



## Norton Children's dedicates new cancer resource center

*Center provides support services for families facing childhood cancer*

Norton Children's, alongside state leaders, patients, families and the community, dedicated Norton Children's Cancer Institute Resource Center, a new space designed to support children with cancer and their families through every phase of the cancer journey.

Located on the eighth floor of Novak Center for Children's Health, the resource center brings together a wide range of support services in one place, making it easier for families to access assistance during and after a child receives treatment. By combining medical care with emotional, educational and financial support programs, the center aims to offer holistic care without barriers.

"Childhood cancer changes everything for a family," said Russell F. Cox, president and CEO, Norton Healthcare and Norton Children's. "This center will meet families where they are, offering the resources and guidance they need, all in one place."

Norton Children's Cancer Institute Resource Center takes a team approach to healing. Services available through the center include:

- Financial navigators who can walk families through insurance options and help find financial assistance programs
- A nurse navigator to coordinate care across specialists and serve as a key point of contact throughout the cancer journey
- Educational liaisons, including licensed kindergarten to 12th grade educators, to help kids stay on track with school during treatment — whether they're in the hospital or learning virtually — as well as provide support when patients reintegrate into school
- Psychosocial specialists to provide mental health support for patients and family members
- Expressive arts therapists, including child life specialists and art, music and massage therapists, to help patients express themselves and



Children's Cancer Institute. "By bringing essential services together in one place, we're ensuring families have access to the support they need when they need it most." The commitment reflects Norton Children's larger vision for the future — where every child has access to top-notch care for generations to come.

"Between projects like this resource center and our plans to build a second dedicated pediatric campus in Jeffersonstown, we are building a future 'Just for Kids,'" Cox said. "We're creating spaces where medicine, compassion (cont. page 2)

## What to Do in the Lou

**1/28-2/1 Louisville Boat RV & Sports Show KY Expo Center** 937 Phillips Ln.

[www.louisvilleboatshow.com](http://www.louisvilleboatshow.com)

**1/29 An Intimate Conversation: Betty Baye** 10AM-12PM Norton Healthcare

Sports & Learning Center 3029 W. Muhammad Ali Blvd. [www.nortonslc.com](http://www.nortonslc.com)

**1/29 2026 Hottest Business Ideas, Trends & Markets** 1PM Online

[www.score.org](http://www.score.org) \*free

**1/29 2026 Winter Vendor Social** 4:30PM-7:30PM Waterfront Botanical

Gardens 1435 Frankfort Ave. [info@weekendweddingwarrior.com](mailto:info@weekendweddingwarrior.com)

**1/29 Nerd Nite Louisville** 7PM Gravely Brewing 905 E. Main St. 502.822.3202

**1/30 Wawa Grand Opening** 8:30AM Wawa 5229 Dixie Hwy [www.wawa.com](http://www.wawa.com)

**1/30-2/1 Kosair Shrine Circus** KY Expo Center 937 Phillips Ln.

[www.ticketmaster.com](http://www.ticketmaster.com)

**1/30 MegaBITE** 5:30PM-9PM KY Science Center 727 W. Main St.

[www.kvsciencecenter.org](http://www.kvsciencecenter.org)

**1/30 Interwoven: The Threads That Connect Us** 6PM-12AM FOKO 1001

Logan St. [www.eventbrite.com](http://www.eventbrite.com)

**1/31 India Fest 2026** 11AM KY Expo Center [www.heritageofindiafoundation.org](http://www.heritageofindiafoundation.org)

**1/31 Pilates for Paws** 11AM The Brown Hotel 335 W. Broadway

[www.kvhumane.org](http://www.kvhumane.org)

**1/31 Nulu Mocketail Class** 1PM-3PM Prova Spirits 917 E. Liberty St.

502.606.5366

**1/31 Louisville Cardinals Men's Basketball vs. SMU Mustangs** 2PM KFC Yum!

Center 1 Arena Plaza [www.ticketmaster.com](http://www.ticketmaster.com)

**1/31 Laurie Jane & the 45's** 6:30PM-9PM Stevie Ray's Blues Bar 230 E. Main St.

[www.lauriejaneandthe45s.com](http://www.lauriejaneandthe45s.com) \$7

**1/31 Milfs & Magic** 8PM-12AM Witches Brew 1813 Frankfort Ave 502.963.5089 \$5

**1/31 Da 80's Paid in Full** 10PM-3AM Joe's Palm Room 1821 W. Jefferson St.

502.337.2170

**2/1 Chocolate Fest** 2PM-6PM Sojourn Midtown 1207 S. Shelby St. 502.409.4238

**2/1 Rhythm Over Routine** 3PM-5PM Play Cousins Collective 1701 W. Market St.

[www.tinyurl.com/memberplay](http://www.tinyurl.com/memberplay)

**2/2 Dirt Bowl Public Meeting Input** 6PM Shawnee Golf Course Clubhouse 460

Northwestern Pkwy [parks@louisvilleky.gov](mailto:parks@louisvilleky.gov) 502.574.7275

**2/3 How to Use Google Workspace in Your Business: Tips & Best Practices** 1PM

Online [www.score.org](http://www.score.org) \$15

**2/3 Sports Film Night** 6PM-10PM Holsopple Brewing 8023 Catherine Ln. \*free

**2/5 After Work Kickback Behind the Pink Door** 6PM-12AM Whirling Tiger 1335

Story Ave [www.partiful.com](http://www.partiful.com) \*free

**2/6 Co-work Connect Create** 12PM-5PM The Presley Post 734 W. Main St. Suite

106 [www.thepresleypost.com](http://www.thepresleypost.com) \*free

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## This Week's Issue

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(cont. from pg. 1) and community come together to save lives."

The center was made possible through a \$1.6 million investment led by the Norton Children's Hospital Foundation and funded by community donors. This included a \$700,000 capital commitment with support from Hearts Path Charitable Foundation Inc., the Mary Butler Longest Foundation, and the Norman and Belita Noltemeyer family. An additional \$976,000 grant from the Kentucky Pediatric Cancer Research Trust Fund will mainly provide operational support, helping to add staff such as a social worker, educator, music therapist and financial counselor.

"Norton Children's Cancer Institute Resource Center is a powerful example of what's possible when this community comes together," said Lynn timer Meyer, R.N., Ed.D., FAHP, CFRE, senior vice president and chief development officer, Norton Healthcare and Norton Children's. "Because of this generosity, families now have a place designed to care for them in every possible way. Together, we ensure that no child or family walks this path alone."

Norton Children's Cancer Institute treats more than 7,000 patients each year, caring for children with all forms of cancer and blood disorders. Founded more than 60 years ago, Norton Children's cancer program is among the nation's longest continuously accredited pediatric oncology programs by the American College of Surgeons.

Find ways to support Norton Children's and the children of our community at [www.helpnortonchildrens.com](http://www.helpnortonchildrens.com).

We deserve better: Setting a Precedent for Safety

By Nia Queen

Public health and corporate welfare joined forces in a heated discussion at the last Louisville Metro Council meeting of 2025. Attention was called to the industrial explosion at the Givaudan plant which left two people dead back in November 2024. The site is located at 1901 Payne Street in the Clifton neighborhood and unfortunately, its residents are not unfamiliar with the dangers. This same site experienced an explosion that killed an employee of D.D. Williamson in April of 2003.

Though these plant explosions happened decades apart under different corporations, 3 people have lost their lives and many more have been harmed due to the industrial activity at 1901 Payne Street. Fast forward to Resolution R-161-25 introduced by Council member Andrew Owen, (District 5) which calls for the zoning adjustment of the property at 1901 Payne Street. Zoning laws are used to decide which areas of the city are for what activity (residential, commercial, industrial, etc). It's a legal-literal way of structuring a community.

Currently zoned as an intense M-2, if adopted this property would be given an undetermined "zoning that makes more sense given that it is surrounded by residential housing." Zoning regulations are historically very difficult to change considering the economic impacts of businesses. For these reasons, the council had opinions all across the spectrum. Council member Owen recalled feeling 'helpless' witnessing the damage this has done on District 5- even calling attention to delayed effects like Post Traumatic Stress Disorder (PTSD).

Louisville's Rubbertown was also mentioned in a controversial comment from Republican Council member Khalil Bashton of District 25, saying "There's gonna be a loophole that everybody not happy about industrial [activity] in their community will start to make noise about downzoning or rezoning that property. You know, there's explosions that happen in Rubbertown all the time and lives are lost." Council member Keven Kramer (Republican for District 11) emphasized that the zoning should be on the property, not the business. He speaks to his concern of the resolution being directed to companies and that being an overstep of the council, saying "You're either downzoning the company which I don't believe we have the authority to do... or we're downzoning the property. And if we do that, then every other property that meets the same stipulations should also be downzoned.

That creates a huge nightmare...from my perspective." Perspective is important, indeed. And as many of us have the unfortunate perspective of having lived near these industrial plants for years (myself included), we can all rejoice in the passing of resolution R-161-25. Let's hope this is the start of setting a new precedent; one that prioritizes people and safety over business. Legislative Note: R-161-25 was passed in a vote of 17 Yes and 9 no votes No: Kramer (R-11), Seum (R-13), Bast (R-14), Piagentini (R-19), Benson (R-20), Bratcher (R-22), Hudson (R-23), Mulvey-Woolridge (R-24), Batshon (R-25)



47th Annual YMCA Black Achievers Awards Celebration

The YMCA of Greater Louisville invites the community to come together for the 47th Annual YMCA Black Achievers Awards Celebration on Saturday, February 28, 2026. This inspiring evening will shine a spotlight on exceptional youth and adult achievers from local high schools and businesses who are making a meaningful impact across our community.

The celebration will be hosted by Bella Rae of B96.5 FM, with a keynote address from JCPS superintendent Dr. Brian Yearwood. Guests will help honor graduating high school seniors who have completed the YMCA Black Achievers program, along with recipients of the Legacy Award, Distinguished Achiever Award, and Youth and Adult Achievers of the Year.

Since 1979, YMCA Black Achievers has supported multicultural youth in grades 9-12 through mentoring, leadership development, career exploration, and service learning. Registration is open through January 31. Seats and tables are available at [www.ymcalouisville.org](http://www.ymcalouisville.org).

PICKUP LOCATIONS

- Xquisite Nutrition 2631 S 3rd Street
- 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
- 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
- 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
- Southern Hospitality 3402 W. Broadway
- Black Jockey's Lounge 630 S. 4th Street
- 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

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Audaciously Abra: The Audacity to Dream Big

By Abra Sickles

“Knowing is not enough; we must apply. Willing is not enough; we must do.”  
Johann Wolfgang von Goethe

I used to think dreaming was enough. That if I could imagine it clearly. If I could feel it deeply. If I could name it out loud. Then somehow the rest would work itself out. It does not.  
Dreams do not move on their own. They wait. And if you are not careful, they wait you out.  
Time is not waiting on you.  
It is not slowing down.  
It is not impressed by hesitation, fear, or the plans you keep promising yourself you will start “one day.”  
One day is a lie we tell ourselves to stay comfortable.  
At some point, I had to sit with an uncomfortable truth. Dreaming without action is just another form of delay. It feels productive. It feels hopeful. But it keeps you safely parked exactly where you are. And yet your dreams are enormous. They show up in the quiet moments. In the car. In the shower. Late at night when the world finally gets quiet enough for you to hear yourself think. They do not disappear when ignored. They get heavier. Louder. More persistent.

That is not by accident. Dreaming big is not reckless. Shrinking yourself is. Somewhere along the way, many of us were taught to be realistic when what we actually learned was how to hesitate. How to overthink. How to wait for perfect timing, perfect confidence, perfect conditions. Here is what no one says plainly enough. Playing small does not protect you. It just delays your regret. There comes a moment when you must stop asking if you are ready and start asking if you are willing. Willing to act before certainty shows up. Willing to move while fear is still in the room. Willing to risk disappointment instead of guaranteeing dissatisfaction.

Because time is not just passing. It is keeping score.

You do not need more permission.  
You do not need more credentials.  
You do not need everyone to understand.

You need to act. Apply. Start. Write it. Build it. Ask for the meeting. Say yes before you talk yourself out of it. Take the step that keeps circling your mind but never makes it to your calendar. And then I want you to sit with the question that refuses to let you off the hook.

What the hell are you waiting for? Not rhetorically. Honestly.

Because whatever your answer is, it costs you time. And here is where I shift from telling to asking. I ask that you hold me accountable.

If you see me shrinking instead of stretching, remind me of these words. If you catch me hesitating when I should be moving, call it out. If you watch me talk about dreams without backing them up with action, expect better of me.

And I promise to do the same for you.

I will ask you what you are building. I will ask what step you took this week. I will ask if your calendar matches life, you say you want. Not to judge. Not to shame. But because dreams deserve witnesses, and courage grows faster when it is shared.

We do not get to do this alone.

So let this be a quiet agreement between us. You stop letting time slip by untouched. I stop pretending readiness is a prerequisite for action. We both choose movement even when it is uncomfortable.

And when either of us starts to drift, we come back to the same question.


What the hell are you waiting for?

Your dreams are bigger than your fear.  
Your life is bigger than your excuses.  
And your time is too limited to keep waiting for a version of you that already exists.

This is your shake.  
This is your reminder.  
This is your moment.

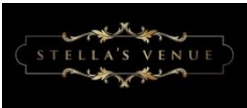
Go for it.

Live loud. Stay audacious.



ABRA SICKLES IS AN EMERGING WRITER WHO EXPLORES PERSONAL GROWTH, COURAGE, AND THE POWER OF AUTHENTICITY. THROUGH THOUGHTFUL AND INTROSPECTIVE STORYTELLING, ABRA FOSTERS DEEP CONNECTIONS BY SHARING EXPERIENCES AND STORIES THAT RESONATE. SHE INVITES READERS TO EMBRACE THEIR AUTHENTIC SELVES AND TO SEE HOW WE ALL FIT TOGETHER LIKE PUZZLE PIECES IN THE LARGER TAPESTRY OF LIFE, INSPIRING REFLECTION, GROWTH, AND PURPOSEFUL LIVING.

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2026 WomensNet’s Grants

WomensNet and the Amber Grant have received national media exposure in outlets like Forbes, USA Today, Nasdaq.com, and Yahoo! for our work in helping women-owned businesses. As long as you’re a woman who is 18 years or older, your business is 50% women-owned, and operates in the United States or Canada — you’re eligible to apply. Yes, non-profits are eligible. Non-profit organizations that are revenue-generating are eligible for our grants. To qualify, non-profit businesses must have at least 50% of their top leadership, including the Board President or CEO, must be women. The deadline is the last day of each month at 11:59:59 pm Eastern Time. Just keep in mind that our three \$10,000 grants run monthly. The year-end grants are \$50,000 and will be awarded to one of the 12 monthly recipients in December. Criteria include the following:

1. Your story. We’re looking for qualities like passion, business savvy, and vision. Women who believe in what they’re doing tend to make us believers, too.
2. Plans for growing/starting your business. We’re not looking for a formal business plan. Just some explanation of how you’ll achieve business success. It might include some mention of your market, your team, the things you’ve overcome so far, and the challenges you still face.
3. Plans for the grant money. Tell us how you would invest the money if you won. Be as detailed as you can. For additional information contact [jc40218@aol.com](mailto:jc40218@aol.com).

Healthy Recipes

Mixed Beans + Turkey Necks

Serves: 3-5 Est. cost: \$9.10 Est. cost per serving: \$3.05

Ingredients:

- 2 tbsp cooking oil (e.g olive, avocado, oat bran)
  - 1/2 cup onion (white, yellow, red)
  - 2-3 turkey necks / wings
  - 2 tsp onion powder
  - 1 tsp black pepper
  - 2 tsp salt
  - 1 1/2 cup water
  - 1 ea 15oz can Great Northern Beans, drained and rinsed
- OR 1 cup DRY beans
- To taste, salt and pepper

- Optional Toppings:
- Chow chow / Relish
  - Pickled onion
  - Cucumber Salad
  - 2 tsp onion, chopped

Equipment: medium pot, knife, serving bowl / plate, cutting board

Directions:

1. In a medium pot, sauté onion in cooking oil over medium heat for 5-7 mins, until onions are translucent.

2. Add your turkey necks, onion powder, black pepper and salt. Brown for 7-10 mins.

3. Add ½ cup water and cover for 5 mins.

4. Add beans and 1 cup water. Cover pot, and cook on medium-low for 40-45 mins, stirring occasionally. (If using dried beans, add 1 cup dried northern and 1 cup dried mixed beans with an additional 2 cups of water and cook until beans are tender).

5. Top with a couple tablespoons of chow chow/relish served in a bowl, or as a side dish to your favorite comfort food. Enjoy!

Health Benefits:

Beans are filled with micronutrients, vitamins, minerals, antioxidants, carotenoids, polyphenols, vitamins A, K, C, folate, potassium, calcium, magnesium, dietary fibers, prebiotic carbohydrates, and phytochemicals to fight against radical cells and inflammation.

Phaseolus vulgaris are common dry beans that are widely accessible, affordable, and versatile + highly nutritious. They are rich in fiber and help you feel fuller and longer . ½ cup cooked beans = 1 oz meat = 7g protein

Recipe provided by LA Dixon, 2024

Gingerbread Hot Cocoa

Serves: 3-5 Est. cost: \$4.10 Est. cost per serving: \$1.80

Ingredients:

- 4 oz ginger decoction
  - 1/2 cup water
  - 1/2 cup milk choice (almond, oat, other)
  - 1 Tablespoon Cocoa Powder
  - 2 teaspoon sweeteners of choice
  - Optional: 1 tsp Cinnamon Powder or Cinnamon Stick for Garnish

Equipment: medium pot knife, 3-5 cups, whisk, measuring spoons

Directions:

1. Combine ingredients in a medium pot, use a whisk, and slowly heat until all things are melted together.

2. Take off the heat, when it is the desired temperature.

3. Top with marshmallows or a dash of cayenne, and enjoy!

Health Benefits:

- Ginger is a powerhouse of anti inflammatory and digestive supporting properties. It’s perfect for warming you up on a chilly winter day and soothing any post-holiday feast discomfort.

- Cocoa is rich in flavonoids, which are plant-based compounds that support heart health by improving blood flow and reducing inflammation. It’s also a natural mood booster—cocoa contains compounds like theobromine and phenylethylamine, which may enhance your sense of well-being and reduce stress.

- Honey and maple syrup also bring trace minerals and antioxidants to the mix

Recipe provided by Gabrielle LaChapelle and Angelina Andriacchi, 2024



Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	761.4	
% Daily Value*		
Total Fat	6.9 g	9 %
Saturated Fat	1.4 g	7 %
Trans Fat	0 g	
Cholesterol	33.9 mg	11 %
Sodium	2120.6 mg	92 %
Total Carbohydrate	136.8 g	50 %
Dietary Fiber	48.6 g	174 %
Total Sugars	25.8 g	
Added Sugars	2.4 g	5 %
Protein	40.7 g	
Vitamin D	0 mcg	0 %
Calcium	339 mg	26 %
Iron	11.3 mg	63 %
Potassium	1345.8 mg	29 %
* 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.		



Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	33.2	
	% Daily Value*	
Total Fat	0.4 g	1%
Saturated Fat	0.2 g	1%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	4.1 mg	0%
Total Carbohydrate	7.8 g	3%
Dietary Fiber	1.1 g	4%
Total Sugars	2.5 g	
Added Sugars	0 g	0%
Protein	0.8 g	
Vitamin D	0 mcg	0%
Calcium	6.4 mg	0%
Iron	0.4 mg	2%
Potassium	138.1 mg	3%
* 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** You could find yourself committed to a new cause this week! The Hierophant is a card that represents belief systems, traditions, and institutions. You may have been feeling lost, aimless, and in need of direction. If you’ve been considering joining a new group, now is the time! Being surrounded by people of a similar mindset could offer you the type of community you’ve been missing. These allies could eventually become a powerful source of support as you explore the person you’re becoming.

**Taurus 4/20-5/20** 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.

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

**Cancer 6/21-7/22** The 8 of Wands represents high energy and forward momentum, signaling a time of getting things done and making things happen. You might feel as though a lot is coming at you this week, and it could become difficult to figure out what you should pay attention to. Combat these distractions by homing in on a single goal and removing any distractions so you can focus on it. By using this energy to your advantage, you will turn this into a period of great productivity and progress.

**Leo 7/23-8/22** 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.

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

**Libra 9/23-10/22** Don’t be intimidated by this card! The Death card is one of the more commonly misunderstood cards in the Tarot. It doesn’t represent a physical death – rather, it’s about transformation of the self and letting go of the things that are no longer serving us. What have you been holding onto that you need to let go of? Ending this chapter of your life could pave the way for something far greater down the road. This week, notice opportunities to move on from whatever it is that’s been holding you back from the future you deserve.

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

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

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

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

**Pisces 2/19-3/20** Your mind is your greatest asset this week! You may be facing a major decision or exploring uncharted territory in a specific area of your life. The King of Swords is encouraging you to use logic and intellect to navigate this situation, rather than allowing yourself to get swept up in emotion. You will only define the right road to go down once you’ve truly gotten to the heart of the matter, and this can only happen when impartiality is exercised. Give yourself the opportunity to view this through a much clearer lens and you’ll see the path appear. *Tarot.com*