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CV WEEKLY



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CELEBRATE TOPFLIGHT BREWS AT THE 13TH ANNUAL PROPS & HOPS CRAFT BEER FEST AT THE PALM SPRINGS AIR MUSEUM





For a truly unique, fun experience, and away from the kids, then look no further than the Props and Hops Craft Beer Festival on Saturday, November 22, 2025 from 1 until 5 PM at the Palm Springs Air Museum. Live music and food vendors complement the afternoon of UNLIMITED beer tastings. Choose from over 40 craft beers, watch vintage aircraft take off and land on the tarmac behind the museum, and listen to great live music by John Stanley King and the Desert Sol Band with sexy vocalist Horace Miller. Event sponsors are Palm Springs Resorts and Hot Purple Energy.

The breweries will be inside the 20,000 square foot General Ken Miles Hangar. General admission tickets for $75 (or 2 for $120 online in advance) include glassware while supplies last plus unlimited tastes. The VIP ticket for $90 (or 2 for $160 online in advance) guarantees early entry at 12 noon, with food pairings offered during the VIP hour.

No one under age 21 will be admitted to the Festival – no exceptions! However, friendly dogs of any age, on leash, are very welcome. *All attendees must have valid proof of age and must be over 21 years of age. Do not bring infants, you won't be allowed to enter.*

Want to see the scenic Coachella Valley from inside an airplane and taste unique beer? Rare Beer Flights are on sale, as are other Warbird Rides. The Rare Beer Flight is $300, but seats are limited, and this doesn't include a ticket to the Beer Festival. The aircraft flying at the time of the writing of this story are the P-51 Mustang (the horserace of the sky, and the type of airplane that Tom Cruise flies at the very end of *Top Gun: Maverick),* the T-6 Texan, and the C-47 Skytrain. Tickets, rides and T-shirts may be purchased in advance through PSPropsHops.com.

Entry for everyone is off the South parking lot through the Southern Gate, away from the main museum entrance. Craft Beer Festival tickets are only for the beer festival. Tickets to the rest of the museum will require a museum only ticket. The Palm Springs Air Museum is located at 745 North Gene Autry Trail, between Vista Chino and Ramon Road in Palm Springs. Media sponsor is NBC Palm Springs. Food vendors are The Big Easy Sandwich, El Reaper, Nick's Pizza, Party Pop, and Uncle D's Smokehouse.

"We are very pleased that Props and Hops has become an annual staple of the local brewers" said Palm Springs Air Museum Vice Chairman Fred Bell. "A huge thank you to all our sponsors and supporters. This event supports the education programs of the Museum."

Confirmed breweries at press time were 29 Brews, 5174 Craft Beer, Abnormal, Alberta Lane, Barrelworks, Calidad Beer, Coachella Valley Homebrewers' Club, Coronado, Drake's Brewing, Eureka Brewing, Firestone Walker, Golden Road, Good Day, Hangar 24, Helmsman Ale, Hops and Spokes, HP Valley, Idyllwild Brew Pub, Inland Empire Brewers, Knee Deep, La Quinta Brewing, Luchador, Native Son, Soba, Tarantula Hill, Thorn, and more.

Tickets to the Props & Hops CRAFT BEER FESTIVAL include entrance to the beer tasting areas only. Separate admission is required for the museum. CV







LOCAL MUSIC SPOTLIGHT WITH AYDRA J SWAN

LOCAL MUSIC



BY PHIL LACOMBE



This week's Local Music Spotlight shines on Aydra J Swan, a visionary performer who blurs the line between concert and cosmic experience. From the high desert to stages across the globe, Aydra fuses music, aerial art, fire, and movement into something transcendent. Her sound is cinematic, her presence magnetic, and her mission crystal clear: to awaken spirit through art.

Whether she's gliding above the stage, curating her immersive Odyssee supper-club, or channeling raw emotion in her latest project Iliad of Rainbows, Aydra embodies fearless creativity. CV Weekly caught up with her to talk inspiration, transformation, and the powerful connection between art, nature, and soul.

CVW: From private cheffing in LA to running a multi-country media company and performing aerial shows, what was the turning point when you realized music and performance must become your main path?

Swan: I had this moment, it must have been late 2021, it was a full moon and I was living in Tulum off and on between Joshua Tree. Two things came to me, one: that live music can never not exist, even on the heels of Covid, or with the rise of AI (maybe in some part due to it) we would inherently return to live music, it's something you can't take away from or out of humanity. Two: it Dawned on me that I was desperately trying to fill this void with expressions that would never truly satisfy me, they were temporary forms of income and accolades from family, friends and clients but they were not from my souls purpose. I made a deal with my higher self that night to return to believing that what came out of me naturally was enough and the world was ready to receive it. I felt sincere that what I had to offer could meet the needs of the culture and admitted that this was who I truly was and was born as and just because it's hard doesn't mean I should quit. Music was always it, since childhood and I'm completely self taught. It's not something you can just turn off. If spirit chooses you as the channel you either rise to the occasion, or not.

CVW: Your Odyssee supper-club blends dining, fire, aerial work, and live music. What excites you most about combining those different art forms, and what's one challenge you never anticipated?

Swan: I'll always remember one time living in San Francisco, going to a supper club and there was an aerialist just crawling around the ceiling the whole time and I thought to myself; I want to do this. It's such a unique and sort of dangerous way to dine and meet new people because you're all collectively brought together by the performance. I enjoy a good conversation over dinner as much as anyone but I find it thrilling when suddenly you're invited or even thrust into another world, the story of that creator or performer or piece of music and it demands your full attention. I feel it's critical in the digital age as well to return to the presence that creates. On the same note, it ended up being an obstacle I didn't fully examine in my first performances, where we dropped the meal and the show around the same time. I came to see it was a far better flow to introduce a course, give the audience time to appreciate the food, talk, connect and then the lights down, the plates are cleared and the first act starts. Now I've designed the pacing so that the acts are 3 songs each with courses in between, all telling a new story line I've written called Calypso, a sort of prelude to Odyssee and Illiad of Rainbows.

CVW: You describe yourself as an 'elemental artist.' What does that phrase mean for you, and what elements (earth, water, air, fire) do you feel most drawn to in your work?

Swan: In many ways it's very literal; working with the elements both on and off stage in my mediums. On a more thoughtful examination, it's returning to what we're all made of, water being the most prevalent. And this is ironic because it's the one thing on that's difficult to convey and I would say is the element I'm most drawn too. If you had a look at my YouTube you'd see much of the underwater art I create from my travels through Cenotes of the Yucatan and deep water coves throughout Europe. My chart is mostly earth and fire as well so I find so much balance in water and in the air as well on the aerial apparatuses. I came from a somewhat difficult childhood (although I had a very loving family) it was filled with financial turmoil and I always felt misunderstood, needing to prove my worth. Exploring the elements connected me to my core, woke me up and steered me towards lifestyle choices which healed the rebellion of my formative years. In essence connecting to the elements returned me to the 5th element which I believe (and not just because of the movie, lol) is love. Mainly the love we learn to have for ourselves despite our shortcomings.

CVW: When creating a new album or single (like *Iliad of Rainbows* or *Love to Let Go*), what is your process? Do you start with a lyric, a melody, a visual idea, or something else entirely?

Swan: It completely varies. Something a melody pops in; your in a parking lot, on a plane, in the supermarket and you just sort of have to go with it and get it into the voice memo app before it's gone. We are channeling, always; the songs, the melodies, lyrics even, they don't belong to me, but I am their steward, so I choose to bring them into the world, or not. I'd say maybe 3 out of 12 song ideas make it to the finish line (publishing and/or performing). Often times with albums I'll get a ping, it's again, from the blue, maybe I'm traveling and in a peaceful space and I can begin to unravel an idea for a theme. I do have a morning practice as well where often ideas become more developed and clear. I also explore writing based on song titles connected to a theme, or just sitting at the piano clunking out a chord progression. Melodies are the most special thing we receive during channeling, I've dreamt melodies, and even come up with some that remind me of a song I can't quite place, that's when you really know they don't ever really belong to you. Elizabeth Gilbert explores this concept in Big Magic. Even this very morning I went into my voice memos app and was reviewing ideas from the last month I think I counted 9 I really liked, so now that's on me, how much time and care I devote to bringing them into the world.

CVW: Your performances often include ae**rial apparatus and live fire. How do you balance the theatrical spectacle with the emotional intimacy of music? Do you ever worry one overshadows the other?**

Swan: Absolutely! In fact, I'm doing a residency at the restaurant Wildest on Saturdays this season, they're on El Paseo, and I'm playing for dinner hours. It's a balancing act because the sound can't be too high, people aren't there to see you so it's important to involve some covers, and mainly I've come to find that it's most impactful when I just sing and play the instrument. Stripping it down like this is a really insightful exercise because you don't have the glitz and glam of the other mediums on stage, it's just you and the keys. I quite enjoy it and the audience does too since they're able to catch a glimpse at just the raw power behind the emotion of the song. We easily take for granted both that we're able to digitally create a song or backing track the way we want by investing as much time as we need and also that indeed the process of building in a daw like Logic or Abelton and creating that music is no easy feat either! So I like to remind my audience by stripping all that away that there is indeed musician in there and also, a producer; I do engineer and produce most all material myself.

CVW: You've done photography, video, retreats, performance, music, how do you decide which medium to use to express a particular feeling or message?

Swan: At the end of the day, I am surviving with the intention to thrive in the medium of my music, performance and events as my primary business, to corporatize that outside of a label, or even manager. We all know this is not an easy path to choose. Photo and video work are an amazing outlet because there's always a demand and I absolutely love to direct and create a pretty image, make people feel good. Ultimately, I crave to be in front of that camera and be the main character though, that's who I am inside! My dream is to have a company blanketed by my brand

as an artist, and create a mobile supper club that can go to private events, homes, and unique venues around the desert, the world even where I curate, produce, perform and empower others. It would be amazing to bring that into a retreat format as well, where guests get to explore the medium of telling a story through music, movement, writing and engaging an audience. That idea really lights me up.

CVW: In your site bio you mention spirit-based living, activism, and connection to the earth. How do those themes influence not just your art, but your daily life?

Swan: Spirituality and living a purpose-led life is what drives me. I just listened to an amazing interview with Modonna and Jay Shetty and I deeply connected with it. How having a spiritual practice saved her life, how she's felt abandoned and betrayed so much but was resilient because she understood her worth didn't depend on validation or actions of others. I also just finished Master of Me from Keke Palmer, she touches on the old saying of being a 'jack of all trades' I've definitely been called that, although, even Shakespeare would agree, those who master themselves make space and time for everything they are driven and inspired by. I'd bet most of the worlds most interesting artists are also activist and are spinning multiple plates, wearing lots of hats, fingers in a ton of pots and having a great time with it, also making meaningful impact.

CVW: What's a moment in your journey, maybe a dark night, a failure, a risk — that changed how you show up as an artist today?

Swan: I've had my share of dark nights



of the soul, one of my archetypes in the wounded healer, it gives me a sort of shamanistic approach because the Shaman takes on the pain of the culture or community then goes into solitude to process and heal it collectively. I believe that's one of the reasons I choose to leave LA a decade ago and live in the desert. Solace, space, the chance to heal, in peace. When I first arrived here my partner and I formed a duo, Bellstarr. We had a lot of interest at the time as I was headstrong about getting gigs going with a local circus space, we had a tight sound, and some money guys came around. I wasn't clear enough with the goal nor versed enough in the business and my boundaries were weak. I had to learn the hard way about public perception as well as being a women in a very corrupt industry. I stood ground and have had to since. I consider it a test more than a failure but I feel I could have been better prepared, which is why today I have a less lofty and more concrete vision of creating a sustainable success, which includes investing into business coaching and understanding I am capable of creating the abundance needed to reach my goals.

CVW: Looking ahead: where do you see the next chapter of Aydra J Swan going? What unrealized dreams or experiments are you most excited to try?

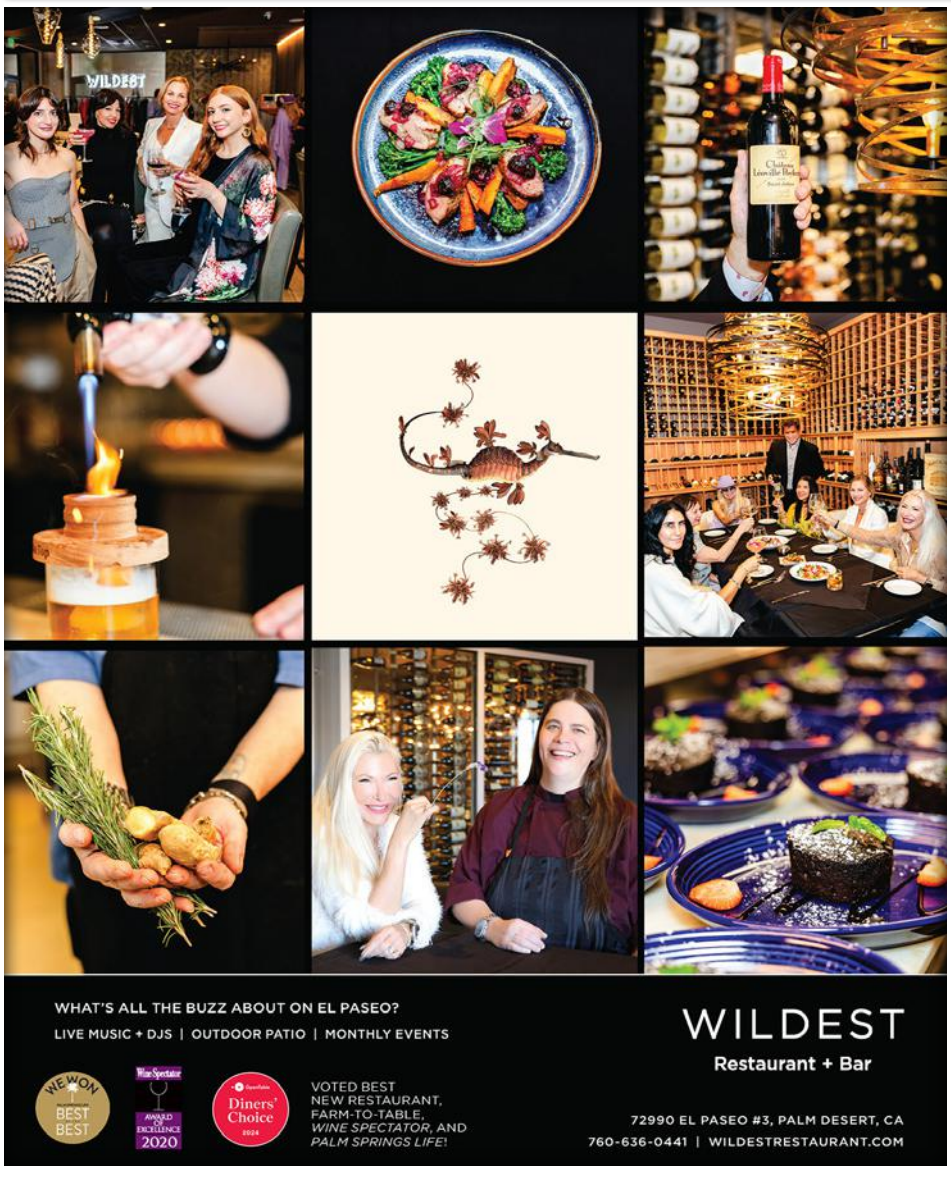
Swan: When I was a child, I saw my mom create a business in telling stories live at children's event and assemblies when we were in dire straights. She's my hero because she created something from a tradition as old as time that was both meaningful and transformative for those who witnessed it. In Calypso I explore more storytelling in the show, really I'm acting but I'm also telling my story of coming into my womanhood. I'd like to write more, for the stage and off stage, I have a completed novel I'd love to self publish and eventually tell my story as an artist woven with songs I've been writing since 18. But I will tell you a little secret, my end game is having a perfume line! I just love scents that aren't harmful to us or the environment, and it's a product people will always come back for if they like it, especially if they have a connection to you and your brand. That would then conclude my exploration of all 5 senses as a creator in this life and would just be such a fun project and way to serve my audience something new!

CVW: Where can fans find you?

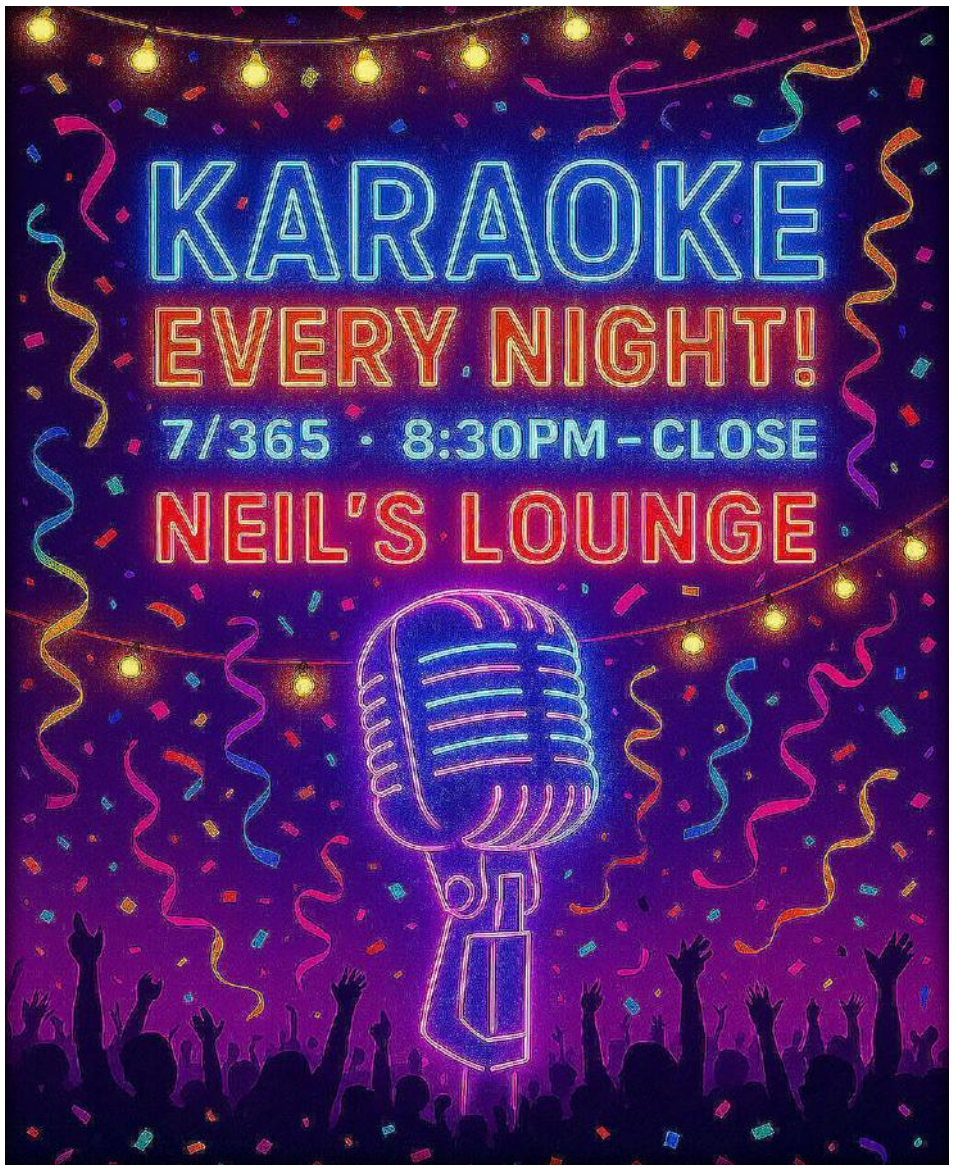
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www.instagram.com/iamaeydra
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That wraps up this week's Local Music Spotlight with the incomparable Aydra J Swan, an artist who reminds us that music is more than sound; it's energy, movement, and emotion intertwined. Her artistry invites us to rise a little higher, feel a little deeper, and live a little louder. The party doesn't stop here. Hit the shows, feel the beats, and keep the valley's music scene thriving. Because around here, the next song that changes your life might be playing tonight.

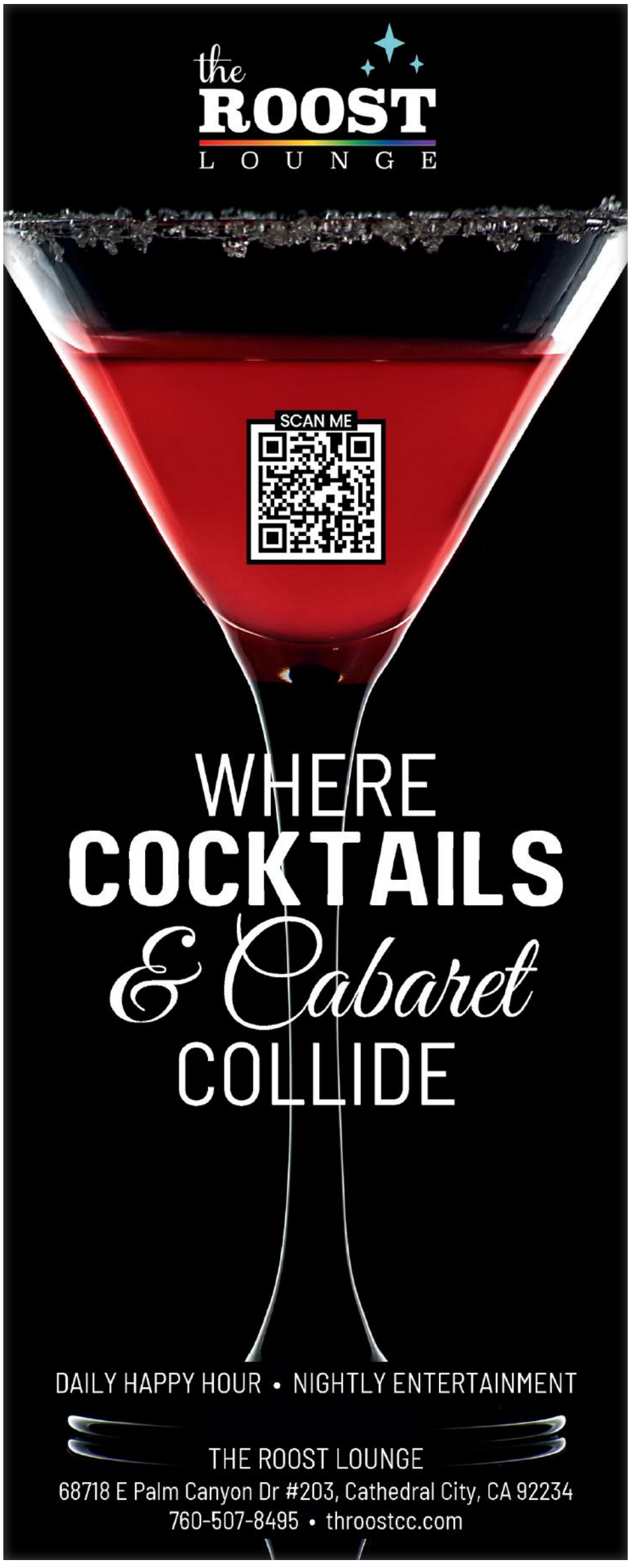
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THE DESERT ROSE BAND "LIVE AT THE COUNTRY MUSIC HALL OF FAME" (BAR NONE MUSIC/FRIDAYMUSIC TM)

CONSIDER THIS

BY ELENI P. AUSTIN





If you were going to erect a Mount Rushmore-esque edifice to honor the progenitors of the California Rock & Roll scene, it would have to include Brian Wilson, Linda Ronstadt, Sly Stone and Chris Hillman. Each musician has made an indelible contribution to the musical melting pot that characterizes the Golden State. Chris was most definitely here from the outset.

Born in 1944, Chris grew up in San Diego, the third of four kids. When his older sister returned from college with a stack of Folk records, he was immediately intrigued. His mom encouraged his musical ambitions when she bought him his first guitar. His interests quickly migrated from Folk to Bluegrass. By the time he was 15, he was making the pilgrimage to Los Angeles to catch The Kentucky Colonels live at storied venues like the Ash Grove.

During his teens, he was invited to join Bluegrass outfits like The Scottsville Squirrel Barkers (some of those bandmates later made names for themselves in better-known bands like Hearts & Flowers and the Eagles). He moved on to play with The Golden State Boys, which included the fraternal talents of Vern and Rex Gosdin, and later became the Hillmen. Even though Chris was still underage, a fake I.D. allowed him to play in clubs, dives and Honky Tonks throughout California.

Right as he was considering forsaking music and enrolling at UCLA, a local L.A. band called The Beefeaters were pioneering a new sound that synthesized Folk with British Invasion m Rock & Roll. The nucleus of the band were Roger McGuinn, Gene Clark and David Crosby. Their manager, Jim Dickinson, was familiar with Chris from his Hillmen days and suggested they recruit him to play bass. The final piece of the puzzle fell into place with the addition of drummer Michael Clarke. At this point, The Beefeaters (who briefly performed as The Jet Set) finally became The Byrds.

The band made their bones playing gigs on the sunset Strip. An extended engagement at Ciro's garnered a record deal with Columbia Records in 1965. Their sound was buoyed by their ethereal vocal blend and Roger McGuinn's ringing, 12-string Rickenbacker guitar. Their first hit was a jangly reworking of Bob Dylan's *"Tambourine Man."* Over the next couple of years, hits like *"Turn, Turn, Turn," "Eight Miles High"* and *"So You Want To Be A Rock & Roll Star"* climbed the charts. The band began salting their Folk-Rock mix with hints of Psychedelia, Jazz and Raga, inspired by their shared reverence for Miles Davis, John Coltrane and Ravi Shankar.

Despite their continued success, together, the five-piece was a contentious lot rife with contrasting personalities that no longer meshed. Gene Clark was the first to leave. Then David Crosby jumped ship (or was made to walk the plank, depending on who you ask). Not long after, Michael Clarke split the band, with only Chris and Roger left to carry the Byrds torch. The pair quickly recruited Georgia/Florida/Harvard transplant, Gram Parsons.

The scion of a Southern citrus fruit empire, Ingram Cecil Connors Parsons, had been kicking around the L.A. music scene for a few years. His mission was to fuse his earliest influences, Country Western and R&B with a heavy dose of Rock & Roll. Chris saw Gram's vision as a way to honor *his* first musical love, Bluegrass, and Roger was ready to take the band in a new direction. The trio got to work on the Byrds' sixth long-player, *Sweetheart Of The Rodeo.* Naturally, a power struggle between Roger and Gram ensued, motivating the latter to quit. Chris left as well, and the duo formed they own band, The Flying Burrito Brothers.

The new quintet included Chris Etheridge on bass, "Sneaky" Pete Kleinow on pedal steel and "Fast" Eddie Hoh on drums. While the band never achieved mainstream success, Flying Burrito Brothers (along with former teen idol Rick Nelson and reluctant Monkee Mike Nesmith) pretty much invented a new musical genre. Gram dubbed The Burritos' Country/Soul/Rock hybrid, Cosmic American Music (these days, it's less poetically known as alt.country or Americana). In the '70s, their sound was quickly co-opted, watered-down and popularized by the Eagles, Poco and Firefall. More recently, the reins have been passed to acts like Uncle Tupelo, The Jayhawks, Jason Isbell and Sturgill Simpson.

Following the Burritos' dissolution in the early '70s, Chris spent the remainder of the Me Decade jump-starting a solo career by releasing a couple of well-received albums. He also joined forces with old pals in a series of super-groups like Stephen Stills' Manassas, and The Souther-Hillman-Furay band, which featured singer-songwriter J.D. Souther and Buffalo Springfield bassist, Richie Furay. Next, he reunited with his former Byrd brothers as (you guessed it), McGuinn-Hillman-Clark.

As the dayglo '80s arrived, he revisited his Bluegrass roots with two largely acoustic records. By 1985, he had partnered with multi-instrumentalists Herb Pederson and John Jorgenson, to form the Desert Rose band. Their sound was rounded out by pedal steel player Jay Dee Maness, bassist Bill Bryson and drummer Steve Duncan.

Ironically, their fusion of Country, Rock and Bluegrass stormed the Country music charts and was completely embraced by radio and the Nashville establishment. Over the next nine years, across five albums, they consistently landed in the Top 20, with many singles hitting #1. For Chris, the success must have felt slightly bittersweet. The sound he and Gram Parsons forged had finally broken through commercially. But they never got to savor the accomplishment together (Gram having infamously passed away rather suddenly, following a drug overdose at The Joshua Tree Inn back in 1973).

In between mini Byrds and Desert Rose reunions, Chris recorded a series of duo albums with Herb. His most recent solo effort, 2017's *Bidin' My Time,* was produced by ardent Byrdophile Tom Petty and it received rave reviews. (Sadly, it was Tom's final music project and was released after his shocking passing).

A year later, Chris and Roger reunited and recruited Country music legend Marty Stuart, along with his band The Fabulous Superlatives to celebrate the 50th anniversary of *Sweetheart Of The Rodeo.* A brief tour ensued, and one show was captured for posterity, released on vinyl and CD in 2024 as *Sweetheart Of The Rodeo 50th Anniversary Live.*

Recently, the Desert Rose band played a farewell concert at the Country Music Hall Of Fame Museum. Now that show has finally arrived on CD and vinyl. The record kicks into gear with a rollicking rendition of one of their first hits, *"Ashes Of Love."* Rumbling bass lines collide with rangy pedal steel, sidewinder guitars and a crackling backbeat. No use in fanning the embers of a dying romance: *"A love light that gleams in your eyes, has gone out to my surprise, now we said goodbye, my heart bled, I can't revive a love that's dead."*

Across this astonishing 24-song set, it's their 1987, self-titled debut that receives the most bandwidth. From the brawny do-si-do of *"One Step Forward,"* to the Gospel heft of *"Once More"* and the irresistibly upbeat *"Hard Times."* Here, the cheerful melody is buoyed by frisky mandolin runs, nimble bass lines and a punchy beat, as graceful pedal steel notes embroider the arrangement. Chris wraps his impossibly boyish tenor around lyrics that face each challenge with a smile: *"Hard Times can't hold us down forever, hard times are gonna fade away, hard times, we can't let them stop us darlin,' there will be a better day."* (Smiling through adversity)

The tracks off their 1988 sophomore effort, *Running,* include the breezy *"Summer Wind,"* which could sandwich nicely on a playlist that includes Tom Petty and Jimmy Buffet. *"Hello Trouble,"* which features John Jorgenson on lead vocals walks the line between raucous Rockabilly and a Hillbilly hayride. Bendy guitar riffs lattice agile bass, mournful pedal steel and a barely-there beat on *"I Still Believe In You."* Despite the persistent threat of heartache and betrayal, on *"I Still Believe In You,"* Chris is still in it for the long-haul: *"Beautiful liar, heartless survivor, where are you taking me now, smooth operator, do it all later, when will you ever come down."* Conversely, *"Our Baby's Gone,"* which features Herb upfront, is a playful parental chronicle from childhood to adulthood. Meanwhile, the title track begins tentatively with just vocals and guitar, before locking into an anthemic arrangement that blends Byrdsy guitars, plangent pedal steel, thready bass lines and a tick-tock beat. Poignant and deeply personal lyrics pay homage to someone gone too soon: *"My father died a broken man, by his own hand, one of life's casualties, lost in the sand, he showed us a way to love and understand, and he's finally stopped running."* Sometimes a father's demons can be inherited by his children.

Across three tracks, the band tips their collective hat to the progenitor of the Bakersfield Sound, the late, great Buck Owens. While *"Together Again"* is steeped in swoony heartbreak, *Under Your Spell"* is a gimlet-eyed lament accented by filigreed fretwork, stinging pedal steel, brittle bass and a ticklish beat. It flows effortlessly into a version of *"Above & Beyond"* that positively snaps, crackles and pops.

Although Country and Bluegrass remain The Desert Rose Band's true bailiwick, these seasoned pickers and players deftly display their ability to navigate any musical genre. Take *"In Another Lifetime,"* which is powered by Jazzy guitar chords, sly bass lines and a slipstitch beat (and wouldn't feel out of place on an early Steely Dan album). Herb takes the lead on the courtly *"No One Else."* The sun-dappled guitars and bucolic harmonies echo the Grateful Dead during the *Workingman's*

continue to page 8

THE DESERT ROSE BAND continued from page 7

Dead era. Then there's the reverb-drenched *"It Takes A Believer,"* which creates a perfect synthesis of Country twang and Surf guitar.

In a set that's stacked with big hits and deep tracks, several songs stand out from the pack. *"Love Reunited"* is a Twangy two-step that finds sparkly guitars, lickity-split pedal steel and quicksilver bass tethered to a galloping gait. With a relationship teetering on its foundation, Chris offers some marital wisdom: *"If you want some good advice, don't let her go, she's the one who stood by you, what is this thing that you've both become, that leaves love undecided, don't walk away, don't run from yourself."*

"Story Of Love" is something of a Baroque hoedown that matches painterly guitar, keening pedal steel, thumping bass to a Jackrabbit beat. Lyrics like *"Chapter one sometimes goes astray, chapter two, a broken heart will see another day, the pages of this book have been written from above, be a believer in the story of love/ Asking forgiveness for those who condemn, receiving the power to heal and mend, a light that's gone out shines from above for all who believe the story of love,"* hint that there's at a higher power at work."

On *"Missing You,"* honeyed mandolin washes over ringing guitars, lonesome pedal steel, tensile bass and a skip-to-my-lou beat. Chris' tender tenor cocoons lyrics that lean on longtime compadres following a cratered romance: *"My old friends won't let me down, my old friends are still around, they'll stay by me when I'm down, cause I'm missing you."*

Written by Chris' old pal, Michael Woody, *"He's Back And I'm Blue"* is a sad-sack lament that zeroes in on the specter of infidelity: *"I guess there's nothing left for me to do, I can't stop him from living in you, cause the past can only pull us apart, still you carry it through, now he's back and I'm blue."* A classic Country weeper, it's anchored by wobbly guitar, shivery pedal steel, burnished bass and a chunky beat.

The band takes John Hiatt's *"She Don't Love Nobody"* for a spin (it was also a modest hit for British Pub-Rocker Nick Lowe). Gussied up with wily pedal steel, chugging guitars, rumbling bass lines and a basher back-beat, it perfectly walks the line between Country and Rock.

Of course, completing the circle for Chris, he takes it back to the beginning, resurrecting his very first Byrds composition. *"Time Between."* Recalibrated as caffeinated Bluegrass breakdown it weds rippling mandolin runs, spiraling pedal steel, chiming guitars and slippery bass to a locomotive beat. As each musician reaches deep into his bag of tricks, stunning solos unfurl washing over the melody with a crisp economy. Nothing is too showy, no one overstays their welcome, they just take the audience to church. Other interesting tracks include *"Start All Over Again,"* which opens with a dedication to original bassist Bill Bryson (who sadly passed away in 2020). Another lovesick lament powered by shivery pedal steel, liquid arpeggios, flinty bass and a thwocking beat. Then there's the willowy *Desert Rose,* a solo song that feels as though it was the impetus for the band. The album closes with *"The Price I Pay,"* a song the band originally worked up with Emmylou Harris. In just under four minutes, it offers a dazzling display of The Desert Rose Band's instrumental prowess. Fleet fretwork ricochets between boomerang bass lines, cascading mandolin and feathery pedal steel, all anchored to a walloping beat. A tender vulnerability shines through as Chris sings: *"I put my heart and soul on the line, I know that love is with me every day, your picture will always be there on my mind, but for you, it's just the price I pay."* It's a stunning finish to a thrilling live set.

For more than six decades, Chris Hillman has always been at the top of his game. From his early days as a teenage Bluegrass sensation through the heady years of Byrds superstardom, the sonic innovation of the Burritos days, the solo years and everything in between. The music of Desert Rose Band served up a combo-platter of musical styles and sang songs of love, lies and loss, faith, redemption and rebirth. That legacy is fully cemented on *Live At The Country Music Hall Of Fame.* CV

THE FLAMIN' GROOVIES + THE BEN VAUGHAN ENSEMBLE TO PLAY MOJAVE GOLD IN YUCCA VALLEY

MUSIC





BY ELENI P. AUSTIN

The legendary Flamin' Groovies will perform at Mojave Gold in Yucca Valley on Friday, November 21st. It's hard to believe that this band has been around, in one form or another, for 60 years.

The original line-up came together in San Francisco at the dawn of that city's Psychedelic era in 1965. Rather than turning on, tuning in and dropping out, The Flamin' Groovies' sound hinged on a love for primitive Rock & Roll and gritty R&B. As the years progressed, the band always seemed out of step with the prevailing musical zeitgeist.

By the early '70s, the band mined a stripped-down, but melodic sound that walked a tightrope between Power Pop and Proto-Punk. Although it never garnered mainstream radio time, the band finally had a bona fide hit on their hands with the song *"Shake Some Action."* Featured on the 1976 album of the same name, it won the band a cult following that continues to this day. Nearly two decades after its debut, a new audience discovered the Groovies when Cracker offered up a rollicking version of *"Shake…"* that was included on the soundtrack for the box office hit *Clueless.*

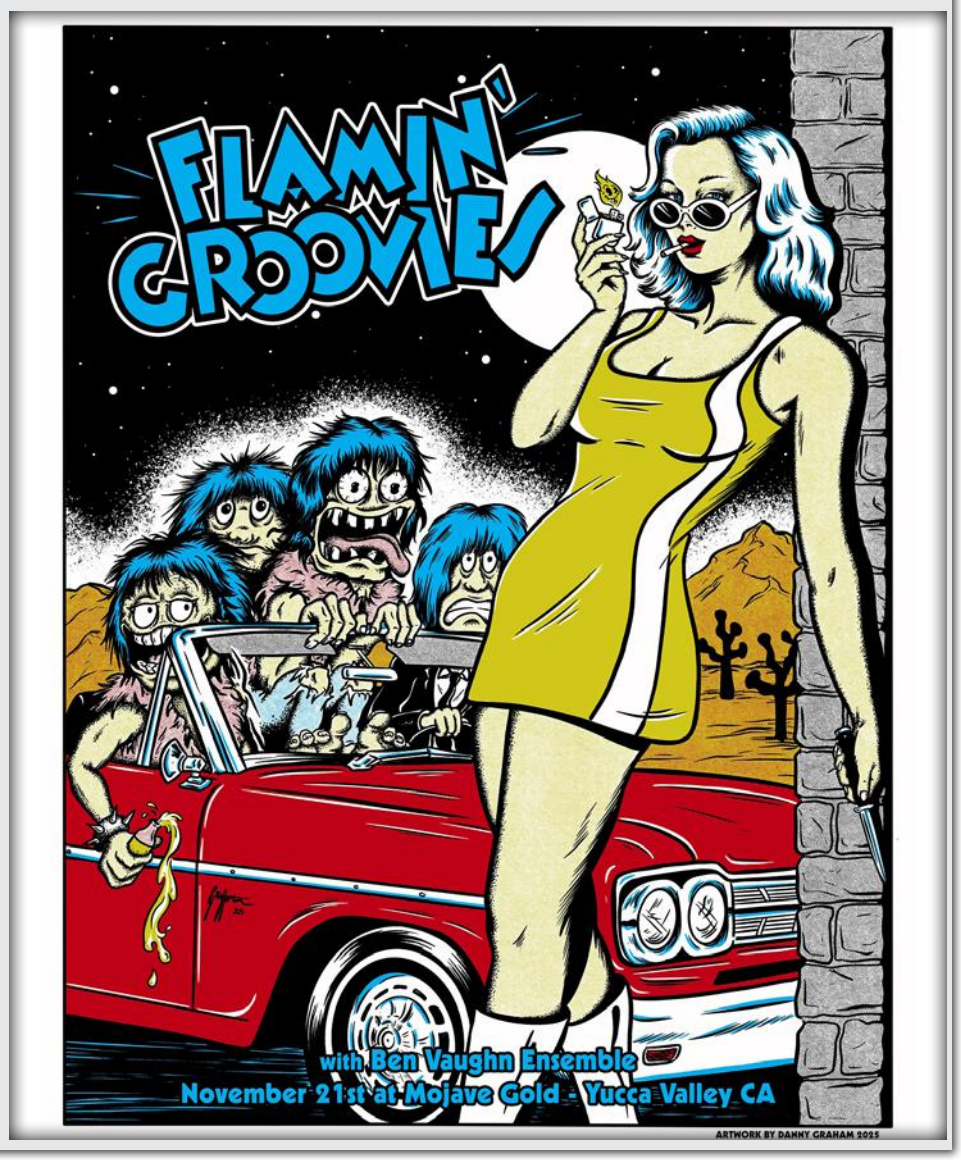
Since their inception, The Flamin' Groovies have influenced countless artists, including the dB's, The Plimsouls, Matthew Sweet, The Bangles, Teenage Fan Club, The Sneetches, The Only Ones, The Romantics and The Donna's.

Throughout the years, The Flamin' Groovies has continued to make music, all told, there's been nine studio albums, six EPs, 10 live sets and 10 compilations. Their most recent studio effort was 2017's *Fantastic Plastic,* which garnered rave reviews. Their current line-up includes Cyril Jordan, Tony Sales, Atom Ellis, Sean Fitzsimmons and Mike Rogulj.

Opening for the Groovies is the Ben Vaughan Ensemble. A native of New Jersey, Ben has been making music since the early '80s. His first record, *The Many Moods Of Ben Vaughan,* included the sublime *"I'm Sorry (But So Is Brenda Lee)."* which garnered plenty of attention when Marshall Crenshaw covered it on his third album, *Downtown."*

In between releasing his own music, Ben worked as a producer, written songs with Bill Lloyd and Rodney Crowell and created original music for television series like *3rd Rock From The Sun* and *That '70s Show.*

The Flamin' Groovies + Ben Vaughan Ensemble at Mojave Gold, Friday, November 21st, 2025. All Ages. 56193 29 Palms Hwy, Yucca Valley, CA. mojavegolddesert.com CV



CLUB CRAWLER NIGHTLIFE

THURSDAY, NOVEMBER 13

Babaloo Lounge – Steve Sanders Pianist – 4pm, Roger and the Rebels – 7pm
Bart Lounge – DJ – 8pm
Carousel @ Agua Caliente P.S. – Dan Delgado – 7pm
Casuelas Café – Lisa Lynn and the Broken Hallelujahs – 5:30pm
Coachella Valley Brewery TP – Open Mic Night – 7pm
DJ's Sports Bar and Grill – Throwbacks w/ DJ Rapmarz – 9pm
Eddie V's – Kevin Tokarz Trio – 6:30pm
Kitchen 86 – Krystofer Do – 8:30pm
Lavender Bistro – Abie Perkins (Inside), Patrick Mahon and Carrie Wilson (Patio) – 6:30pm
Melvyn's – Live Music – 6pm
Mojave Gold – Francesca Brown and Parker Ainsworth – 7:30pm
The Nest – Live Music – 6:30pm
Pappy and Harriet's – Thunderpussy w/ Hippie Death Cult – 9pm
Plan B Live Entertainment and Cocktails – Daytime Moon – 9pm
Purple Room – La Vie en Rose w/ Jeremie Levi Samson – 6:30pm
The Roost Lounge – Jeff St. Germain – 6:30pm
Shanghai Reds PS –TBA– 6pm
Twelve @ Fantasy Springs – HWY 111 – 8pm
V Wine Lounge and Martini Bar – Jason Weber – 6pm
Vicky's of Santa Fe – Richard Turner Jr – 6pm
Wildest – Derek Jordan Gregg – 6pm

FRIDAY, NOVEMBER 14

Babaloo Lounge – Steve Sanders Pianist – 4pm, St. Andrew's Fire – 7pm
Bart Lounge – DJ– 8pm
Cascade Lounge @ Agua Caliente – Cascade Nights Dance Party – 10pm
Casuelas Café – The Myx – 6:30pm
Coachella Valley Brewery – TBA – 7pm
DJ's Sports Bar and Grill – TBA – 8pm, DJ Rapmarz – 11pm
Eddie V's – Johnny Meza Trio – 6:30pm
Giuseppe's @Shadow Ridge – Derek Jordan Gregg – 8pm
Indian Wells Resort Hotel – Marc Antonelli – 6pm
Kitchen 86 – Dueling Pianos – 9pm
Lavender Bistro – Abie Perkins (Inside), Scott Carter (Patio) – 6:30pm
Lit @ Fantasy Springs – B.I.G. – 9pm
The Local on 50th – Derek Jordan Gregg – 7pm
Macario's Grill Cantina – Karaoke – 7pm
Melvyn's – Live Music – 6pm
Mojave Gold – Vlad Holiday w/ Haerts – 6:45pm, Emo Kids – 9pm
The Nest – Live Music – 6:30pm
Pappy and Harriet's – The Orville Peck Rodeo – 7pm
Plan B Live Entertainment and Cocktails – Red's Rockstar Karaoke – 9pm
Purple Room – Black Market Trust – 8pm
Rockyard @ Fantasy Springs – Kissed Alive (Kiss Tribute) and Rock Stallion – 7pm
The Roost Lounge – Gennine Francis Jackson – 5:30pm
Shanghai Reds PS – Barry Baughn Blues Band – 7pm
Spotlight Casino – Eric Schwartz Comedy Show – 8pm
Twelve @ Fantasy Springs – Moonchild – 7pm, Steel Rod – 10:30pm
V Wine Lounge and Martini Bar – Siobhan – 7pm
Vicky's of Santa Fe – Doug MacDonald – 5pm, John Stanley King – 7:30pm

SATURDAY, NOVEMBER 15

Babaloo Lounge – Judy Wolman Pianist – 4pm, Michael D'Angelo and Jimmy Street – 7pm
Bart Lounge – DJ – 8pm
Big Rock Pub – Los Garzaz – 7pm
Cascade Lounge @ Agua Caliente – Cascade Nights Dance Party – 10pm
Casuelas Café – Avenida – 6:30pm
Chef George's Picasso Lounge – Saturday Night Fever w/ Gotti – 9pm
Coachella Valley Brewery – Taproom Tunes – 8pm
DJ's Sports Bar and Grill – DJ Rapmarz – 9pm
Eddie V's – Tony Patler Trio – 6:30pm
Giuseppe's @Shadow Ridge – Derek Jordan Gregg – 8pm
The Hood – TBA – 9pm
Indian Wells Resort Hotel – Marc Antonelli – 6pm
The Joint – Karaoke – 7pm
Kitchen 86 – Dueling Pianos – 9pm
Lavender Bistro – Abie Perkins (Inside), Scott Carter (Patio) – 6:30pm
Lit @ Fantasy Springs – B.I.G. – 9pm
The Local on 50th – Live Music – 7pm
Macario's Grill Cantina – Karaoke – 7pm
Melvyn's – Live Music – 6pm
Mojave Gold – Cut Chemist – 7pm
The Nest – Live Music – 6:30pm
Pappy and Harriet's – The Orville Peck Rodeo – 7pm
Plan B Live Entertainment & Cocktails – Red's Rockstar Karaoke – 9pm
Purple Room – TBA – 8pm
Rockyard @ Fantasy Springs – Prince Again (Prince Tribute) and Rock Stallion – 7pm
Shanghai Reds PS – Barry Baughn Blues Band – 7pm
Sullivan's – The Myx – 6pm
Twelve @ Fantasy Springs – Moonchild – 7pm, Steel Rod – 10:30pm
Vicky's of Santa Fe – Rose Mallett and Co – 5pm, John Stanley King – 7pm

SUNDAY, NOVEMBER 16

Babaloo Lounge – Inka Kings – 7pm
Bart Lounge – DJ LF – 8pm
Cascade Lounge @ Agua Caliente – Latin Nights – 9pm
Casuelas Café – Mariachi Coachella – 1pm, Johnny Meza – 5:30pm
Coachella Valley Brewery PS – TBA – 4pm
Coachella Valley Brewery TP – Acoustic Afternoon – 3:30pm
DJ's Sports Bar and Grill – DJ Rapmarz – 9pm
Eddie V's – Chris Cerna Group – 6pm
Fisherman's Market, PS – Live Music – 6pm
Kitchen 86 – Krystofer Do – 8:30pm
Lavender Bistro – J Dee (Inside), Scott Carter (Patio) – 6:30pm
The Local on 50th – Live Music – 11-2pm
Melvyn's – Live Music – 6pm
The Nest – Live Music – 6:30pm
Plan B Live Entertainment & Cocktails – LNA Karaoke – 7pm
Purple Room – Elvis: The Early Years w/ Scot Bruce – 7pm
Shanghai Reds PS – Stanley Butler – 6pm

MONDAY, NOVEMBER 17

Babaloo Lounge – The Evaro's – 7pm
Eddie V's – Chris Cerna Group – 6:30pm
La Quinta Brewery – Trivia Night – 6pm
Lavender Bistro – J Dee (Inside), Abie Perkins (Patio) – 6:30pm
Melvyn's – Live Music – 6pm
The Nest – Live Music – 6:30pm
The Roost Lounge – Open Mic – 6pm
V Wine Lounge and Martini Bar – Leanna and Miguel – 5pm
Vicky's of Santa Fe – Fun with Dick and Jane – 6pm

TUESDAY, NOVEMBER 18

Babaloo Lounge – Judy Wolman Pianist – 4pm, Hotwyre – 7pm
DJ's Sports Bar and Grill – Banda Night – 9pm
Eddie V's – Rick Taylor Trio – 6:30pm
Fireside Lounge – Red's Rockstar Karaoke – 9pm
Lavender Bistro – Abie Perkins (Inside), Patrick Mahon and Carrie Wilson (Patio) – 6:30pm
The Local on 50th – Trivia Night – 7pm
Melvyn's – Live Music – 6pm
The Nest – Live Music – 6:30pm
Purple Room – Rose Mallett – 6:30pm
The Roost Lounge – Karaoke – 6pm
V Wine Lounge and Martini Bar – Keisha D – 6:30pm
Vicky's of Santa Fe – Slim Man Band – 6pm

WEDNESDAY, NOVEMBER 19

Babaloo Lounge – Steve Sanders Pianist – 4pm, The Carmens – 6:30pm
Cascade Lounge @ Agua Caliente – Fernando Noronha – 7pm
Coachella Valley Brewing Co. – Trivia Night Hosted by Derek Wade Timmons – 7pm
DJ's Sports Bar and Grill – Country Night – 9pm
Eddie V's – Rick Taylor Trio – 6:30pm
The Hood – Open Mic – 9pm
Hotel Zoso – Desert Soul Club – 6pm
Indian Wells Resort Hotel – Patrice Morris – 6pm
Lavender Bistro – Scott Carter (Inside), Abie Perkins (Patio) – 6:30pm
The Local on 50th – Live Music – 7pm
Melvyn's – Live Music – 6pm
The Nest – Live Music – 6:30pm
Pappy and Harriet's – One More Satellite – 9pm
Plan B Live Entertainment & Cocktails – Red's Rockstar Karaoke – 9pm
Purple Room – Charles Herrera, Darci Daniels and Michael Holmes – 6:30pm
The Roost Lounge – Marisa Corvo – 6:30pm
V Wine Lounge and Martini Bar – Karaoke Hosted by Julian – 6pm
Vicky's of Santa Fe – John Stanley King Cowboy Songs – 6pm CV

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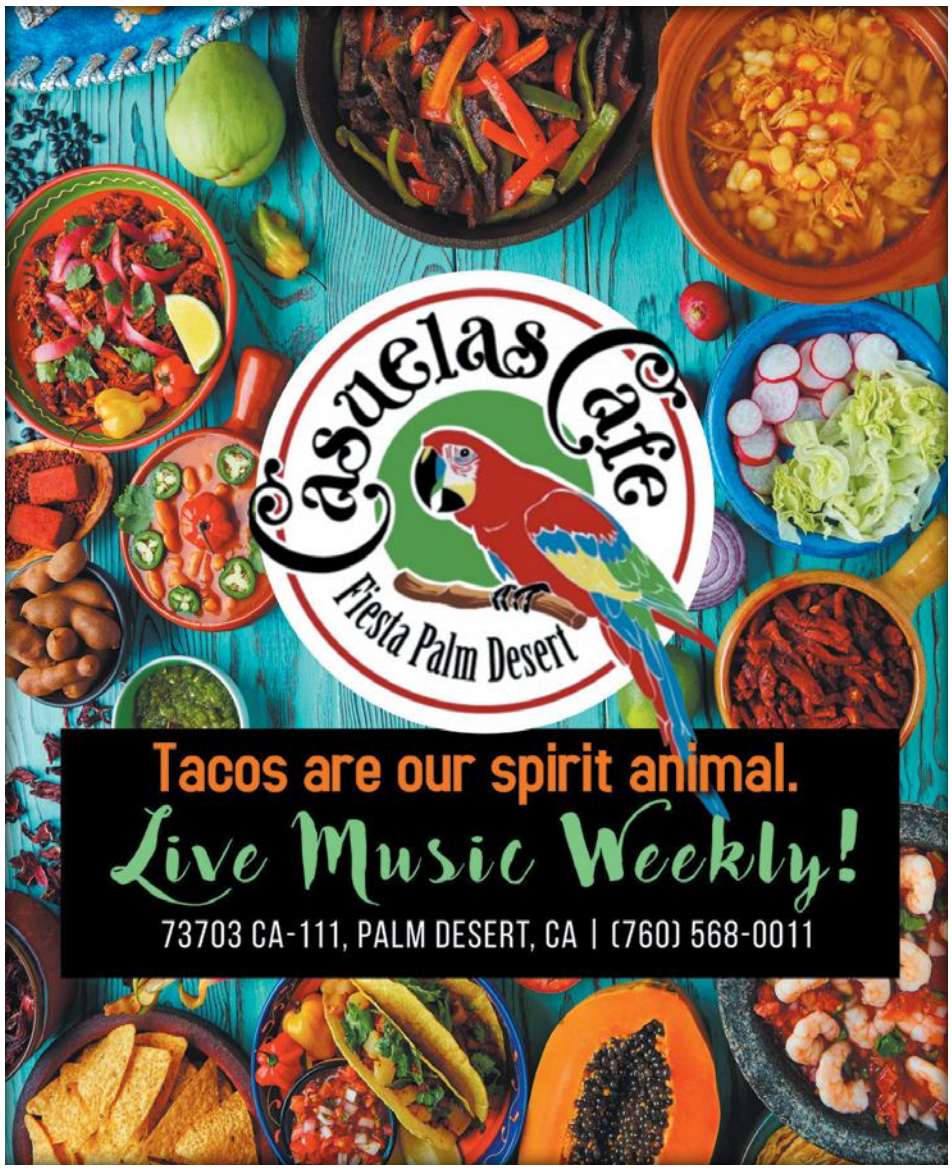
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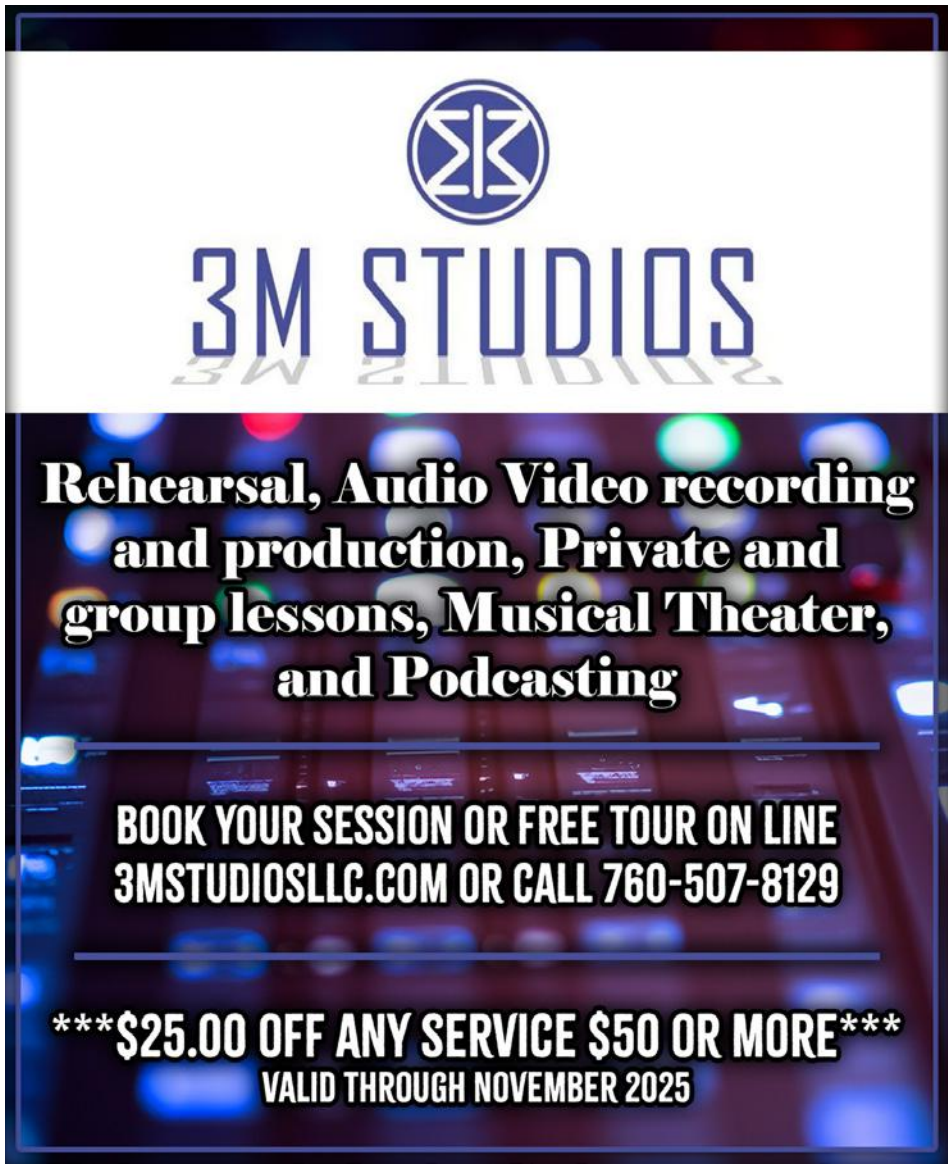
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FILM



The Running Man *(2h 13m – Rated R) Action, Sci-Fi*

Starring Glen Powell, William H. Macy, Lee Pace, Michael Cera, Emilia Jones, Daniel Ezra, Jayme Lawson, Colman Domingo, Josh Brolin

In a near-future society, The Running Man is the top-rated show on television—a deadly competition where contestants, known as Runners, must survive 30 days while being hunted by professional assassins, with every move broadcast to a bloodthirsty public and each day bringing a greater cash reward. Desperate to save his sick daughter, working-class Ben Richards is convinced by the show's charming but ruthless producer, Dan Killian, to enter the game as a last resort. But Ben's defiance, instincts, and grit turn him into an unexpected fan favorite—and a threat to the entire system. As ratings skyrocket, so does the danger, and Ben must outwit not just the Hunters, but a nation addicted to watching him fall.

Now You See Me: Now You Don't *(1h 53m – Rated PG-13) Crime*

Starring Jesse Eisenberg, Woody Harrelson, Dave Franco, Isla Fisher, Justice Smith, Dominic Sessa, Ariana Greenblatt, Rosamund Pike, Morgan Freeman

The Four Horsemen are back — to unite with a new generation of illusionists for their most global, high-stakes magical adventure yet. Their mission: Expose the corruption of Veronika Vanderberg, a powerful diamond heiress with ties to arms dealers, traffickers, and warlords. Aided by the legendary Thaddeus, the two generations of magicians must overcome their differences to try and defeat their cunning and dangerous adversary, in this magic-fueled heist filled with the franchise's signature twists, turns, and thrilling reveals — along with some of the most thrilling illusions ever captured on film.

Keeper *(1h 39m – Rated R)Horror*

Starring Tatiana Maslany, Rossif Sutherland

During an anniversary getaway at a remote cabin, a wife is left alone after her husband departs, only to confront a sinister presence that exposes the cabin's chilling past.

Jay Kelly *(2h 12m – Rated R) Comedy, Drama*

Starring George Clooney, Adam Sandler

Famous movie actor Jay Kelly embarks on a journey of self-discovery, confronting his past and present with his devoted manager Ron. Poignant and humor-filled, pitched at the intersection of regrets and glories. CV





THE VINO VOICE

BY RICK RIOZZA



A HOLIDAY PUNCH IN THE MOUTH!

I know most of you readers out there smile with joy when they hear the phrase "Holiday Hosting". That our avid social wine quaffers can't wait to entertain a small or larger group of family and/or friends and serve up a concoction that will keep everyone happy and remember the entertainer's name.

Punch has been the ticket to satisfy the thirsty partiers all over town. As opposed to hiring a bunch of bartenders who may have their own agenda and require added accoutrements, putting together a pot or bowl of punch really makes life much easier for holiday hosting.

Traditionally, punch has been a tipple made from a spirit, sour citrus, sugar & spice and everything nice along with water. Modernly, according to *Wine Spectator* magazine, "The trick with punch us making sure that everything is well-chilled and has appealing presentation, but achieving punch perfection typically requires little fuss by the host."

Now that sounds pretty good. For holiday celebrations these days, I think we're going to need sparkling in the sauce. Sparkling wines have just taken over all things drinkable for the holidays, so our punch, this season, will no doubt require some effervescence.

Let's be inventive and have some fun: Any sparkling wine can be added to a "sangria-style" punch. And sangria is always a go-to wine punch starter. I'm not much on the sweet stuff; I like bright, tangy, and zesty. So let's go out on a little limb and use Lambrusco

Wine Lovers Kitchen has recently concisely written, "**Lambrusco** is the 'wild child' of sparkling wines. This one is true to form—startlingly dark cherry in the glass. It is dry and zesty with tart cherry on the palate. Italian Lambrusco is a sparkler for sipping & toasting, and it is also designed to go with food.

Those notable restaurants in-the-know, say Lambrusco dances deftly with so many dishes. "They're such good food wines. "They have everything: good fruit, [mouthwatering acidity] and herbal qualities that accentuate the food."

But hold on there pardner—we're just talking about *a punch* for the start of gatherings and parties. Hey!—if the stuff still works for a meal, all the better. Our point here is that Lambrusco is so dynamic and versatile, bringing it on for an opening punch is fun and inventive.

In traditional Italian households, Lambrusco has always been a very tasty and festive wine served at the table. So we've got 'festive' on the spot. If we wish to make a punch out of it, let's drop a bunch of measurements and simply think of combining the bottle wine with some tangy pomegranate juice, some triple sec, and a bottle of good vodka to bring things home. A bottle of this and a bottle of that; if you need more add another bottle of this and a bottle of that: *keep it simple silly.* For a fresh fruit additive, what's zestier than pomegranate seeds and their juice.

A good Lambrusco has a balance of red fruit flavors (like cherry and blackberry) and a pleasant acidity, with some styles also having earthy or floral notes. On the wine label, look for the word ***"Secco"*** (dry) Lambrusco for a crisp finish that is not overly sweet. Should you prefer a bit 'sweeter' concoction, go ahead and look for a Lambrusco where ***Amabile*** is on the label: it's more off-dry or semi-sweet.

And remember: Lambrusco is indeed a sparkling wine, but it is a very soft sparkler—light on the bubbles. In Italian we say 'frizzante"; it feels friendly and it adds to a soft punch to the mouth.

A real complete recipe for a Pomegranate Lambrusco Punch goes as follows:

• Take one whole orange, slice off the ends, then slice into thin rounds. Take the slices and cut them into quarters.

• In a large ice-cube tray, place an equal amount of pomegranate seed and orange quarters in each block. Fill the tray with water and freeze, 3 to 4 hours. The larger the ice-cubes, the longer they take to melt, making a less diluted drink.

• For simple syrup—add about a cup of granulated sugar to a saucepan on the stove along with 1 cup of water. Bring to medium heat and stir until the sugar has disolved. Cool to room temp, then transfer the simple syrup.

• Mix a bottle of pomegranate juice, 250ml of triple sec, ¼ cup simple syrup and a bottle of good quality vodka to a large bowl, stirring to combine. Transfer to a pitcher and chill in the fridge for at least an hour.

• To serve: Add the ice cubes and pomegranate mixture to a punch bowl and top with a bottle of good Italian Lambrusco. Serves around 12

One of our favorite Italian Lambrusco is Lini non-vintage 910 Labrusca Lambrusco Rosso ($15) Check out our review of the wine at: coachellavalleyweekly.com/the-lovely-lini-lambrusca-lambrusco.

The winemaker's notes state: "Lini's wines are renowned for their signature freshness and classic dry character. Thanks to Fabio Lini's artisanal approach to sparkling wine production, their bright red fruit and berry flavors are balanced by juicy minerality. Their clean but lingering finish makes them an ideal pairing for a wide variety of cuisines. A blend of the Emilia-Romano region grapes: 85% Salanino and 15% Ancellota.

Be pleased as punch! Cheers! CV







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FABULOUS SPAYGHETTI NO-BALLS 2025





BY JANET McAFEE

SPAYGHETTI NO-BALLS, Loving All Animals spectacular annual fundraiser, was held on Saturday, November 8, at the beautiful Biggi Bird Gardens estate in Palm Desert. Guests enjoyed a delicious pasta buffet from Marios Restaurant, Italian wines, and live musical entertainment from Killer Dueling Pianos while they mingled with fellow animal lovers. Proceeds went to Loving All Animals, a local nonprofit organization dedicated to helping our homeless pets.

The BG Bird Gardens is a desert gem resembling a South American tropical rainforest. The estate was designed as a haven for animals and the humans who love them. A focal point in the spacious yard is the live flamingo lagoon where the statue of a black panther perches on the above rocks observing the birds below. Two thatched roof bars dispense beverages to guests. Owned by Lindi Biggi, the estate amazes first time visitors. Lindi founded Loving All Animals in 2008 and continues to be on the Board of Directors. Lindi is pictured here with her beautiful Cockatoo Joshua and guest Arslane Merabet.

This year SPAYGHETTI celebrated Loving All Animals' acquisition of The Cat Clinic in Cathedral City donated by their veterinarian Dr. Rebecca Diaz. Dr. Diaz has extensive veterinary experience including providing free spay and neutering for dogs and cats in third world countries. This veterinary clinic will be transformed to accommodate dogs and will provide more affordable services with an emphasis on spaying and neutering. Stay tune for the grand opening!

"Spayghetti No-Balls" spreads the message that everyone needs to spay and neuter their pets to curb the current pet overpopulation problem. Sterilization is the only way to solve the tragedy of euthanasia in many California public shelters. Our Coachella Valley public and private animal shelters are out of kennel space.

The majority of dogs and cats Loving All Animals rescues are abandoned strays or from public shelters and not sterilized. Many of them have no prior veterinary care, and some have serious illnesses and injuries requiring veterinary care. Loving All Animals provides spaying & neutering, microchipping, needed surgeries, and a host of other veterinary services before their rescued animals go to "furever" homes.

Some of the rescued animals were abused and/or frightened and benefit from training and loving care. LAA contracts half time with local dog trainer Valerie Masi owner and operator of Best Paw Forward to provide obedience training. Her services extend to people who adopt their pets. This training makes the dogs more adoptable and ensures a happy match

Loving All Animals describes their mission, "Our mission is to join with other local and national animal welfare organizations to maximize programs to stop the killing of adoptable animals". Like us on Facebook and call (760) 834-7000 to get on our contact list. Then you will be invited to SPAYGHETTI 2026!

Check out Loving All Animals' adoptable animals and sign up to foster or volunteer at www.lovingallanimals.org. There are many opportunities to volunteer at our shelter in Coachella, including taking one of our pups to the on-site Saturday agility class. You can participate in their off-site adoption events or just hang out with the dogs to help with training and socialization. Foster homes for all sizes of dogs are greatly needed!

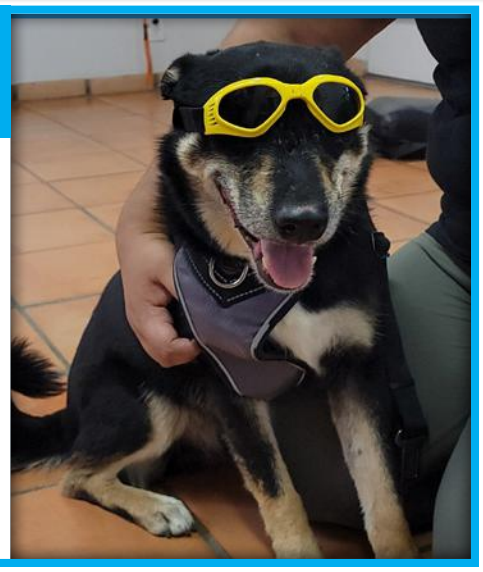
A new rescue dog or cat promises to bring you joy during the holidays!

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Loving all Animals

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This "Cool Dude" will liven up your home with happiness! He is a Husky/ Collie mix, 5-yrs old & 38-lbs of doggie love. Call Loving All Animals (760) 834-7000 to meet Henny.



MEET RAVEN

Raven is an adorable little 2-yr-old Pug mix girl. She hopes to be home for the holidays. Call Loving All Animals at (760) 834-7000 to meet Raven.





Here is a partial list of animal shelters & rescues:

COACHELLA VALLEY ANIMAL CAMPUS – Open 11:00am-6:00pm Tues, Wed, Thurs, Fri, Open 10am to 4pm Sat, Sun, Closed Monday. LARGEST SHELTER IN THE COACHELLA VALLEY! View animals online at all 4 county shelters www.rcdas.org, 72-050 Pet Land Place, Thousand Palms, (760) 343-3644. (Public)

PALM SPRINGS ANIMAL SHELTER – Open to the public, closed Tuesday. View animals online at www.psanimalsshelter.org, 4575 E. Mesquite Ave, Palm Springs, Call (760) 416-5718. (Public)

DESERT HOT SPRINGS ANIMAL CARE & CONTROL - Open daily 9:30-4:30. www.cityofdhs.org/animal-care-control.com, View animals at www.petango.com/dhsacc. 65810 Hacienda Ave, Desert Hot Springs, Call when you arrive (760) 329-6411 ext. 450.

ANIMAL SAMARITANS – Open to the public. View their animals at www.animalsamaritans.org. Email volunteer@animalsamaritans.org to foster or volunteer. Located at 72307 Ramon Rd, Thousand Palms, (760) 601-3918. (Private)

KITTYLAND – Open to the public 12noon to 2pm to adopt cats and kittens. Located at 67600 18th Avenue, Desert Hot Springs, www.kittylandrescue.org, (760) 251-2700. They also have cats at PetSmart in Palm Springs (Private)

PRETTY GOOD CAT – Foster based rescue for cats located in La Quinta. Contact them at www.prettygoodcat.com, (760) 660-3414 (Private)

LOVING ALL ANIMALS – Call for appointment to adopt dogs. Located at 83496 Avenue 51, Coachella, www.lovingallanimals.org, (760) 834-7000. (Private)

ANIMAL RESCUE CENTER OF CALIFORNIA (ARC), Foster based rescue for dogs and cats in Indio. www.thearc-ca.org, (760) 877-7077 (Private)

DESERT PAWS SANCTUARY – Foster based rescue for dogs and cats in Indio, www.desertpawssanctuary.org, P.O. Box 342, Indio, CA 92202, (760) 574-9284 (Private)

FOREVER MEOW - Foster based for cats & kittens, Palm Desert, www.forevermeow.org, (760) 335-6767 (Private)

FLUFFS & SCRUFFS – Foster based rescue for small dogs in Cathedral City. FLUFFSANDSCRUFFS@AOL.COM, (310) 980-3383 (Private)

SOCIETY'S OUTKAST ANIMAL RESCUE – Foster based rescue for dogs in Rancho Mirage, www.societysoutkasts.com, (760) 832-0617. (Private)

LIVING FREE ANIMAL SANCTUARY – Large outdoor shelter for dogs and cats up Hwy 74, Mountain Center, www.living-free.org, (951) 659-4687.

CV





CRYPTOCURRENCY MARKETS SLIDE

HADDON LIBBY





BY HADDON LIBBY

The cryptocurrency market is in bear market territory with Bitcoin and Ethereum, the two largest digital assets by market capitalization, posting significant declines amid macroeconomic pressures and market-specific challenges. Stablecoins like Tether (USDT) and USD Coin (USDC), designed to maintain a steady $1 value, have remained resilient but face growing scrutiny as their role in the crypto ecosystem expands.

Bitcoin, the leading cryptocurrency, is down over 20% from its $126,210 peak reached just last month. Ethereum, the second-largest digital asset, dropped more than 10% and is testing lows reached 16 months ago.

The declines follow a turbulent period marked by global trade tensions and shifting monetary policy expectations. President Donald Trump's October announcement of 100% tariffs on Chinese imports triggered a record $19 billion liquidation event in crypto markets, the largest ever tracked per CoinGlass, causing Bitcoin to plummet nearly 10% and Ethereum 14% in a single day. Although Trump later softened his rhetoric, promising cooperation with China, markets have yet to fully recover.

Federal Reserve Chair Jerome Powell's recent statement that October's 25-basis-point rate cut may be the last of 2025 has further dampened investor sentiment. A stronger U.S. dollar and rising Treasury yields have tightened financial conditions, reducing inflows into risk assets like cryptocurrencies.

Bitcoin's slide has been exacerbated by market dynamics. A wave of liquidations in overleveraged positions have pushed prices lower. Institutional buying, a key driver of Bitcoin's 2025 rally, has cooled, with U.S. spot Bitcoin exchange-traded funds (ETFs) recording net outflows in early November.

Ethereum faces additional headwinds. The network's transaction volume fell 40% reflecting weaker demand. Ethereum ETFs saw $94 million in outflows over two weeks, driven in part by high fees in the Grayscale Ethereum Trust. Competition from faster, cheaper blockchains like Solana has further pressured its market share in decentralized finance (DeFi) and non-fungible tokens (NFTs).

Stablecoins have fared better. Tether, with a market cap of $175 billion, and USDC, at $58 billion, maintained their $1 pegs, processing $198 billion in 24-hour trading volume, or 90% of the crypto market's total, per CoinGecko.

Stablecoins are not without issues. Tether's opaque reserve practices continue to draw criticism, despite claims that the stablecoin is back by U.S. Treasuries. The U.S. GENIUS Act, passed this year, mandates full reserve backing and anti-money laundering compliance, but a fragmented regulatory system poses risks to compliance. The International Monetary Fund has warned that stablecoins' $310 billion market cap and heavy Treasury holdings could disrupt monetary policy if mismanaged.

Analysts see potential for recovery. Bitcoin's long-term holders remain steadfast, with wallet data showing accumulation despite the pullback. Meanwhile, Ethereum's Pectra upgrade in May helped in lowering gas fees when using the cryptocurrency in the real world. This also helps at enhancing scalability and usage.

Stablecoin adoption, fueled by integrations like USDC with Guatemalan banks and Binance Pay's fee-free transfers, continues to grow.

Still, risks persist. "November could be choppy as markets digest Fed commentary and economic signals," said Charles Edwards of Capriole Investments. On platforms like X, bearish sentiment prevails, with users citing heavy exchange sell-offs and concerns over stablecoin transparency, though some view current levels as buying opportunities.

For now, the crypto market remains under pressure, with Bitcoin and Ethereum struggling to regain footing and stablecoins serving as a critical but scrutinized anchor. Investors are advised to proceed with caution, given the sector's volatility and evolving regulatory landscape. History tells us that cryptocurrencies can fall by half in value in a very short time period. These have typically done better in bull markets while suffering when people become more frugal due to weaker economic times.

As a reminder, this article is not investment advice and is meant for entertainment purposes. Please consult a licensed investment professional before making any investment decisions on crypto or stable coins.

Haddon Libby is the Founder and Chief Investment Officer of RIA firm, Winslow Drake Investment Management. For more information on our services, please visit www.WinslowDrake.com. CV

WINSLOW DRAKE
INVESTMENT MANAGEMENT

ACCIDENT EBOOK | 11 CHAPTERS | INITIAL ACCIDENT INSTRUCTIONS | ABC'C OF PI CHAPTER 6 | THE ACCIDENT DIARY | WHY IT MATTERS

DALE GRIBOW ON THE LAW

LEGAL REPRESENTATION OF THE INJURED & CRIMINALLY ACCUSED



One of the most effective tools in building a strong personal injury case is an **Accident Diary**. While it may seem simple, a detailed journal of your injuries, symptoms, and daily challenges can dramatically strengthen your claim.

The diary serves multiple purposes. First, it ensures you communicate consistently with your doctors when you bring it to every appointment. Pain and discomfort fluctuate daily, and by the time you attend an appointment, you may forget to mention symptoms that occurred earlier in the week. By keeping a daily record, you provide your doctor with a full picture, which is then reflected in your medical reports. These reports become the foundation of your case.

Second, the accident diary documents how the accident has changed your life. It describes not only physical pain, but also emotional struggles, frustrations, and limitations. For example, you may note that you could no longer lift your child, attend your weekly tennis/pickle ball game, or work a full shift without discomfort. These personal details, paint a compelling story for judges, juries, and adjusters, who must understand the full extent of your loss.

When writing, be specific. Instead of saying "back hurts," **describe the type of pain: sharp, throbbing, or shooting. Record when it occurs—morning stiffness, pain after standing, or discomfort when driving. Include intensity levels, and how long episodes last**. The more descriptive your entries, the more persuasive they become.

The diary also captures emotional impact. Frustration from missing family events, embarrassment from needing help with chores, or anxiety about driving again, are all valid losses that courts consider under past and future "pain and suffering." These are real damages, even though they cannot be measured with receipts.

Importantly, your diary must be honest. Do not exaggerate or overstate your struggles. Inconsistencies can harm your case if surveillance or medical records contradict your entries. The goal is accuracy, not drama. In other words, it's not just I can't do X, but rather "it hurts when I try to do X."

We may also request letters from friends or family, describing changes they have observed. For example, a friend who used to see you at the gym, may write that you no longer attend because of pain. These outside perspectives confirm your own diary notes.

Bring your accident diary to every medical appointment. Let your doctor reference it directly when recording your symptoms. At trial, your diary can also refresh your memory, if you forget details. Under the law, this is called "past recollection recorded," an exception to the hearsay rule, if you write it and not your significant other.

The bottom line: the accident diary is your voice throughout the recovery process. It validates your pain, supports your medical records, and provides your lawyer with compelling evidence. A well-kept diary often means the difference between a lowball settlement and full, fair compensation.

Dale Gribow Career | PI | DUI | Awards: Maximizing Recoveries | Minimizing Sentences

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HOW TO CONVINCE SOMEONE TO GET HELP FOR THEIR MENTAL HEALTH

HEALTH

BY STAN POPOVICH

There are many reasons why some people are reluctant to get help for their mental health or addiction issues.

In addition, many people are not sure what to do when encouraging someone to get the help they need for their mental health.

As a result, here are seven suggestions on how to convince a person struggling to get some assistance.

1. Talk to the person instead of talking at them: Nobody wants to be lectured or yelled at. The person who is struggling is scared and they need help in overcoming their fears and resistance to getting some guidance. Treat others the way you would want to be treated if the roles were reversed.

2. Find out why the person won't get help: Ask the individual who is struggling the reasons why they are reluctant to get some assistance. Although most people may not admit it, a sense of fear of the unknown and/or some kind of frustration are usually the main factors. It might take a few tries, however, try to find out what is stopping your friend from getting treatment.

3. Address the reasons why the individual won't get help: Once you get the reasons why he or she won't get some help, the next step is to find the ways to address those factors that are preventing the individual from getting assistance. Addressing one's fears and concerns may convince them to take some action that will get their life back on track.

4. Get some advice from a professional: Talk to your doctor or a mental health counselor for recommendations on how you can help someone who is struggling. A medical professional in the mental health field will be able to give you some ideas and options that you can use to help convince someone you know to get some help.

5. Find someone who understands: Try to find someone who used to struggle with their mental health for their advice. For example, a person who used drugs and alcohol in the past could use

their past experiences and insights to convince the individual to seek treatment. A person who used to struggle with addiction or their mental health may be better able to relate to the person who is struggling.

6. Get them to attend a support group: Another way to convince someone to get help is to get them to go to a mental health support group. This may or may not work depending on the individual, but it is still worth a try. A person who goes to a support group can at least listen to those who are also struggling, which may convince the person to get some assistance.

7. Be persistent: Continue to be persistent with your loved ones in getting them the help they need. Keep in contact with your doctor and any mental health counselor on your progress. If things do not improve, continue to find other alternatives in getting the person some help.



BIOGRAPHY Stan is the author of "A Layman's Guide to Managing Fear" which covers a variety of techniques that can drastically improve your mental health. For more information, please visit Stan's website at www.managingfear.com. CV

WINE & DESIGN MIXER BENEFITS GRANDPARENTS LOVE!

EVENTS

BY CRAIG MICHAELS



I'm excited to invite you to join me on Thursday, November 20th, from 5:30 to 7:30 p.m. at Pacific Sales Kitchen & Home, 34295 Monterey Ave., Rancho Mirage, for a special evening of design, community, and inspiration. As a Realtor®, I love helping homeowners explore ways to maximize the value of their homes, whether through thoughtful upgrades, repairs, or design improvements—and this intimate Wine & Design Mixer is the perfect place to discover fresh ideas.

The Rancho Mirage location of Pacific Sales Kitchen & Home is a premier showroom featuring high-end kitchen and bath appliances, fixtures, and design services. Their team is incredibly knowledgeable and ready to guide you through ways to elevate your home's style and functionality.

100% of your $15 donation at the door supports Grandparents Love, a wonderful nonprofit dedicated to empowering grandparents raising their grandchildren. They provide essential resources, recognition, and community to these extraordinary caregivers who give so much out of love.

Experience the artistry of Anwar Fonseca, renowned for his breathtaking abstract iron sculptures, gates, fountains, chandeliers, and wall art—turning metal into masterpieces! The evening also features complimentary wine, champagne, and appetizers from Pacific Coast Palate. Don't forget to bring your business cards for a chance to win raffle prizes from generous local businesses.

Wine & Design Mixers are more than just events—they're an opportunity to explore ways to enhance your home, connect with inspiring local talent, and support meaningful causes. Whether you're a homeowner, design enthusiast, or community supporter, this evening promises art, inspiration, and connection.

RSVP here: Facebook Event or call (760) 880-3848 for more information. Learn more about Grandparents Love: Grandparents Love

I look forward to seeing you there and sharing ideas that could help make your home even more valuable and beautiful! CV





WISDOM COACHING



BY MICHELLE MCLAUGHLIN

THE POWER OF LOVE TO HEAL

You know, life has a way of knocking the wind out of us sometimes. We all get bruised. Maybe it's a heartbreak that took you down hard, or a loss that left a hole you can't seem to fill. Maybe you just woke up one day feeling lost and empty, wondering how you got so far off track. I've been there. We all have. But here's what I've learned: love has this quiet, mighty way of bringing us back home.

Now I'm not talking about a fairytale kind of love or a temporary relationship to fill a hole. I'm talking about real love. The everyday, roll up your sleeves, hang in there kind. The kind that shows up in small moments. A friend who listens without trying to fix you. A stranger who smiles when you really needed one. A dog that still greets you at the door like you're the best thing on earth. That's love in motion. That's the good stuff.

Love doesn't erase the pain. It doesn't magically fix what's broken. What it does is remind you that you're not alone, that there's still something worth fighting for, still light trying to find its way in. It's the gentle nudge that says, "Keep going."

And sometimes, love looks like giving yourself a break. Forgiving yourself for the mistakes and for the choices that didn't turn out how you hoped. We're all just figuring it out as we go. Self love isn't selfish, it's survival. You can't pour from an empty cup, and you can't love others well if you're running on fumes.

The thing about love is, it's contagious. The more you give it, the more it multiplies. You hold the door for someone, they hold it for the next. You forgive someone, they soften toward someone else. Before you know it, the whole room feels a little lighter. Love ripples and changes your life over time.

And yes, sometimes love hurts. It stretches you, humbles you, asks you to grow when you'd rather stay put. But that's the beauty of it. It changes you. It heals by making you see yourself and others through gentler eyes.

At the end of the day, love's not about grand gestures. It's about showing up with patience, with kindness, with grace. It's holding space for yourself and for others, even when things aren't pretty.

So when life knocks you down, and it will, let love pick you back up. It won't always look like you imagined, but it'll be real. And real love, my friends, is the kind that heals. CV



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CELEBRATING HOME CARE & HOSPICE MONTH

CANNABIS CORNER



The Hospice of Beaune in Beaune in Burgundy, France, admitted its first patient on January 1st, 1452. Erected in 1443, the poor and rich came from all over Europe, devastated by the 100-year war. The Duke of Burgundy, Philip the Good, delegated the job of building this refuge for end-of-life care to his conscientious and capable chancellor, Nicolas Rolin. Marauding bands pillaged and destroyed villages. The country people abandoned their fields and sought refuge in the walled cities. Crops failed. People starved. Disease was rampant. Daily survival trumped care for the dying.



The hospice was an oasis of comfort. Patients ate with pewter dishes rather than wooden bowls at the time. They had a comfortable dormitory with a chest for clothes. The Chapel was integrated into the hall, allowing patients to participate in services without leaving their beds. Imagine the therapies given: opiates, laudanum (the widely used tincture of opium and alcohol), wine from the donated vineyards, and hemp plants grown by the farmers. Today, the Hospice de Beaune is a museum that, in 1971, transferred its patients to a modern hospital.

In 1893, Lillian Wald, RN, the founder of home health in America, made her very first home visit to a young mother living in the Lower East Side of Manhattan who was hemorrhaging after giving birth. By 1895, the demand for her services was so great that she moved her operation to Henry Street. In addition to caring for the sick, the Henry Street Settlement provided financial assistance and incentives such as scholarships to the community and established social programs.

In 1910, the Henry Street Settlement had a staff of 54 nurses and operated a convalescent home, three country homes, and first-aid stations. The Visiting Nurses Association of America branched off from the Henry Street Settlement in 1944 and continues to flourish to this day, providing advanced nursing services in the home, ranging from simple wound care to infusion of blood products to children with genetic disorders.

Dame Cicely Saunders, a dynamic woman who was unable to promote holistic caring as a nurse or social worker, became a physician who could forever alter the way we think about end-of-life care. Her vision was of an atmosphere like the Hospice of Beaune, truly patient-centered, with specific mental, physical, and emotional needs cared for. To her, this meant removing terminally ill people from the sterile hospital environments of the 1950s into their homes surrounded by loved ones. Efforts to mimic natural childbirth using midwives at home coincided with the shift in palliative care treatments that avoid sedating patients unnecessarily.

In 1967, Dame Sanders's dream materialized in a suburb of London when she established the first modern hospice: St. Christopher's. She then came to Yale and influenced Florence Wald, the mother of the American hospice movement, who in 1974 started the first modern hospice in the US, Connecticut Hospice in Branford, Connecticut.

BY RUTH HILL R.N.

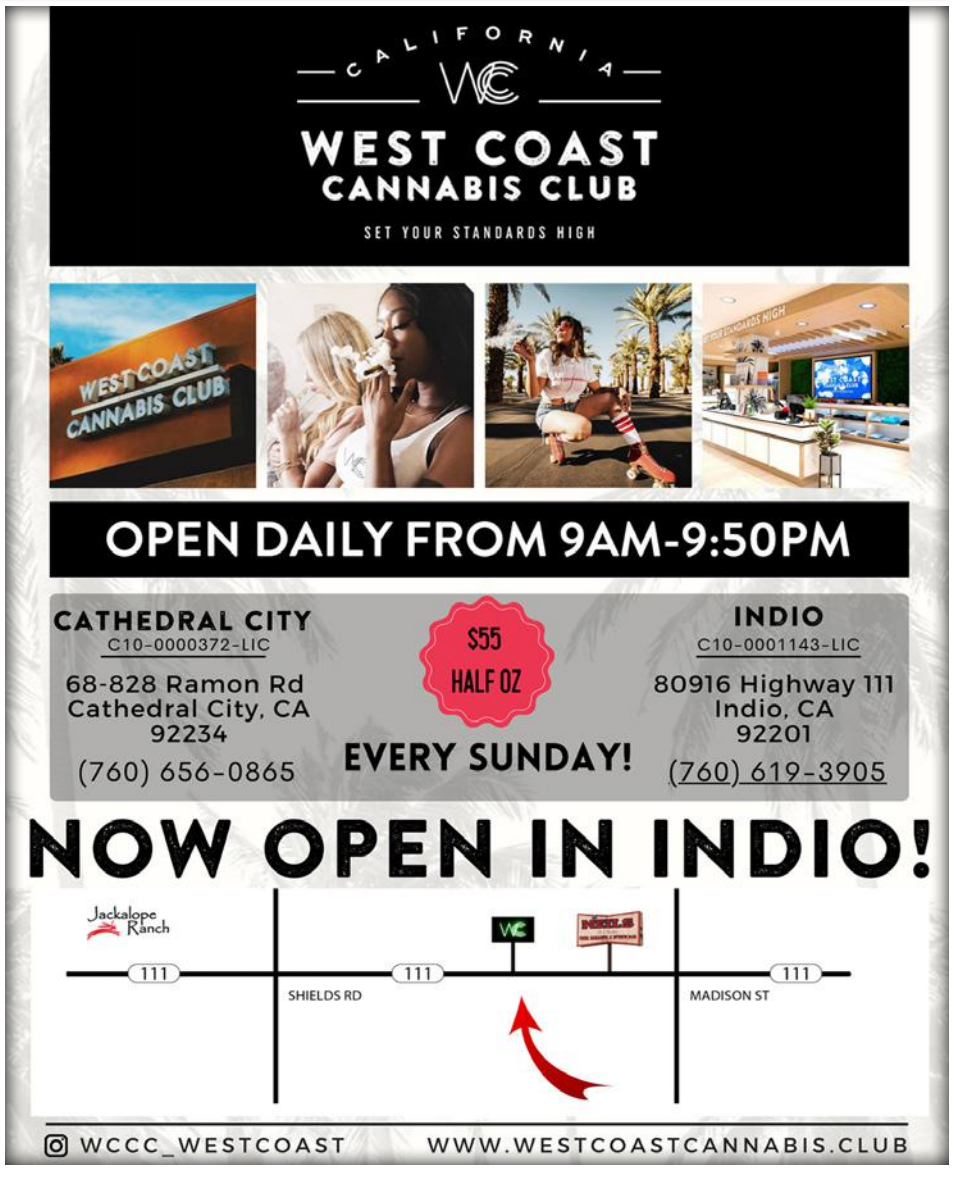


Today, there are over 5,899 Medicare-certified hospices across the US that practice the principles of Florence Wald and Dame Cicely Saunders. As modern hospices and home health agencies evolve, they will include a holistic approach that focuses on comfort, spirituality, relationships, and personal development right up until the final moments. The mantra of "dying with eyes wide open" is encouraging medical cannabis for pain, agitation, hallucinations, nausea, vomiting, dementia, and shortness of breath. With medical cannabis, patients leave their stupor behind and enter a peaceful life transition with loved ones by their side. If your nurse is helping you obtain cannabis for symptom relief, thank them profusely. Management erects barriers preventing nurses from just talking about cannabis.

This month of November, as we celebrate Hospice and Home Health Month, remember where we were 58 years ago. Thank your nurses, home health aides, social workers, and chaplains for their dedication and bravery in helping patients access safe use of palliative care with cannabis. The DEA's rescheduling plan for marijuana, stuck in the bureaucratic morass of quicksand, needs Trump's influence.

Send comments to: hilruth@gmail.com. CV





FITNESS AND AGING: STAYING ACTIVE AS YOU GET OLDER

SEND ME A TRAINER

BY COACH NADIA POPOVA,
PRESENTER OF THE HOLLYWOOD NATURAL BODYBUILDING & FITNESS AWARDS, RESIDENT OF COACHELLA VALLEY



As we age, our bodies naturally change. We might experience decreased muscle mass, reduced flexibility, and slower metabolism. However, these changes don't have to limit our ability to stay active and enjoy a healthy lifestyle. In fact, regular exercise is even more crucial as we get older.

Why Exercise is Important for Seniors

Improved Physical Health

Enhanced Muscle Strength and Endurance: Regular exercise can help prevent age-related muscle loss, improving strength, balance, and overall functional ability.

Boosted Energy Levels: Physical activity can increase energy levels, reducing fatigue and improving quality of life.

Increased Flexibility: Regular stretching and flexibility exercises can improve range of motion, reducing stiffness and pain.

Stronger Bones: Weight-bearing exercises, such as walking and weightlifting, can help strengthen bones and reduce the risk of osteoporosis.

Enhanced Mental Health

Reduced Stress and Anxiety: Exercise can help reduce stress hormones and promote relaxation, leading to improved mental well-being.

Improved Mood: Physical activity can trigger the release of endorphins, natural mood boosters that can alleviate symptoms of depression.

Enhanced Cognitive Function: Regular exercise can improve memory, attention, and problem-solving skills, reducing the risk of cognitive decline.

Boosted Self-Esteem: Achieving fitness goals can boost self-confidence and body image.

Reduced Risk of Chronic Diseases

Lower Risk of Heart Disease: Regular exercise can help lower blood pressure, reduce cholesterol levels, and improve heart health.

Reduced Risk of Stroke: Physical activity can help reduce the risk of stroke by improving blood flow and blood pressure.

Lower Risk of Type 2 Diabetes: Exercise can help improve insulin sensitivity, reducing the risk of developing type 2 diabetes.

Reduced Risk of Certain Cancers: Regular physical activity has been linked to a reduced risk of certain types of cancer, including colon and breast cancer.

Better Sleep

Improved Sleep Quality: Regular exercise can help regulate sleep patterns, leading to deeper, more restful sleep.

Reduced Insomnia: Physical activity can help alleviate symptoms of insomnia, such as difficulty falling asleep and staying asleep.

Increased Social Interaction

Reduced Loneliness: Joining fitness classes or group activities can help you connect with other people, reducing feelings of isolation and loneliness.

Stronger Social Bonds: Social interaction can improve mental health and provide a sense of belonging.

Tips for Staying Active as You Age

Choose Low-Impact Activities

Reduced Risk of Injury: Low-impact activities, such as swimming, walking, cycling, and yoga, are gentle on the joints, reducing the risk of strains, sprains, and arthritis.

Improved Joint Health: These activities can help lubricate the joints, reducing pain and stiffness.

Enhanced Cardiovascular Health: Low-impact activities can help improve heart health, blood pressure, and circulation.

Start Slow and Gradually Increase Intensity

Reduced Risk of Injury: Gradually increasing the intensity of your workouts allows your body to adapt and reduces the risk of injury.

Improved Consistency: Starting slowly and gradually progressing can help you stay motivated and consistent with your exercise routine.

Enhanced Long-Term Benefits: A gradual approach to exercise can lead to long-lasting health benefits.

Listen to Your Body

Prevent Overtraining: Paying attention to your body›s signals can help you avoid overtraining, which can lead to injury, fatigue, and decreased performance.

Optimize Recovery: Listening to your body can help you determine the appropriate amount of rest and recovery time needed.

Enhanced Well-being: By tuning into your body›s needs, you can improve your overall well-being and reduce stress.

Stay Hydrated

Improved Performance: Staying hydrated can enhance athletic performance, reduce fatigue, and improve cognitive function.

Reduced Risk of Dehydration: Drinking plenty of water can help prevent dehydration, which can lead to headaches, dizziness, and muscle cramps.

Enhanced Recovery: Adequate hydration can help your body recover more quickly from exercise.

Consider Joining a Fitness Class or Group

Increased Motivation: Joining a fitness class or group can provide motivation, accountability, and social support.

Enhanced Social Connection: Group fitness classes can help you meet new people and build social connections.

Improved Mental Health: Social interaction can reduce stress, anxiety, and depression, promoting overall mental well-being.

Consult Your Doctor

Personalized Guidance: A healthcare professional can provide personalized advice based on your specific health needs and fitness goals.

Risk Assessment: Your doctor can identify any potential health risks and recommend appropriate modifications to your exercise routine.

Peace of Mind: Consulting your doctor can give you peace of mind and help you exercise safely and effectively.

Common Exercise Myths for Seniors

Myth 1: It's Too Late to Start

Improved Quality of Life: Starting an exercise routine at any age can significantly improve quality of life, boosting energy levels, mood, and overall well-being.

Reduced Risk of Chronic Diseases: Even late-stage exercise can help reduce the risk of heart disease, stroke, diabetes, and certain types of cancer.

Enhanced Cognitive Function: Physical activity can stimulate brain health, improving memory, concentration, and problem-solving skills.

Myth 2: Exercise Will Make Me More Tired

Increased Energy Levels: Regular exercise can boost energy levels by improving circulation, oxygen intake, and sleep quality.

Reduced Fatigue: Physical activity can help alleviate fatigue caused by sedentary lifestyles and chronic conditions.

Enhanced Mood: Exercise can trigger the release of endorphins, natural mood boosters that can reduce feelings of tiredness and fatigue.

Myth 3: I'm Too Old to Exercise

Age is Just a Number: With proper guidance and a gradual approach, people of all ages can find suitable exercise routines.

Personalized Exercise Programs: Tailored exercise programs can accommodate individual needs and limitations, ensuring safety and effectiveness.

Improved Functional Ability: Regular exercise can help maintain or improve functional ability, making everyday tasks easier and reducing the risk of falls and injuries.

Remember, the key to staying fit as you age is consistency. Make exercise a part of your daily routine and enjoy the many benefits it has to offer.

Need a boost? Contact us today for a free call and let's talk about how we can help you stay active. We look forward to hearing from you.

For assistance in achieving your fitness goals please reach out to our team at (760)880-9904 or visit our website at cvsendmeatrainerc.com. CV

NOVEMBER IS LUNG CANCER AWARENESS MONTH

SAFETY TIPS

BY FIRE CHIEF SAM DIGIOVANNA



November is the time to spotlight early detection, community support, and lifesaving education. Local leaders and national organizations are rallying to raise awareness and reduce stigma about Lung Cancer.

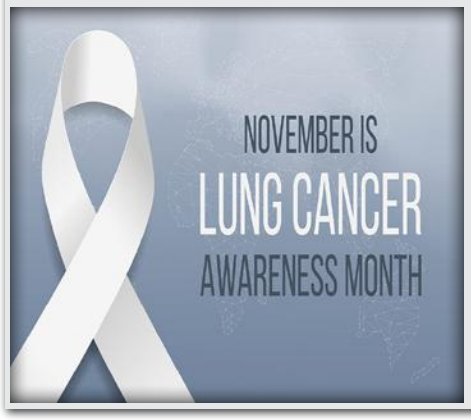
Why Lung Cancer Awareness Matters in November

Lung cancer remains the leading cause of cancer death in the U.S., claiming more lives than breast, prostate, and colon cancers combined. Yet, early detection through low-dose CT scans can dramatically improve survival rates. November's observance is a call to action.

Your Role in the National Movement

While national organizations like the LUNGevity Foundation and GO2 for Lung Cancer lead large-scale campaigns, communities across the country, are encouraged to participate through:

• Educational events at hospitals, clinics, and community centers



• Awareness walk and run events

• White ribbon campaigns to honor those affected

• Shine a Light on Lung Cancer events, which unite survivors, caregivers, and advocates

Local health coalitions and public health agencies can amplify these efforts by hosting lunch-and-learns, distributing screening information, and partnering with regional cancer centers.

Key Themes for 2025

This year's national theme, "Anyone with Lungs Can Get Lung Cancer," emphasizes that the disease affects people regardless of smoking history, age, or gender.

How You Can Help

• Host a screening awareness event at your station, church, or community center

• Invite survivors to share their stories—personal testimony reduces stigma

• Distribute white ribbons and educational flyers at local businesses

• Encourage eligible individuals (ages 50–80 with a smoking history) to get screened

A Message of Hope

Thanks to advances in targeted therapies and precision medicine, more people are living longer with lung cancer than ever before. But awareness and access remain critical.

Fire Chief Sam DiGiovanna CV

GATHER AT CLARK'S

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As we continue to build towards a healthier and happier Coachella Valley community, *Clark's Nutrition & Natural Foods Market* is excited to celebrate the Thanksgiving season with all of you.

Since 1972, *Clark's* has had the pleasure of sharing a seat at many of your Thanksgiving tables. Year after year we strived and have delivered the finest in produce, foods, and supplements to countless California households. This year is no different.

We are giving thanks this year that *Clark's*, unlike many of our competitors, has fought to maintain affordability while retaining quality so that you and your loved ones can eat like kings, and not have to sacrifice other luxuries in the process.

Thanksgiving is a time of year when we all start to slow down a little. It's time for us to take off those work shoes, sit down, and enjoy the greatest gift that all of us has been freely given – the gift of time.

Make sure that you, our loyal customers, and new customers, spend a little time reflecting upon the blessings in your life this Thanksgiving. If you are surrounded by family and friends, enjoy the time you get to spend with them. If you are not surrounded by family or friends this Thanksgiving, and even if you are, please stop by our Rancho Mirage store location on Monterey Avenue. Our *Clark's* staff, and our Nutritional Consultants prize themselves on customer service and truly getting to know our customers.

Whenever you visit *Clark's*, consider it an opportunity to talk, share, ask questions regarding health and nutrition concerns, or whatever else may be on your mind. We are here to be part of your community. It's not just business.

Clark's was built upon the idea of helping communities become just that – communities. We believe in communication, being courteous, being helpful, and being attentive. We are all in this thing called life together no matter what some may suggest.

Take a moment this Thanksgiving and remember the simple pleasures and kindness of youth. Take those ideals, go forth and be the blessing to others that we know you are to us.

From all of us at your extended family, *Clark's Nutrition & Natural Foods Market*, Happy Thanksgiving, and God Bless each of you.

***Clark's Nutrition & Natural Foods Market* – FOR GENERATIONS. FOR LIFE.** CV



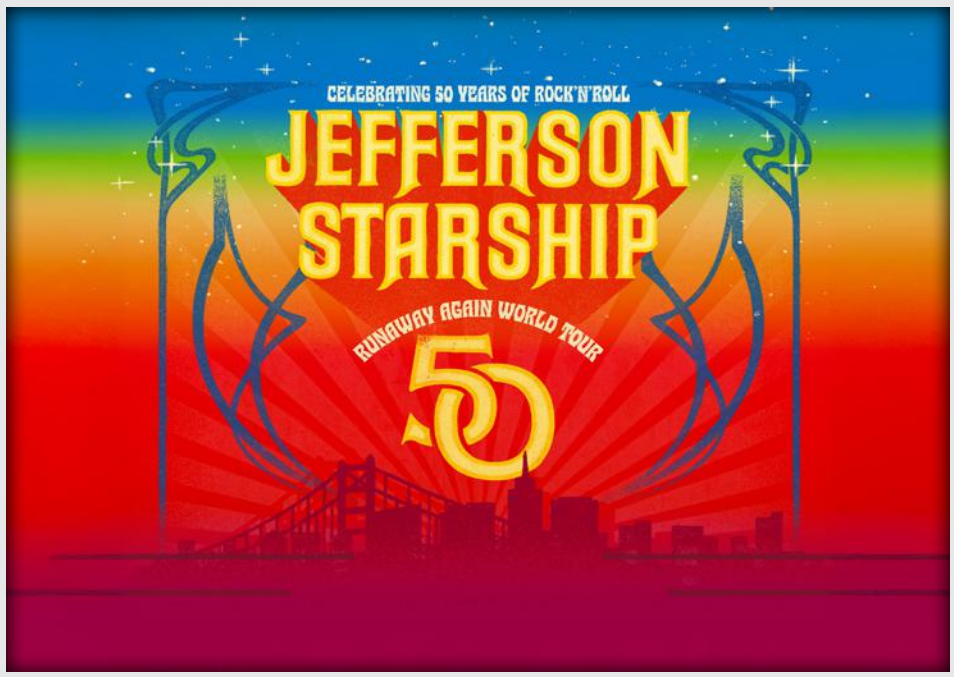
JEFFERSON STARSHIP BRINGS 50 YEARS OF ROCK TO THE SHOW AT AGUA CALIENTE

MUSIC



BY CRAIG MICHAELS

If you're looking for a memorable night out in the Coachella Valley, you won't want to miss Jefferson Starship taking the stage on Friday, November 14, 2025, at The Show at Agua Caliente Casino Resort in Rancho Mirage. I'm really looking forward to seeing them — I've seen them many times over the years, and they never disappoint. Jefferson Starship remains one of the most enduring arena-rock forces of the 1970s and 1980s, earning three platinum and eight gold records along with numerous Top 40 Billboard singles. This year they're celebrating a rare milestone: their 50th anniversary.



Founded by Paul Kantner in the '70s, Jefferson Starship grew out of his artistic concept-album vision and a catalog of rock classics. The current lineup — featuring David Freiberg, Donny Baldwin (who joined in 1982), Chris Smith (since 1998), Jude Gold (since 2012), and Cathy Richardson (since 2008) — brings both pedigree and passion to every performance. The band describes themselves as a "family" and a "gang," and that camaraderie comes through in their high-energy shows. They've toured extensively across all 50 U.S. states and multiple continents, and their 50th-anniversary "Runaway Again" tour is sweeping U.S. venues, delivering a mix of nostalgia and fresh live energy.

The Show at Agua Caliente Casino is a fantastic venue for a rock concert. With modern acoustics, comfortable seating, and full amenities, it's perfect for an evening out. You can arrive early to enjoy resort-style dining, gaming, valet services, or a pre-show drink while soaking up the desert atmosphere. On this tour, fans can expect classic hits like "Miracles," "Jane," and "Find Your Way Back," along with Jefferson Airplane favorites such as "White Rabbit" and "Somebody to Love," plus hits from the Starship era.

For the evening, plan to arrive early to enjoy dinner or cocktails at the resort, dress stylishly but comfortably with a desert-chic rock vibe, and consider staying after the concert to enjoy the casino's late-night atmosphere. The casino is located at 32-250 Bob Hope Drive in Rancho Mirage, and tickets are on sale now — you can find official information and secure your spot here at the Agua Caliente event page: aguacalientecasinos.com/agua-event/jefferson-starship. CV

AGUA CALIENTE CASINOS

A FAMILY BIRTHDAY TO REMEMBER AT THE GOLF BAR IN LA QUINTA

LOCAL BUSINESS

BY CRAIG MICHAELS

If you're tired of over-booked, overpriced golf courses or fighting traffic across Southern California just to make a tee time, I've discovered a better way to enjoy the game without any of the stress. My family and I recently celebrated a birthday at The Golf Bar in La Quinta, and it was an absolute blast from start to finish.

From the moment we walked in, it was clear that The Golf Bar isn't your typical country club. The space is high-tech, fun-filled, and designed to appeal to every age and skill level. Their indoor golf simulators are truly top-of-the-line—used by professional golfers, they provide accurate analytics for those looking to improve their game, but they're just as perfect for beginners who want to swing without pressure. And the best part? You can play a full round of golf in a fraction of the time it takes on a real course.

Golf is just the beginning at The Golf Bar. They offer over a dozen other sports and games, including football, soccer, skee ball, and more, which kept my kids entertained for hours. Everyone in our group found something they enjoyed, whether it was competing in a game or just cheering each other on. And when it came time to refuel, the appetizers and drinks were fantastic, perfectly suited to a lively party atmosphere.

The staff deserves special mention—they were welcoming, attentive, and made the entire experience seamless. I loved how easy it was to host a birthday party there. The Golf Bar specializes in events of all kinds—birthdays, corporate gatherings, banquets, or just a fun night out with friends. They even make it easy to bring your own clubs (as long as they're clean!) or rent a premium Callaway set, and you never have to worry about losing your balls on a real course.

What I truly appreciated is that The Golf Bar makes golf accessible to everyone. Whether you're a seasoned player aiming to shave strokes off your handicap, a beginner intimidated by traditional courses, or just looking for a unique family outing, this is the place to be. Guests under 21 are welcome with adult supervision, making it a safe and fun environment for all ages. CV







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FIREBIRDS TAKE FIRST GAME OF WEEKEND SERIES AGAINST ROADRUNNERS

SPORTS SCENE

COACHELLA VALLEY TAKES DOWN TUCSON WITH 4-2 VICTORY



The Coachella Valley Firebirds, proud American Hockey League affiliate of the National Hockey League's Seattle Kraken (@SeattleKraken), defeated the Tucson Roadrunners on Friday night at Tucson Arena by the final score of 4-2. Five Firebirds (Ottavainen, Firkus, Stephens, Goyette, Morrison) recorded multi-point games to help guide Coachella Valley to their second straight win.

The Firebirds got the scoring started just 1:50 into the game. Mitchell Stephens dumped the puck into the corner, rolling right to Jacob Melanson whose shot went through the legs of Roadrunners' goaltender Jaxson Stauber. David Goyette picked up the secondary assist on Melanson's third goal of the season. Coachella Valley added to their lead as Goyette netted his first goal of the season, assisted by Stephens and Ville Ottavainen at 5:16 of the first.

Just 1:16 into the middle frame, Coachella Valley extended their lead. Logan Morrison's spinning pass found J.R. Avon at the top of left circle. Avon put the puck on the net where it banked off the skate of Jagger Firkus into the net to make it 3-0 Firebirds. Cameron Hebig scored to cut the Roadrunners' deficit to two at 10:20.

Hebig netted his second goal of the game on the powerplay at 8:09 of the third period to make it a one goal game. Tucson pulled their goaltender late in the third period and Logan Morrison sealed the victory with an empty net goal. Firkus and Ottavainen each earned assists on Morrison's third goal of the season at 18:26.

Nikke Kokko finished the night with 25 saves on 27 shots as the Firebirds' record improves to 5-4-1-0 on the 2025-26 season.

Coachella Valley finished game 0-for-3 on the powerplay and 2-for-3 on the penalty kill. The Firebirds outshot the Roadrunners 30-27.

The Firebirds wrap up their weekend series against the Tucson Roadrunners tomorrow, Saturday, November 8th. Puck drop is set for 6 p.m. PT.

Coachella Valley returns home on Tuesday, November 11th for Military Appreciation Night, presented by *Spotlight 29 Casino*. The first 7,500 fans in attendance receive a military-themed bucket hat! Get to the game early for Happy Hour at the Oasis, featuring $5 beer and $10 wine, plus more pocket friendly offerings! Happy Hour begins at 5 p.m. followed by puck drop at 6:30 p.m.

Fans are encouraged to secure $20 parking by purchasing in advance through the ParkWhiz app. Parking rates will increase on the day of the game.

Get Your Ticket Plan Today!

Don't miss your chance to be a part of a special season of events. With ticket packages designed to fit your lifestyle – including full season, half season, 9-game plans, and more – there is something for every fan this season. Join the Firebirds Family and get ready for the return of hockey this October.

Premium Seating at Firebirds' Games

For the first time in three years, a limited number of seats have been released in our premium clubs, the desert's most exclusive and sought-after premium experience! This is the spot where the Coachella Valley's leaders and tastemakers gather to connect, unwind, and enjoy world-class entertainment with family, friends, and clients. Elevate your game day like never before with Firebirds' Premium Seating! Experience access to VIP amenities and inclusive food options all from the comfort of one of our several club options located throughout Acrisure Arena.

Fan-Centric Gameday Enhancements

For the 2025-26 season, the Firebirds are rolling out a series of fan-first enhancements designed to make the gameday experience more accessible, convenient, and enjoyable. Highlights include advance-purchase parking savings, new Pocket-Friendly Picks food and beverage options, earlier weekday start times, and pregame Happy Hour at The Oasis, and more!

Stay up to date on the latest Firebirds' news and info by visiting CVFirebirds.com and by following the team on social media @ Firebirds. CV

FIREBIRDS EARN POINT IN OVERTIME LOSS TO ROADRUNNERS

SPORTS SCENE

COACHELLA VALLEY SUFFER OT LOSS IN PENALTY-FILLED BATTLE AGAINST TUCSON

The Coachella Valley Firebirds, proud American Hockey League affiliate of the National Hockey League's Seattle Kraken (@SeattleKraken), were defeated by the Tucson Roadrunners in overtime on Saturday night at Tucson Arena by the final score of 4-3. Oscar Molgaard, Logan Morrison, and John Hayden each scored in the overtime defeat that earned Coachella Valley three of a possible four points on the weekend in Tucson.

The Firebirds opened the scoring for the second straight game as Oscar Molgaard fired a wrist shot past Matt Villalta for his third goal of the season. John Hayden picked up the lone assist at the 10-minute mark of the first period. 40 seconds later, Logan Morrison was sprung on a semi-breakaway by J.R. Avon. Morrison slid the puck five-hole on Villalta to put Coachella Valley up by a 2-0 lead. Tucson converted on a 5-on-3 powerplay to cut the Coachella Valley lead in half on a goal from Daniil But.



John Hayden regained the Firebirds' two-goal lead with his third goal of the season, finishing off a feed from Lleyton Roed at 4:01 of the second period. Daniil But's second powerplay goal of the game pulled Tucson within a goal with 1:25 remaining in the middle frame. The second period also featured a trio of highlight reel saves from Firebirds' netminder Victor Ostman.

Ryan McGregor tied the game for Tucson late in the third period, beating Ostman blocker side with 2:45 left in regulation. The game needed overtime to decide a winner and But netted his third goal of the game to earn the extra point for the Roadrunners just 1:30 into the extra session.

Victor Ostman finished the night with 30 saves on 34 shots as the Firebirds' record moves to 5-4-2-0 on the 2025-26 season.

The game featured three fights (Caden Price, Ville Ottavainen, Ian McKinnon) and the most amount of penalty minutes the Firebirds have racked up in a game this season (27).

Coachella Valley finished game 0-for-1 on the powerplay and 3-for-5 on the penalty kill. The Firebirds were outshot by the Roadrunners 34-27. CV


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