocktails. Not only does Rivulet mix well with Bourbons, Vodkas and Tequilas, but it also lends a profile all its own to other flavored spirits to create one-of-a-kind cocktails you will suddenly love. Mixologists everywhere have created some beautiful cocktails. We hope you'll find one you love." [www.rivulet.com](http://www.rivulet.com)



### Rivulet 7th Main

- 1 1/2 oz Rivulet Liqueur
- 1 oz bourbon
- 1/2 oz Campari

**Glass Type:**  
Martini Glass

**Instructions:**  
Combine ingredients in shaker tin over ice. Shake and strain into martini glass.

**Garnish:**  
Orange peel  
Visit [www.rivulet.com](http://www.rivulet.com) to order yours today!

## Louisville has signed a 'historic consent decree agreement with the United States Department of Justice'

Written by: Maxwell Mitchell [www.staylivestreams.com](http://www.staylivestreams.com)

A press conference took place inside of the Mayors Gallery on the fourth floor at 527 W. Jefferson St. Speakers included Mayor Greenberg, Assistant Attorney General Kristen Clarke and LMPD Chief Paul Humphrey. Below is a brief summary of what they discussed.

The Department of Justice is holding a virtual public information session to share more about the Decree and talk about next steps on December 16 at 7:30PM EST. They ask that you share this invitation with anyone who may be interested in joining: [https://www.zoomgov.com/webinar/register/WN\\_O8uZMp10QZaMqSLP1bix2Q#/registration](https://www.zoomgov.com/webinar/register/WN_O8uZMp10QZaMqSLP1bix2Q#/registration). ASL and Spanish Interpretation will be provided. Greenberg made it appoint that he and his administration did not wait unlike other cities who are currently under consent decrees. These cities include:

- Springfield, Massachusetts: Resolution date of April 13, 2022
- Chicago, Illinois: Resolution date of January 31, 2019
- Baltimore, Maryland: Resolution date of April 7, 2017
- Newark, New Jersey: Resolution date of May 5, 2016
- Ferguson, Missouri: Following the murder of Michael Brown
- Minneapolis, Minnesota: Following the murder of George Floyd

And now, Louisville, Kentucky following the murder of Breonna Taylor and a long list of infractions that can be read in the DOJ Findings document. You can hear more about that press conference at the following link: <https://www.facebook.com/maxwellmitchell/videos/598245865687115>. Greenberg thanked those who demanded change and, in his words, 'staying the course on that long road toward these reforms. Your willingness to demand meaningful and lasting change helped bring us to this moment'. After hearing this, many wondered would he then help drop the protest charges of those who are still facing them, those who are still going through hardships and those who he thanked at a press conference Thursday morning? (See <https://www.youtube.com/watch?v=wWGvr79-OWE>) Mayor Greenberg went on to ensure that RFP will post applications for independent monitors and will hit the web soon. Many are looking to make sure that process has a heavier community involvement unlike the process that led to the signed and agreed upon decree between Louisville Metro Government, Louisville Metro Police Department and the Department of Justice.

Chief Humphrey started his speech by attempting to remind those in attendance of some of the things that an officer deals with on any given day. Chief Humphrey went on to say that he does not focus on the department's shortcomings, rather the positive things the department and its officers have done. General Kristen Clarke reminded those in attendance and those watching live streams of just some of the infractions that the Louisville Metro Police Department were found to be in violation of. General Clarke went on to outline some of the specific provisions within the Consent Decree.

### Under the decree the Louisville Police Department will..

1. Revise use of force policies in training. New policies will ensure that officers deploy de-escalation strategies to limit dangerous tactics and refrain from using force to punish or retaliate against people.
2. Improve its residential search warrant practices, this includes safeguards on the use of confidential informants. Thorough review of search warrant applications. Also, safe and lawful tactics during warrant executions.
3. Ensure that its stops, searches and arrests are constitutional and that its enforcement practices do not discriminate based on race.
4. Development alternatives to arrests and citations of minor issues like broken taillights.
5. Strengthen its responses to and investigations of sexual assault and domestic violence including investigations into alleged officer sexual misconduct.
6. Include their response to public demonstrations and protests that are critical of policing.
7. Improve training, supervision and accountability systems for officers. They will ensure fair and objective investigations of alleged misconduct and continue to support civilian oversight in Louisville.
8. Provide non-police responses to situations involving behavioral health crisis or unhoused people in situations that don't require a police response.

You can stay live here: <https://www.youtube.com/watch?v=wWGvr79-OWE>. Find the Consent Decree here: <https://www.justice.gov/crt/media/1379951/dl>.



## Community FREE Day at the Muhammad Ali Center

The Muhammad Ali Center is gearing up for a great 2025, and we're starting off by celebrating the Champ's 83rd birthday! Muhammad Ali was born on January 17, 1942 in Louisville, KY and would go on to shake up the world in the boxing ring and as a world-renowned humanitarian and champion for peace. Celebrate Ali's legacy by planning your visit to the Center or making a donation!

Join the Muhammad Ali Center for our first Community Free Day of the 2025 season on Monday January 20th from 10AM-5PM! Visitors will have free access to all exhibits and programming thanks to our sponsor, Passport by Molina Healthcare. Happening on Martin Luther King Jr. Day, the Ali Center will be celebrating the life and legacy of Dr. King by presenting his famous "I Have a Dream" speech within our Auditorium at the top of every hour. In addition, our Muhammad Ali Center Council of Students will host their annual "Continuing the Dream, Continuing the Legacy" youth leadership panel discussion at 12 PM, expanding on Dr. King's message of equality, justice, and peace. Admission is FREE with registration. Register at [www.alicener.org](http://www.alicener.org).

## Healthy Recipes



### Cranberry Oatmeal Bar



Serves: 12 Est. cost: \$4.75 Est. cost per serving: \$0.40

#### Ingredients:

- 1 1/2 cups flour
- 1 tsp baking soda
- 1/2 tsp salt
- 1 tsp cinnamon
- 3/4 cup applesauce
- 1/2 cup honey
- 2 ea. eggs, beaten
- 1 tsp vanilla extract
- 3 cups quick cooking oats
- 1 cup dried cranberries
- 1/4 cup hot water

Cranberry Oatmeal Bar		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving		% Daily Value*
<b>Calories</b>	237 kcal	12 %
<b>Total Fat</b>	2.4 g	4 %
Saturated Fat	0.5 g	3 %
Trans Fat	0 g	
<b>Cholesterol</b>	27.4 mg	9 %
<b>Sodium</b>	215.5 mg	9 %
<b>Total Carbohydrate</b>	50.3 g	17 %
Dietary Fiber	3.5 g	14 %
Sugars	23.1 g	
<b>Protein</b>	5.3 g	11 %
Vitamin A	1 %	Vitamin C 0 %
Calcium	2 %	Iron 10 %

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Full Info at [cronometer.com](http://cronometer.com)

**Equipment:** Measuring spoon, measuring cup, large spoon, medium bowl, 9x9, baking dish, parchment paper (optional), small bowl, large bowl

#### Directions:

1. Preheat your oven to 350°F degrees and lightly spray a 9x9 inch pan with cooking spray. Set aside.
2. In a small bowl, combine dried cranberries and hot water. Set aside for 10 minutes.
3. In a medium bowl whisk together the flour, baking soda, salt, and cinnamon. Set aside.
4. In a large bowl, mix applesauce, honey, eggs, and vanilla extract.
5. Slowly add the dry ingredients to the wet ingredients until mixed.
6. Gently stir in the oats and dried cranberries with liquid. Pour into the prepared baking dish, pressing to fully cover the bottom.
7. Bake for 20 minutes or until edges are golden brown. Allow the bars to cool, then cut and enjoy.

#### Health Benefits:

**Oats** are considered a superfood and one of the most nutrient-rich foods to consume. It is high in manganese, phosphorous, magnesium, vitamin B1, and copper.

**Cranberries** are high in antioxidants, with both anti-cancer and anti-inflammatory effects. They have been shown to help improve gut health, cardiovascular health and kidney/bladder infections.

References: Kelley Robertson

## Horoscopes

**Aries 3/21-4/19** 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.

**Taurus 4/20-5/20** Let the good times flow! The 3 of Cups is a card of celebration and friendship, so you could find yourself in "party mode" this week with those closest to you. Organize a night out on the town with friends. Host a dinner party for family. Gather a few coworkers and hit up a happy hour. This isn't so much about what you do as it is the camaraderie you'll feel with those around you. Life isn't all about responsibilities and commitments, so let loose and enjoy yourself right now!

**Gemini 5/21-6/20** 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.

**Cancer 6/21-7/22** 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.

**Leo 7/23-8/22** The 4 of Pentacles wants you to focus on your relationship with money this week. Are you saving your money, while also still indulging in life's little luxuries? Or are you hoarding every penny you have because you're afraid you're going to lose everything? Examine what is driving this mindset. Don't allow your feelings around finances to distract you from effectively managing your wealth and setting yourself up for long-term success. You can have fun now, while still having security later.

**Virgo 8/23-9/22** 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.

**Libra 9/23-10/22** The 5 of Cups indicates you've been allowing yourself to wade in a sea of regret and disappointment. While the pain you're feeling is very real and shouldn't be minimized, it isn't a free pass to stay stuck in this mode forever. By choosing to focus on your perceived failures or mistakes, you can't see the positive things right in front of you, nor can you move on toward greener pastures. There's still hope, and it's important this week that you find where that hope is and shift your attention to that.

**Scorpio 10/23-11/21** 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.

**Sagittarius 11/22-12/21** 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.

**Capricorn 12/22-1/19** 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.

**Aquarius 1/20-2/18** 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.

**Pisces 2/19-3/20** The 3 of Swords wants to recognize the grief or heartbreak you may be suffering from currently. Perhaps you've been betrayed, or it could be that you're experiencing some sort of mental anguish. This week, this card is asking you to persevere and stay in control of your emotions so that you can move forward without falling apart. Just be sure that you don't become permanently detached in your efforts to remain strong. If you remain in touch with your emotional side, you could come out on the other side of this situation capable of loving even more deeply. *Tarot.com*

