

May 17th-May 23rd
2026

The Underground Lou

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Issue
#156

Don't Forget Your Commitments

Written by Maxwell Mitchell Stay Live Streams

On May 21st, 2025 President Donald J. Trump announced the cancellations of new or recently new consent decrees against law enforcement both in Minneapolis, MN and Louisville, KY. On that same day, Mayor Greenberg announced the Community Commitment. This document, this local commitment if you will was to be a promise to the community that reforms have and would be made in both Louisville Metro Government and Louisville Metro Police Department.

Despite Mayor Greenberg's promises and claims, many have turned their heads to the process whether it be due to lack of faith, lack of consistency from LMPD or just disbelief that much or anything would change. I will explain what I mean by an example straight from the Community Commitment itself. On March 27th, 2026 911 was called to an apartment for a wellness check in the 18th district of Louisville, KY. The wellness check resulted in the shooting and killing of Katelyn Hall. Officers involved were Robert Baker and Robert Gabbard.

Per the Community Commitment it is stated that after an officer involved shooting there is to be a review of their Use of Force policies for the community to give feedback. This was done in phases but this paragraph is only referring to the first phase which consisted of only 67 responses. I want to explain why it is important that we think about that number a bit more. In a city of 750,000+ people where this Community Commitment is to serve, there were 67 responses. Many have their different reasons for not getting involved in this process but one thing we continue to question is, with the low number of Community paying attention to this process, who exactly was the commitment actually between?

To find out more about the Community Commitment, the Independent Monitor's, the Implementation plan and more, feel free to ask us on any one of our social accounts, just search, Stay Live Streams. There is so much to be aware of throughout this community commitment process and if it is in your desire, we can be a useful aid



along that educational path. For example, the next meeting of the Independent Monitor's will be in.

What to Do in the Lou

- 5/20 Job News Louisville Job Fair 10AM-2PM I&N Federal Credit Union PNC Club 2550 S. Floyd St. www.jobnewslouisville.com *free entry/free parking
- 5/20 Build & Pitch: A Live Pitch Session for Founders 5PM-7PM Mashup Food Hall 750 E. Jefferson St. www.amplifystartups.com
- 5/20 OLB Writers Circle: The Doris Extended Universe 6:30PM-8:30PM Old Louisville Brewery 625 W. Magnolia Ave www.oldlouisvillebrewery.com
- 5/21 The Voice May 2026 Volume Launch Party 5:30PM-8PM Roots 101: African American Museum 124 N. 1st St. www.voice-tribune.com
- 5/22-25 KY Flea Market Memorial Day Spectacular KY Expo Center 937 Phillips Ln. www.kvexpo.org 502.456.2244
- 5/22 Louisville Strong Women Strong Coffee 10AM-11:30AM Goodwill Opportunity Center West 2820 W. Broadway www.wbckentucky.org
- 5/22 Summer Garden Gatherings 7PM-8PM UoIL Urban Public Affairs 426 W. Bloom St. justin.mog@louisville.edu
- 5/22 Summer Garden Jazz Season 8PM-10PM Nouvelle Bar & Bottle 214 S. Clay St. www.nouvellewine.com
- 5/22 V-Groove Live 9PM-1AM Derby City Gaming Downtown 401 W. Market St. vgroove502@gmail.com
- 5/22 Ladies Love Lakeside: An R&B Experience: Summer Walker vs. SZA 10PM-3AM Lakeside 10000 Linn Station Rd. www.lakesideecl.com
- 5/23 South End Community Market Day 8:30AM-12:30PM Iroquois Park 2120 Rundill Rd. southendcommunitymarket@gmail.com
- 5/23 Unconference: Uninterrupted 10AM-3PM UoIL University Club & Alumni Center 200 E. Brandeis Ave. www.independenceseekersproject.org
- 5/23 Fleur De Flea 10AM-5PM Waterfront Park Great Lawn 231 Witherspoon St. www.thefleurdeflea.com
- 5/23 Annual Plant Sale 11AM-4PM Le Lihuh 213 S. Shelby St. www.forageplants.com info@forageplants.com
- 5/23 Parking Lot Sale 11AM-6PM The Great Escape 2433 Bardstown Rd. 502.456.2216 www.amplifylouisville.com
- 5/23 The Vegan BBQ Social 12PM-5PM Apocalypse Brew Works 1612 Mellwood Ave www.venkentucky.org kristina@vegkentucky.org
- 5/23 Camp Taylor Waterpark Party 12PM-5PM Camp Taylor Water Park 4201 Lee Ave parks@louisvilleky.gov
- 5/23 Annual Cadillac Day in the Park 12PM-6PM Shawnee Park 4501 W. Broadway 502.802.0148
- 5/23 KY Film Crew 6PM LEX Studios 425 Codell Lexington, KY www.kvfilmcrew.org
- 5/24 PDC Adoptable Puppy Playtime 11:15AM Purrfect Day Cat Café 1743 Bardstown Rd. www.purrfectdaycafe.com
- 5/24 Goodtimers Memorial Day Wknd Rooftop Dayparty 6PM-11PM Ice House 226 E. Washington St. www.goodtimersentertainment.com
- 5/24 Shakespeare in the Park: The Tempest 6:30PM Emerson Park 1100 Sylvia St. www.kvshakespeare.com
- 5/24 Corporate Retreat Screening & Q&A w/Kerri Lee Romeo 7:10PM-9:20PM AMC Stonybrook 20 2745 S. Hurstbourne Pkwy www.womeninfilmmky.org
- 5/30 Match Cut: A Networking Event for Film Collaborators 1PM-3PM MatbeItsFate 1425 Story Ave www.womeninfilmmky.org

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This Week's Issue

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Dream Maker Awards
A Celebration of Supporting Our Community
June 12, 2026
6:00pm to 10:00pm
Progress Park Airstream Resort & Event Venue
4503 Progress Blvd, Louisville, KY 40218
Purchase tickets at <https://onecou.se/dreammaker2026>
or call 502-513-6119 for more information
amped



Celebrating the opening of Camp Taylor with Camp Taylor Waterpark Party

DJ Walt The Great spinning tunes all day and there will be activities inside and outside the Waterpark all day long. Food is allowed in the Waterpark. However, coolers and glass containers are not permitted inside the Waterpark facility. Non-alcoholic drinks are allowed in the Waterpark. However, coolers and glass containers are not permitted inside the Waterpark facility. There are only allowing service animals in the Waterpark. The total capacity for Camp Taylor Waterpark is 250. The first session is from Noon- 2 p.m. and the second session is from 3- 5 p.m. Re-entry won't be available opening day. Each guest is permitted to bring one clear bag. Diaper bags and medical bags are allowed, but they must be inspected before entry. Small clutch purses are allowed, but they cannot be larger than 6.5 inches x 4.5 inches. Coolers are not allowed at any outdoor pool and waterpark facility. For any questions or concerns, please email parks@louisvilleky.gov.



Audaciously Abra: The Audacity to Be Purposeful

“Efforts and courage are not enough without purpose and direction.” — John F. Kennedy

I firmly believe that whatever you're passionate about will drive you to your purpose in life. Not the polished kind of passion. Not the version you can turn into a title or a clean answer when someone asks what you do. I'm talking about the kind that lingers. The kind that shows up uninvited. The thing that keeps pulling at you—even when you're trying to be practical, even when you're trying to choose the “safe” option.

For a long time, I thought purpose was something you figured out once. Like you'd arrive at it, claim it, and move forward with certainty from there. But the more I've lived, the more I've realized it doesn't work like that. Purpose doesn't arrive fully formed. It reveals itself slowly, through what you pay attention to and what you refuse to ignore.

Sometimes it shows up as excitement or frustration. Sometimes it's the thing that makes you pause and ask yourself why you care so much in the first place. That question matters more than we give it credit for.

Because passion leaves clues.

The things that light you up are part of it, yes. But so are the things that break your heart, the things that make you want to step in, speak up, create something better, or do something different. That pull isn't random. It's trying to guide you somewhere. The problem is, we don't always trust it.

We want purpose to be clear. Structured. Easy to explain. We want it to come with a plan we can hand to someone else and say, this is where I'm going. But purpose doesn't always offer that kind of clarity upfront. Sometimes it just asks you to move. To take one step. To follow something that doesn't fully make sense yet. And that can feel uncomfortable.

Being purposeful isn't about having everything figured out. It's about being honest about what matters to you and choosing it anyway. It's about making decisions that align with that truth, even when they don't come with immediate validation or reward.

It also means letting go.

Letting go of roles, expectations, or versions of yourself that no longer fit. And that part can be just as hard as starting something new. We don't talk enough about how uncomfortable growth can feel when it requires releasing something that once made sense. But staying in something that no longer aligns will cost you more overtime.

There's a quiet kind of courage in paying attention to your own life. In noticing what keeps coming back. In trusting that the things you care deeply about are worth exploring, even if you don't have all the answers yet.

I don't think purpose is a single destination. I think it evolves as you do. I think it deepens, stretches, and sometimes even surprises you. And if you stay connected to what matters—if you keep showing up to it, even in small ways—it will shape the direction of your life.

Live loud. Live audacious.

amped
Play Cousins
**COUSIN'S CORNER
OPEN STUDIO SESSIONS**
MON-FRI 4 PM-7 PM
AGES 10-17
APRIL 15-MAY 21
BAXTER COMMUNITY CENTER
1125 W LIBERTY ST. LOUISVILLE, KY
OFFICE OF VIOLENCE PREVENTION
Kosair for Kids

FOR IMMEDIATE RELEASE
**MAHOGANY
MONAE SHELTON**
Miss Derby City 2026
PROUDLY REPRESENTING LOUISVILLE, KENTUCKY
COMPETING FOR
MISS KENTUCKY 2026
Mahogany will compete as Contestant #4 at the
Miss Kentucky Competition on
June 11 - Preliminary Competition
June 13 - Finals
at the Southern Kentucky Performing Arts Center
(SkyPAC) in Bowling Green, Kentucky.
MAKING HISTORY:
Mahogany is the second titleholder in the
Miss Derby City program's history.
A GRADUATE OF
KENTUCKY STATE
UNIVERSITY
Bachelor of Science in Psychology,
Pre-Med
Published Author
Spoken Word Artist
Youth Advocate
Community Leader
Licensed Mortgage Loan Originator
HER COMMUNITY SERVICE INITIATIVE
Heart, Pen, Poem
YOUTH HEALING THROUGH POETIC EXPRESSION
Empowering youth (ages 9-18) to heal from trauma,
express their stories, and build resilience through
guided poetry workshops, writing & therapy
awareness, and open-mic events.
“They find their power
when they find their voice.”
TALENT PERFORMANCE
Mahogany will perform her original
spoken word piece entitled “Poet”
from her second published poetry
collection, Love's Promise,
authored under her pen-name,
The Goddess Anahata
AVAILABLE ON ALL MAJOR
ONLINE BOOK RETAILERS
SCAN TO DONATE!
FOLLOW THE JOURNEY
@MissDerbyCity @HeartPenPoem @thegoddessanahata
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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
- Southern Hospitality 3402 W. Broadway
- 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

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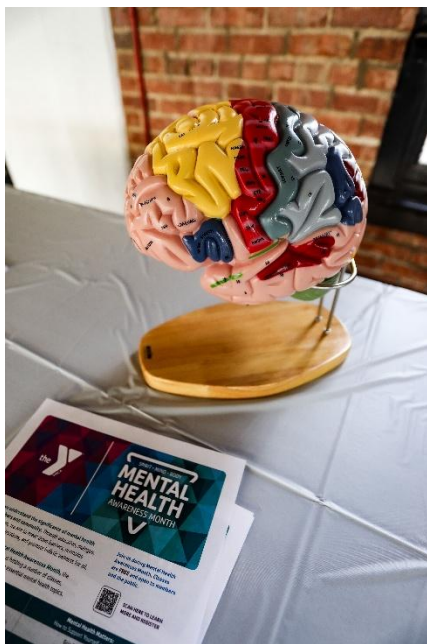


Kentucky Board of Education Awards Committee to Hold Virtual Meeting

The Kentucky Board of Education (KBE) Awards Committee will hold a virtual meeting on May 27 at 2:30 p.m. KBE has statutory authority to manage all common or public schools in the Commonwealth and all programs operated in such schools. This meeting will be held via video teleconference. Members of the public may watch a livestream of the meeting. The livestream will be available by visiting www.education.ky.gov. The following will be discussed:

- Review of Criteria for Selecting the Recipient of the Grissom Award for Innovation in Special Education
- Review and Discussion of Nominations for the Grissom Award for Innovation in Special Education
- Approve Recommendation of Individual(s) as the Recipient of the Grissom Award for Innovation in Special Education

For additional information contact (502) 892-6174.



Prioritize Your Mental Health This May with the YMCA

May is Mental Health Awareness Month, and YMCA of Greater Louisville is here to support your well-being—mind, body, and spirit. We're offering FREE Mental Health Workshops all month long, open to everyone in the community, not just Y members.

Join us for in-person and virtual sessions on important topics like:

- Healthy Minds: A Community Conversation
- Music Therapy for Kiddos
- Self-Compassion Art
- Resilience: A Documentary Screening and Discussion

Plus, follow us on social media for weekly tips and helpful resources to support your mental health every day. Explore programs and register at ymcalouisville.org.

Free Home Repairs for Russell Homeowners

Russell: A Place of Promise (RHOP) has partnered with New Directions Repair Affair Program to relaunch FREE home repairs for home owners in the Russell neighborhood. 20 resident homeowners will be selected for repairs needed for safety, security, code compliance and weather efficiency.

Those selected will receive repairs of up to \$24,999 in value and must qualify as low income with more details in the application. Homes must be occupied by the owner and living in the property for at least one year.

Repairs will take place before June 30th, 2026 and include the following:

- Roof repair
- Concrete Steps
- Awning Removal
- Exterior paint
- New entry door
- Cornice repair
- Downspouts
- Exterior lighting
- Insulation
- Window repair
- Storm windows
- Box cutter repair
- Roof replacement
- Exterior siding
- Tuck pointing
- Foundation repair
- Porch repair
- Tree removal
- Walkway repair
- Exterior handrails
- Ramp installation
- Ramp repair
- HVAC repair



Apply by Wednesday May 27th at www.russellpromise.org.



Match Cut: a networking event for film collaborators

Saturday, May 30 1:00 - 3:00 pm In-Person @ MaybeItsFate (1425 Story Ave., Louisville, KY)

Tickets: \$10, Members Free

Calling all writers, directors, crew, actors, editors, producers, or anyone looking to make films together here in Kentucky.

Film is a collaborative medium, and we know that meeting other filmmakers can be a challenge. This is why we're bringing together collaborators from all points in the filmmaking process for a speed-networking style matchmaking event!

Great for anyone who:

- Wants to join or form a team for the 48 Hour Film Project
- Find a partner to apply for the Front Porch Film Lab (which require director/producer teams)
- Has an idea for a short film that they want to make, but no crew connections
- Works in production or post-production and wants to find projects to add to their reel or broaden their experience
- Wants to broaden their network of collaborators for the future

Visit www.womeninfilmy.org for more information.



Move Your Body with Thrive Tribe

Enjoy a FREE weekly workout class in the park with YMCA instructors and explore eco- friendly mindfulness practices for all ages.

Thursdays April-September 6PM-7:30PM
 Alberta O. Jones Park 744 S. 23rd Street
 Register at tinyurl.com/memberplay

Healthy Recipes MUJH

Garlic and Spinach Pasta



Serves: 4 Est. cost: \$9.50 Est. cost per serving: \$2.60

Ingredients:

- 1 tbsp olive oil
- ½ medium onion, sliced
- 4 cloves garlic, minced
- 2 cups vegetable broth
- 2 cups water
- 1 pack pasta (e.g. penne)
- Juice of 1 lemon
- 4 cups spinach, fresh (OR 2 cups frozen)
- 1 tsp black pepper
- 1 tsp red pepper flakes

Equipment: Large pot, cutting board and serving dish

Directions:

- In a large pot, bring oil to medium heat. Add onions and sauté for 3-5 minutes or until translucent.
- Add garlic and cook for another 2 minutes.
- Add vegetable broth, water, uncooked pasta, and lemon juice.
- Bring to a boil and cook for 15-18 minutes or until pasta is al dente.
- Stir in the spinach. Cook for 2 minutes and season with black pepper, and red pepper flakes.
- Pairs well with fish or chicken as a nice dinner option.

Health Benefits:

Spinach- is an excellent source of iron, folic acid, and calcium. Calcium is an essential mineral to the body that is responsible for bone health and heart health and muscle function.

Lemon - One lemon contains 51% of the recommended daily intake of vitamin C. Vitamin C is not only great for helping to boost your immune system it also helps to increase the body's absorption of iron. *References: Recipe from Reanetta Perkins, 2023*

Garlic and Spinach Pasta		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving		% Daily Value*
Calories	99.5 kcal	5 %
Total Fat	3.9 g	6 %
Saturated Fat	0.6 g	3 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	348.4 mg	15 %
Total Carbohydrate	14 g	5 %
Dietary Fiber	1.4 g	5 %
Sugars	2 g	
Protein	3 g	6 %
Vitamin A	50 %	Vitamin C 22 %
Calcium	4 %	Iron 7 %

* 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

Horoscopes

Aries 3/21-4/19 A calmer approach could help you handle something that usually makes you impatient. Venus in your 4th House of Home supports Mars in your 2nd House of Resources, making comfort, security, and practical action work together. Review a bill, clean up a small space, or have the financial conversation without turning it into a battle scene. You do not need to bulldoze your way into control. Choose one grounded move that protects your peace and your resources. Direct action works best when it still leaves room for care.

Taurus 4/20-5/20 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.

Gemini 5/21-6/20 Rest, reflect, and recover. That is the message the 4 of Swords has for you this week. You may have faced a difficult situation recently, such as the loss of a job, the ending of a relationship, or issues related to money. This matter took a lot out of you, and now you might be feeling mentally, physically, emotionally, and spiritually drained. Take some time to recuperate and recharge. It's important to give yourself this opportunity to reactivate yourself -- it helps you go back into the world with a rejuvenated spirit and a new perspective.

Cancer 6/21-7/22 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.

Leo 7/23-8/22 This week, the 8 of Pentacles is encouraging you to put your creative talents to good use and work hard at them. The more you create and hone your craft, the more others will take notice of what you're doing -- and the more inspired you will become. By putting yourself out there, you give others the opportunity to recognize your unique abilities, and this can serve as the motivation needed to continue to produce things you're really proud of. So, get out there and become the master of your domain!

Virgo 8/23-9/22 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.

Libra 9/23-10/22 You're being encouraged to choose your battles wisely this week. The 5 of Swords signals that a conflict is currently brewing in a particular area of your life, and a confrontation could take place soon. When it does, you may be tempted to win the argument at all costs -- but have you considered what those costs are? In your attempt to prove you're right, you may say or do things you regret later, as well as sabotage your relationship with the other person (or people). Before going to battle, consider how winning in the moment could lead to a long-term loss.

Scorpio 10/23-11/21 The Page of Pentacles represents enthusiasm for new beginnings and new ventures. This week, you are being encouraged to express your creative talents in some way. Have you been thinking about starting something but haven't taken the first steps to get it off the ground? This card wants you to take those imaginative ideas you've been toying with and start working toward manifesting them. By remaining focused and applying a strong work ethic, you give yourself the ability to turn your dreams into a reality.

Sagittarius 11/22-12/21 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.

Capricorn 12/22-1/19 The Strength card is signaling that you have the inner fortitude needed to gracefully navigate a difficult situation in your life. It's easy to get lost in emotions like anger, sadness, fear, or shame, but you're being called to rise above that this week and remain calm in this time of adversity. Don't act on your base instincts. Instead, embrace your more compassionate and forgiving side. This allows you to become a silent warrior who remains in control not only of yourself but the situation as well.

Aquarius 1/20-2/18 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.

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

