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CV WEEKLY

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COACHELLA

COACHELLA VALLEY MUSIC AND ARTS FESTIVAL

INDIO
CALIFORNIA



EMPIRE
POLO CLUB

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COACHELLA 2026

THE WORLD COMES TO THE DESERT AND THE DESERT DELIVERS

For two weekends each spring, the global spotlight locks onto Indio and nothing shines brighter than the Coachella Valley Music and Arts Festival.

What unfolds on the Empire Polo Club grounds isn't just a festival. It's a cultural takeover. A sonic explosion. A fashion runway. A social media supernova. And in 2026, Coachella isn't just raising the bar—it's redefining it.

This year's bill reads like a statement.

Pop powerhouse Sabrina Carpenter steps into headlining territory, signaling a new era of global pop dominance. Alongside her, Justin Bieber returns to the desert stage, bringing one of the most recognizable catalogs in modern music back into the spotlight.

And then there's Karol G—a global force whose presence underscores Coachella's ever-expanding international reach.

Closing out the experience in a completely different dimension, Anyma presents Eden, a world premiere that promises to blur the lines between electronic music, art, and immersive technology.

This isn't just a lineup it's a declaration of where music is right now.

Beyond the headliners, Coachella 2026 thrives in its depth.

Friday alone packs a genre-spanning punch with artists like Disclosure, Turnstile, and Teddy Swims, while indie favorites like Foster the People and legends like Devo remind audiences just how wide Coachella's reach really is.

Saturday leans into both nostalgia and



innovation. The Strokes bring timeless cool, while Labrinth and PinkPantheress represent the evolution of modern sound. Even icons like David Byrne step into the mix, proving Coachella's ability to bridge generations.

By Sunday, the energy peaks. Young Thug headlines a day that includes electronic giants like Kaskade and Armin van Buuren, alternative staples like The Rapture, and punk legends Iggy Pop and Black Flag.

It's not just variety, it's intention.

If Weekend One introduces the moment, Weekend Two perfects it.

By the second weekend, artists refine their sets, fans arrive with purpose, and the energy shifts from discovery to mastery. It's where the diehards show up and where some of the most unforgettable performances quietly happen.

The crowds are sharper. The vibes are deeper. And the desert, somehow, feels even more alive.

Massive art installations rise from the desert



floor. Fashion trends are born in real time. Every corner of the grounds becomes part of the experience designed not just to be seen, but to be felt.

And in 2026, that immersive identity continues to expand, especially with projects like Eden, pushing Coachella further into the future of live entertainment.

For those who call the Coachella Valley home, this isn't just a global event it's a transformation.

Local businesses surge. Hotels fill to capacity. Streets buzz with energy from visitors arriving from every corner of the world.

But beyond the economics, there's something deeper: Pride.

Because while millions watch from afar, we live it. We feel the buildup. We navigate the crowds. We witness firsthand what the rest of the world only sees through a screen.

For two weekends, the desert becomes the center of everything and it's happening right here.

As the sun sets behind the mountains and the lights take over the polo fields, one thing becomes clear: Coachella isn't just something you attend, it's something you step into.

And for the Coachella Valley, it's more than a festival. It's our moment.

And every year, it reminds us of one simple truth:

The world may come to Coachella...But Coachella belongs to the desert. **CV**

INSIDE COACHELLA 2026: AN AUDIO ENGINEER'S TAKE ON THE FESTIVAL'S BIGGEST MOMENTS

FROM UNDERGROUND VENUES TO CAREER-DEFINING PERFORMANCES, GREGORY LITTLE BREAKS DOWN THE SOUND, STAGING, AND STANDOUT SETS THAT SHAPED THIS YEAR'S COACHELLA.

BY GREGORY LITTLE

After 18 years of attending Coachella, I've learned that trying to rank one year against another misses the point. What keeps the festival compelling is its constant reinvention—new spaces, new staging concepts, and artists finding fresh ways to present themselves in the desert.

From a production standpoint, Coachella 2026 was one of the strongest in recent memory.

The most fascinating addition this year was The Bunker, a massive underground venue built beneath a man-made hill near Sahara. After watching crews excavate the site for the better part of a year, finally stepping inside was remarkable. The engineering alone is impressive: a cavernous subterranean structure capable of supporting an entire hill overhead while housing serious sound and video infrastructure below. Debuting with an immersive Radiohead film installation, The Bunker feels poised to become one of the festival's most exciting future performance spaces.

This year's headliners each brought something distinct.

Sabrina Carpenter opened the weekend with a polished, highly produced pop spectacle. Her set featured massive staging, sharp visuals, and celebrity cameos, all executed with the scale one expects from a modern headliner.

Sunday's closing headliner, KAROL G, delivered a huge, high-energy performance with commanding stage presence, excellent sound quality, and production large enough to fill the main stage with ease.

But the weekend's most memorable headlining

performance belonged to Justin Bieber. Rather than rely on oversized spectacle, Bieber built his set around a deeply personal production concept, most notably harmonizing live with archival footage of his younger self performing on screen behind him. The result was one of the weekend's most emotionally effective moments—nostalgic, inventive, and surprisingly intimate for a main-stage headline performance. His surprise appearance at the Do Lab only further cemented his presence as one of the weekend's defining artists.

Beyond the headliners, several other performances stood out.

David Byrne delivered what may have been the weekend's finest pure performance a flawlessly choreographed production that felt more like

Broadway than a festival set. Meanwhile, Nine Inch Noize, the collaboration between Trent Reznor and Boys Noize, fused dancers, lasers, industrial sound, and electronic production into one of the weekend's most visceral spectacles.

And among the weekend's most pleasant surprises, Teddy Swims delivered one of the strongest vocal performances of the festival. His powerhouse live vocals, paired with memorable guest appearances, made his set one of Friday's most unexpectedly standout moments.

After nearly two decades, Coachella remains compelling for the same reason it always has: not simply because of who performs, but because each year offers something new to discover—and new ways to hear, see, and experience the familiar.

CV



BUENAVENTURA GRAND HOTEL & GREAT MOMENTS: A BEACHFRONT PARADISE IN THE HEART OF PUERTO VALLARTA

Traveling with a toddler can turn even the most beautiful destinations into a logistical puzzle. Finding a hotel that makes things feel easy isn't just a bonus—it's everything.

During a recent trip to Puerto Vallarta, my toddler and I checked in to Buenaventura Grand Hotel & Great Moments for a few nights, and it quickly became clear: this is the kind of place that takes the stress out of traveling with little ones.

From the moment we arrived, the experience felt seamless. The staff was warm, attentive, and always one step ahead—whether that meant helping with our bags, accommodating a crib, or simply greeting my toddler with a smile. That level of care carried throughout our stay and set the tone for what would become an easy, relaxed few days by the beach.

Even more impressive was how smoothly everything ran behind the scenes. Our visit came shortly after a hurricane had impacted parts of Puerto Vallarta, yet any disruptions at the hotel were handled so efficiently that we barely noticed them at all. If anything, it highlighted just how thoughtful and responsive the team truly is.

Buenaventura sits right on the beach, with

sweeping views of Banderas Bay and cool ocean breezes flowing throughout the four-story property. The hotel features 233 rooms and suites, yet still manages to maintain the feel of an intimate boutique experience. Amenities include an onsite spa overlooking the ocean, a gym, kids club, bicycle rentals, and multiple dining options with three restaurants and four bars included in the all-inclusive experience.

Our room featured a private balcony overlooking the ocean, which was perfect for slow mornings with a cafecito while watching the waves roll in. The space felt comfortable and well-appointed, even with a toddler and a rollaway crib (provided by the hotel). After long days in the sun, it became a welcome place to recharge.

The heart of the resort is its pool and beachfront setting. The pool offers a lively yet relaxed atmosphere that works especially well for families, never too crowded or too loud, but still full of energy and with plenty of space to spread out. My toddler happily rotated between splashing in the water and taking snack breaks poolside, while I was able to enjoy a rare moment to sit back and take in the view. Just steps away, the beach made it easy to shift between poolside lounging and sandy playtime.

Dining is another highlight of the stay, especially with the resort being all-inclusive. With a mix of buffet and à la carte options, Buenaventura makes it easy to find something for every taste. Whether it's a quick breakfast before heading out or a relaxed dinner after a full day, the variety and convenience of the all-inclusive experience add to the overall ease for families traveling with kids.

Entertainment at Buenaventura adds another layer to the experience, especially in the evenings. The hotel offers a rotating lineup of themed nights designed to bring both culture and fun to guests of all ages, and yes, these are toddler-friendly! On Mexican Night, guests can enjoy a buffet of traditional dishes like a taco bar and fajitas alongside live mariachi and folkloric dance performances, creating an immersive celebration of local culture. Other evenings take on a more tropical feel, with music, dancing, and festive cocktails that transform the property into a lively, beachside party. Combined with live music and daily activities ranging from dance classes to poolside games, the programming ensures there's always something happening without ever feeling overwhelming.

With so much to enjoy on property, it would be easy to spend an entire stay without leaving

TRAVEL

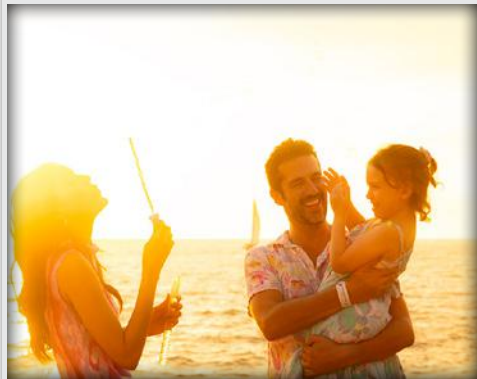


BY MARISSA
WILLMAN

the resort. But Buenaventura's location—just blocks from the Malecón—makes it equally appealing as a base for exploring Puerto Vallarta. The hotel's complimentary bike rentals make getting around especially convenient and fun.

Nearby, you'll find a vibrant mix of local shops and restaurants offering everything from handmade goods to freshly prepared street tacos. Along the Malecón, Puerto Vallarta's iconic boardwalk, visitors can take in stunning sunsets, browse public art installations, and enjoy performances from local street entertainers. The pedestrian-friendly promenade is also stroller-friendly, making it an easy outing for families—and an easy option to see the sights while your little one naps.

Buenaventura Grand Hotel & Great Moments strikes a thoughtful balance between relaxation and accessibility. For families especially, it's a place where everything comes together so seamlessly that you can settle in, slow down, and actually enjoy the trip. **CV**



GOLDEN HOUR, GOLDEN HEARTS: A DESERT ESCAPE LIKE NO OTHER



There are getaways and then there are experiences that stay with you long after you leave. Tucked away in the high desert of Yucca Valley, just outside Joshua Tree, The Golden Getaway is exactly that: a soulful, joy-filled escape built around one of life's simplest and most powerful pleasures time spent with Golden Retrievers. From the moment you arrive, the world seems to slow down and then you're greeted by a pack of wagging tails, warm eyes, and unconditional love. This isn't your typical outing, it's part sanctuary, part retreat, and part therapy session led by some of the gentlest companions on earth.

The experience itself feels like a different kind

of luxury. Instead of crowded venues or rigid schedules, everything is intentionally designed to be intimate and calming. Small groups, open-air lounging, and thoughtfully curated spaces invite you to fully unplug and be present. Guests spend meaningful time connecting with a social, well-loved pack of golden retrievers, dogs that are not only playful, but deeply intuitive and comforting. With shaded seating, hammocks, handcrafted drinks, and a peaceful desert backdrop.

If you've spent any time around Golden Retrievers, you already understand their magic. If you haven't, this is where it begins. Known for their affectionate and loyal nature, they have a

way of connecting that feels almost therapeutic. I have to admit; I've recently fallen in love with Golden Retrievers in a way I didn't expect. Their sweetness, their calm energy, and the way they look at you like you're the only person in the world is completely disarming. They don't just want your attention they offer unconditional love. And in a world that moves too fast, that kind of connection feels rare. At The Golden Getaway, that feeling is multiplied with every interaction, whether it's a playful pup nudging your hand or a calm companion settling in beside you.

What truly sets this experience apart is the intention behind it. Created by a lifelong dog

LOCAL BUSINESS



BY CRAIG
MICHAELS

lover, The Golden Getaway was designed to share the joy and emotional connection these animals bring into our lives. It's a place where memories are made whether you're celebrating something special or simply looking for a reset and where guests often leave feeling lighter than when they arrived. A typical visit includes a 90-minute immersive session with the dogs, a serene and photo-worthy desert setting, refreshments, and plenty of time to relax, unwind, and connect.

For those ready to experience it firsthand, visits are by appointment in Yucca Valley, with sessions typically lasting around 90 minutes and starting at approximately \$90 per person. Private group experiences are also available for special occasions. To book your Golden Getaway, visit their website at thegoldengetaway.com and reserve your time in advance. This is a place that offers something beautifully simple open skies, quiet moments, and the kind of unconditional love only a Golden Retriever can give. And once you experience it, you'll understand exactly why I've fallen so completely for these incredible dogs. **CV**

EVENTS

CATURDAY BREAKFAST + BINGO RETURNS TO PALM SPRINGS TO HELP LOCAL CATS AND KITTENS IN NEED



Animal Samaritans invites cat lovers across the Coachella Valley to its 5th Annual CATurday Breakfast + BINGO, happening Saturday, April 25, 2026, inside the Sky Ballroom at Kimpton Rowan Palm Springs.

Tickets are \$40 and include a full breakfast, complimentary mimosas, and one BINGO card per game. Guests will also have the chance to win fabulous prizes including a staycation at Rowan Palm Springs, tickets to the Palm Springs Aerial Tramway, cookies from Crush Crush Cookies, a pet communication session with Animal Communicator Francis W. Greenspan, and more.

This popular event will sell out and features a lively morning of BINGO hosted by the fabulous Sister Burna, along with plenty of feline fun. Adorable kittens will be on site and available for adoption.

All proceeds benefit the Animal Samaritans Feline Fund, which provides care for local cats and kittens in need. Special thanks to event sponsor Michael Ziskind.

Event Details: Kimpton Rowan Palm Springs, 100 W. Tahquitz Canyon Way.

Saturday, April 25, 2026 9:00 AM – 11:00 AM
(Check-in begins at 8:30 AM)

Tickets must be purchased in advance and will not be sold at the door.

Space is limited.

Get tickets today at animalsamaritans.org/caturday.

About Animal Samaritans Serving the Coachella Valley since 1978, Animal Samaritans provides veterinary care, shelter, and lifesaving programs for animals in need. Learn more at animalsamaritans.org.

For more information on this event contact: Valerie Katz, Community & Public Relations Specialist/Animal Samaritans, 760-601-3930, vkatz@animalsamaritans.org. **CV**



THEATRE

ECHOES OF LAUREL CANYON:
A NIGHT OF TIMELESS SOUND AT PALM CANYON THEATRE

BY CRAIG MICHAELS

The Palm Canyon Theatre invites audiences to experience a captivating evening of music and storytelling with *The Tuesday Show: "Laurel Canyon Live"* on April 21, 2026. As part of its popular ongoing cabaret series, this special performance promises to transport attendees back to one of the most influential eras in American music, celebrating the legendary sounds born out of Laurel Canyon during the 1960s and 1970s.

Hosted by acclaimed local vocalist Francesca Amari, the evening serves as the final installment of the beloved Tuesday Show Monthly Cabaret Series. Thoughtfully curated and brought to life alongside Music Director Scott Smith, "Laurel Canyon Live" pays tribute to the iconic artists and songwriters who defined a generation with their groundbreaking blend of folk and rock. The performance captures the spirit of a transformative time in music history, offering a nostalgic yet vibrant journey through unforgettable songs and stories.

Joining Amari on stage are talented vocalists Jason Ayestas, Jennifer Hopper, and Daniel Stewart, each contributing their own unique

style and artistry to the intimate cabaret setting. Designed to foster a close connection between performers and audience, the production creates a relaxed, engaging atmosphere where music takes center stage. The show runs approximately 75 to 90 minutes without intermission, making it a perfect midweek cultural escape.

Beyond the music, the evening also supports an important cause, with proceeds benefiting Palm Canyon Theatre's ongoing programming and community outreach initiatives. Performances like "Laurel Canyon Live" not only celebrate artistic excellence but also help sustain the vibrant local arts scene that continues to enrich Palm Springs.

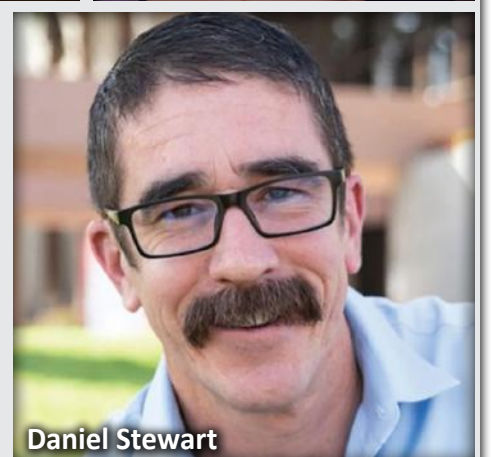
The performance takes place at 7 p.m. on Tuesday, April 21, 2026, at Palm Canyon Theatre, located at 538 North Palm Canyon Drive in Palm Springs. Tickets are priced at \$35. For reservations or additional information, patrons may contact the box office at 760-323-5123 or visit the theatre's website. **CV**



Francesca Amari



Scott Smith



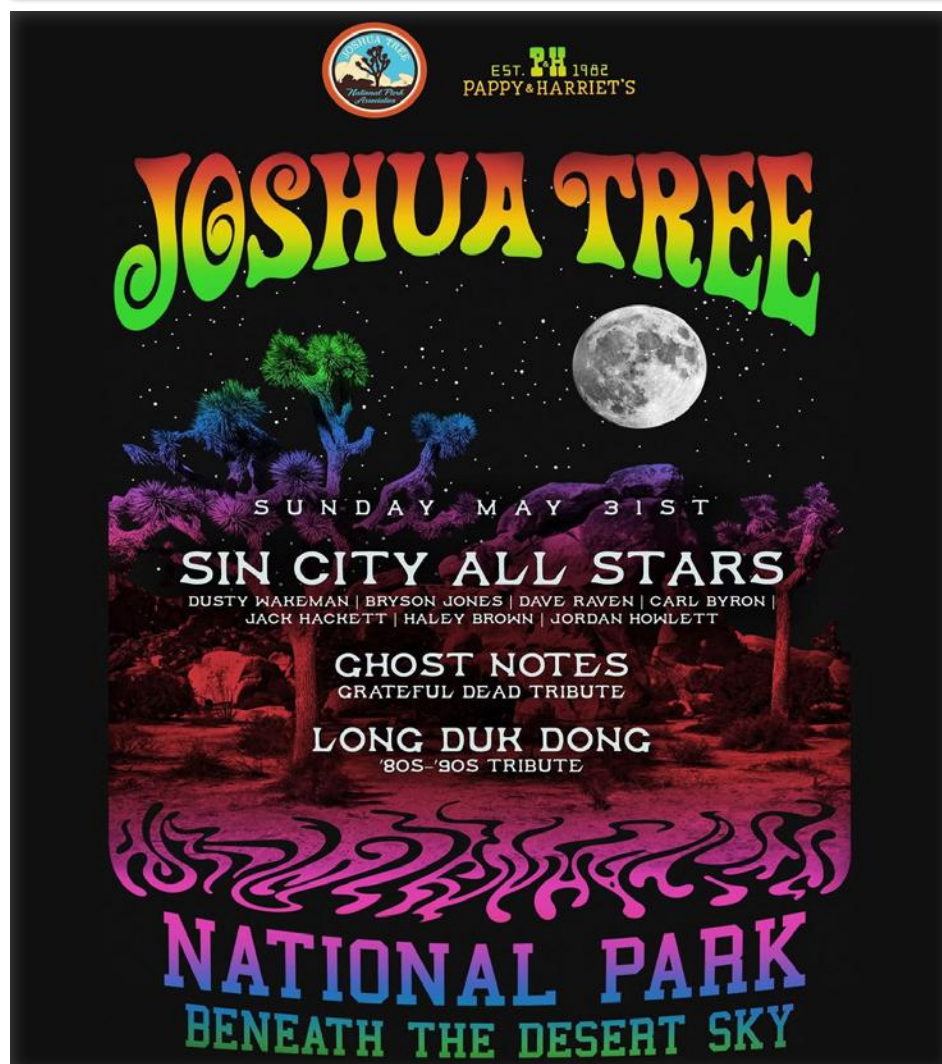
Daniel Stewart



Jason Ayestas



Jennifer Hopper



VICTOR KRUMMENACHER BLOCK OUT THE SUN" (VERITAS RECORDS)

Victor Krummenacher has been a force on the indie music scene since the early '80s. The Riverside native was surrounded by music from an early age. His parents introduced him to the traditional sounds of Frank Sinatra, Judy Garland, Bobby Darrin and Barbra Streisand, as well as the Folk flavors of Peter, Paul & Mary, Martin Carthy and Simon & Garfunkel.

Of course, the music of Led Zeppelin, Fleetwood Mac, and the usual FM Rock staples were ubiquitous throughout the '70s. But that never really appealed to him. Thanks to his older sister's boyfriend, he was turned on to the outlier music of Jonathan Richman, Link Wray, Robert Gordon, Iggy & The Stooges and The Velvet Underground. As Punk Rock began to overtake the L.A. music scene, Victor fully embraced the primitive cool of X, The Germs, Fear and The Weirdos.

He bought his first bass off Donnie Rose, girlfriend of Germs front-man Darby Crash. During high school, he cycled through a series of Punk bands. Just around the bend in Redlands, David Lowery and Johnny Hickman had started their own nascent bands. Victor quickly recognized their songwriting prowess and began hanging out with them in the early '80s. Soon enough, he and David formed Camper Van Beethoven.

The quirky five-piece synthesized a surfeit of styles, juxtaposing elements of Punk, Country, Ska and Folk. Between 1985 and 1989, they released five long-players, two EPs and an odds n' sods collection before calling it quits in 1990. Concurrently, Victor helmed a side project, The Monks Of Doom.

Out of the ashes of CvB, David joined forces with Johnny Hickman and Victor, roaring back to life as Cracker. Their self-titled 1992 debut broke into the mainstream with their first single, "Teen Angst (What The World Needs Now)," and subsequent records featured hits like "Low," "Eurotrash Girl" and "Get Off This." Over the last 30+ years, Cracker has released nine studio efforts, as well as live sets and several compilations. Since 2002, they have toggled between Camper and Cracker projects. 2004 saw the inaugural Camper Van Beethoven/Cracker Camp Out event that takes place every autumn at Pappy & Harriet's.

Back in 1986, Victor crossed paths with Dave Alvin, who was touring with his band The Blasters. They cemented their friendship a couple of years later when CvB was touring with sui generis songstress Syd Straw. Dave was playing guitar in her band. The pair casually collaborated over the next few years and made it official just ahead of COVID, when they formed The Third Mind.

Somehow, Victor has also made time to launch a solo career. His debut was released in 1995. Over the last 30 years, he has recorded 10 more. Now, he's released his 12th long-player, *Block Out The Sun*. A song-cycle of sorts, it plays across eight tracks.

The album opens tentatively with "Time Will Do Us No Favors." Nimble electric guitar riffs wrap around a pastoral arrangement of spiraling acoustic notes, darting bass lines and a slipstitch beat. Victor's playful vocals land somewhere between Bruce Cockburn and Greg Brown (sans the latter's gruff Iowa drawl). Sweetly conspiratorial lyrics hatch a plan for escape: "Meet me down at the edge of the woods, we can disappear into everything good, away from the hands of the ticking clock, we'll go until we're long, long gone, we'll go until we're long, long gone/Tell me a joke and make it

good, the water's raining down and I'm dying of thirst, you smiled and said it's gone from bad to worse, and tell me who goes last and who goes first, who goes last and who does first." The easy camaraderie is magnified by atmospheric keys, shivery strings and reedy organ runs. There's an effervescent, effortless grace to this song that recalls late '60s touchstones like "Wichita Lineman" and "Everybody's Talkin,'" balanced by just a hint of Capra-esque skepticism: "Well, the bells they toll, the bells they ring, but we're not ever gonna get our wings, time will do us, time will do us no favors now."

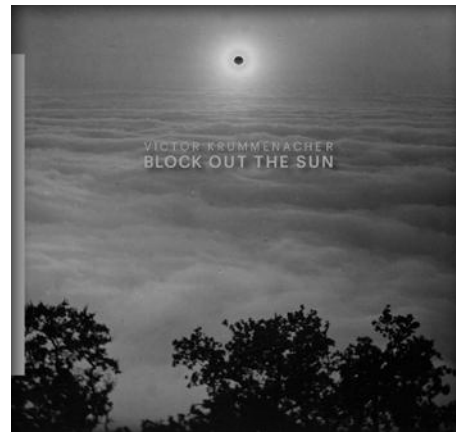
Courtly acoustic guitars and a well-timed cymbal-splash announce "Race At The Water's Edge." Fluttery piano, sylvan strings spidery bass, gilded electric licks and a conga-fied beat brush up against introspective lyrics like "I'm feeling off, I don't know what it means, it's just a feeling, a premonition, don't you tell me you know what it means, I'm okay with the gray, the ambiguity suits my mind, it's just a feeling, a premonition, ambiguity suits my mind." Still, he's persistent: "I'm looking for peace at the water's edge, just give me peace at the water's edge."

On the expansive title track a timpani roll collides with lanky bass lines, luxuriant strings, muted keys and wiry guitar. Across this panoramic vista, Victor wrestles with love, loss and grief. As a rat-a-tat beat kicks in, he has an epiphany of sorts: "I'm staring out from an empty room, I feel the heat, I sense the gloom, but I know just what I'm gonna do, I'll walk down from the cliffs, to the beach to the shore, jump into a boat with nowhere to go, three clicks of my heels and I'll be home, to a beauty that I could never define, no matter how high I tried, because there wasn't a rule that I wouldn't defy." Part benediction, part restless farewell, the instrumentation roils and swells, pools and eddies with a majestic finesse, before the song shudders to a close.

"The Horizon Line" is an instrumental that serves as a musical sorbet, a palate cleanser between the heavier courses. Sinewy Weissenborn guitar riffs give way to filigreed acoustic fretwork, thrumming bass lines, a shimmering string section and a chugging beat. A cosmic cousin to Jefferson Airplane's "Embryonic Journey" and Bert Jansch's "Blackwaterside," it conveys a feeling of tenderness and poignance that goes beyond words.

On "Your Last Winter Comes," splayed guitar licks navigate see-saw strings, boomerang bass and splashy cymbal accents. Victor's whispery vocals are shadowed by Willie's choirboy croon. A change of seasons means a time to pause and reflect, as mortality seems to sneak up on us: "I remember the snow, I remember the ice, the Christmas bells ringing at Christmas time, like all things simple, like all things good, what I had for a moment, I misunderstood, and your last winter comes in the blink of an eye." On the break, a bendy guitar solo is augmented by cascading keys and quicksilver pedal steel, somehow prettying up the inevitable judgement day. The instrumental coda peaks through like sun on a cloudy afternoon. High lonesome pedal steel lines up with mercurial strings and a rumpity rhythm before fading into the sunset.

Stylistically, "The Sky Gone White" takes a hard left. Thick, Spaghetti Western guitar chords ride roughshod across a dense fog of synthesizers. Victor speaks more than sings as lyrics paint a brutish portrait with broad, slashing strokes: "I awoke next to you, I awoke from a dream, somehow you were bleeding and the sky had gone white."



The album's final two tracks, "Give Me A Boat To Cross The Sea" and "Hard Times Have Come To Stay," end the record on an ambivalent note. On the former, plangent acoustic guitar, plaintive piano and drowsy bass lines are bookended by a stutter-step beat. Victor is still searching for peace: "I took the high road, I took the low, I followed them wherever they'd go, down dark highways with forgotten names, through empty towns, past barren plains, but every place they led was just the same," but it proves elusive. Willowy guitar dovetails with darting piano notes, silvery pedal steel and a staccato rhythm. The last verse feels finite: "Let me go, I'm ready to leave, and I will see what I will see, if there's anyone there who's waiting for me, if you give me a boat to cross the sea."

The latter opens with a soaring, synthesizer fanfare, before winnowing down to strumming acoustic riffs, spectral electric notes, angular bass and an insistent beat. Not-so-cryptic lyrics allude to a failed romance: "Hard times have

CONSIDER THIS

BY ELENI
P. AUSTIN



come to stay, hard times have come to stay, you never thought you'd see the day, but everything you know has changed, and now you're standing out in the pouring rain." Midway through, time signatures shift, signaling an added urgency to the proceedings. It's tempting to presume the final couplet: "You never thought you'd see the day, and everything you know has changed, you're never going to be the same," might touch on more global concerns. It's a pensive finish to wistfully autumnal effort.

This is a solo album in name only. While Victor played guitar, bass, drums, keys, string arrangements and vocals, he relied on old compadres added color and textures. Michael Jerome (Toadies, Richard Thompson, The Third Mind), handled drums and percussion, Willie Aron (The Balancing Act, Thee Holy Brothers, The Dream Syndicate, The Third Mind), added piano, Hammond B-3 and backing vocals and Bruce Kaplan (The Toasters, The Tearjerkers) pitched in on pedal steel, Weissenborn and keys.

Victor Krummenacher has got the goods. But, we've always known that. Here, he creates a sound that shapeshifts from sunny technicolor to melancholy monochrome. At once grandly cinematic and deeply intimate, *Block Out The Sun* is a Moodily elegant effort. **CV**

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LOCAL MUSIC SPOTLIGHT WITH MATT KING

LOCAL MUSIC



From teenage punk shows to genre-blending solo work, Matt King has grown up inside the Coachella Valley music scene. Known early on as a powerhouse bassist and later as a songwriter, vocalist, and creative architect, Matt represents a new generation of desert artists who refuse to stay in one lane. Whether fronting bands, building songs from the ground up in his home studio, or championing local collaboration, his work reflects curiosity, independence, and a deep commitment to the community that raised him. In this week's Local Music Spotlight, we catch up with Matt King to talk growth, experimentation, and what's next.

CVW: You started playing in bands at a young age. How did growing up in the Coachella Valley shape your musical identity early on?

King: Growing up in the desert definitely shaped my musical identity. While it certainly helped shape my musical style, as I took a ton of influence from my favorite desert bands like Queens of the Stone Age, Sleazy Cortez and many more, I would say that the most impact the Coachella Valley had on my musical identity was beyond the sonics. Growing up in such a tight knit community like the desert, I learned that kindness and compassion were just as important as writing good music. Mostly everyone involved in the music scene here takes big risks to give opportunities to others, so I feel that it's important to treat everyone involved in this rock show with kindness. We're all working toward the same goal, and I believe that a rising tide lifts all boats. In my experience creating in the desert, I've found that more opportunities come to you when you operate with good intentions and learning from countless others in this scene has helped shape me into what I am today.

CVW: Most people first knew you as a bassist. What pushed you to step into the spotlight as a frontman, singer, and songwriter?

King: Well even in my first band, I was somewhat of a frontman, singer, and songwriter, even though it was for songs about school food. My first band broke up during the pandemic, and I was hankering to play music still, so I channeled a lot of energy into my debut solo album, where I wrote, performed, and recorded every instrument. This experience helped me learn more about my abilities as a songwriter, and even though it had a goofy-tinge, I was able to find value in my creation. Coming out of the pandemic, I took a COVID's worth of song demos

and started some new bands. With projects that featured songs I wrote, I was able to become more comfortable as the leader of a band. To answer your question, I wanted to write songs I wanted to hear, so I stepped further into those roles to make some music I truly enjoy.

CVW: Your solo work shows a strong DIY approach. What did teaching yourself recording and production unlock creatively for you?

King: Building off of my last answer, DIY unlocked creative elements I had all along, but were shunned or downplayed when I was in my previous band. I get it, not everyone wants to hear quirky music, but that's how I choose to express myself. I don't possess the ability to pour my emotions into heartfelt, heart-tugging tunes that'll make you cry or ponder life, so I do what feels natural to me. In a way, writing everything myself helped me unlock songwriting skills that, in my opinion, strengthened the musical mode of my writing. DIY helped me go beyond the simple riff repetition, and allowed me to craft more complex (but not prog-level) sonics.

CVW: You've pulled from punk, funk, hip-hop, electronic, and rock influences. How do you keep all those styles feeling cohesive in your music?

King: That's something I don't think I can answer. I'm inspired by so many forms of music, both explicitly and inexplicitly, and somehow different sides of my tastes appear in my different works. For example, I'm in love with desert rock, and poured all my heavy riffs into my Matt and the Kings project, and started Salton City Surf Club as a separate entity. My friend Bolin Jue (The Royal Chicano Underground) pointed out that he hears some desert rock sounds on a Surf Club song called "You Can't Out-Surf Me!" and that really surprised me. When I get a riff idea, or sit down to write something, I'm never searching for a musical mode or vibe, I just let whatever comes out of the bass go! I'm glad you think it feels cohesive, but I can tell you it's not something I've considered.

CVW: You've been part of multiple bands over the years. How does collaboration differ now compared to when you first started playing shows?

King: Well I definitely feel like I have more to offer now. Every band I've been in has taught me new skills, both with music and with band relationships LOL. I've branched into playing genres and sounds I'd never thought I'd play, and every new song I've played has helped me become a better player and a better collaborator.

CVW: You joined Empty Seat after already carving out your own path in the scene. What drew you to the band, and how has being part of that lineup changed or challenged you musically?

King: I enjoyed sharing bills with Empty Seat but I never saw myself being a part of the band. Then one day they asked me to join and I said yes, but then they said nevermind LOL. Later, they asked again, and we had a really awesome jam session, and the rest was history! It's really cool being a part of that band, because I'm playing with people who have so much playing experience, and I find myself learning so much from them. Since I don't have to worry about vocals, I get to be pretty creative with my bass parts, and the songs have allowed me to involve some weird pedals that I otherwise would have struggled to include in songs. I picked up their songs pretty quickly, and I'm thankful they've allowed me to put my own spin on their sound. Empty Seat the band is almost as old as me LOL.

CVW: Salton City Surf Club has a very distinct sound and aesthetic tied to the desert

and the Salton Sea. What inspired the project, and what does that band let you express that your other projects don't?

King: During the pandemic I wrote a ton of songs, and some happened to have some surf-elements. It was another case of "I don't know where that came from", but I was surprised that so many song ideas were shaping into full-fledged songs. Fast-forward to the first compilation album I put together, It Came From the Desert!, Vol. 1, and I decided to put one of the songs on there to beef up the tracklist. I needed a name, and during that time, the Palm Springs Surf Club was being talked about, and there were rumors of the Thermal Beach Club to follow. I think that huge wave pools and ocean resorts in the middle of a dying, drought-ridden desert is so ridiculous, and was chatting with a friend when I joked, what's next, a surf resort in the Salton Sea? The band was born, and ever since, it's been a vehicle to make tons of songs I love that mix rock, punk, funk and more into some goofy yet meaningful songs about the Salton Sea or aquatic creatures.

CVW: You've also helped bring local artists together through compilations and community projects. Why is building scene culture just as important as releasing music?

King: For me, it's more important. Without a scene, we have nothing. I don't know when it clicked for me, but somewhere along the way, I realized that I would be nowhere without the opportunities that have been given to me. Every step of my journey is because of people like Josh Heinz welcoming me to an open mic, or Phil and Tracy inviting me to gigs and covering my band, or Jimmy Boegle for giving me a chance to write for Coachella Valley Independent. The list goes on and on. My job at the newspaper consists of me shining a spotlight on local bands, and that's something that follows me into all of the other parts of my life. I started booking shows under the name Dunes Booking because local bands deserve to play and be seen. I started releasing a compilation album every year of 760 artists because local music deserves to be heard! When you have a happy, humming local scene, it benefits everyone, and all it takes is one band to be heard before you're doing a deep dive into the tightknit community of our desert.

CVW: What's one lesson the desert music scene has taught you that still guides how you create today?

King: Kindness prevails always. Being nice

BY PHIL
LACOMBE

PHOTOS BY
KEN LARMON



is so easy!! I wouldn't be here without the generosity of others, so I try my hardest to pass on that compassion.

CVW: Looking ahead, what's the next chapter for Matt King, new releases, collaborations, or a sound shift we should be ready for?

King: Hmmmmmm well I guess I can leak some new things. Salton City Surf Club is working on a split EP with one of my fav local bands The Royal Chicano Underground. I'm really excited about that. We are writing new jams with Empty Seat and will hopefully return to Rancho De La Luna this summer for some new magic. I'm always working on new fun stuff, and there's even a few secret projects out there...you'll just have to contact me or Miguel Arballo. It Came From the Desert!, Vol. 4 will come out this Halloween season, so if you're a local musician, send me your songs!! I am booking some shows in DHS throughout the summer, so bands hit me up! I'll also be throwing some shows at Pappy & Harriet's here and there. Annnnd my band Salton City Surf Club will be performing yet again with Tom Kenny & the Hi-Seas (led by the voice of Spongebob Squarepants) this October!

CVW: Where can fans find you?

King: Matt King, Dunes Booking, Salton City Surf Club, Empty Seat, Bronca, Analog Lab, Sublunar, Coachella Valley Independent, Reno News & Review.

Always evolving and never boxed in, Matt King continues to push beyond expectations, not just as a musician, but as a creative force within the Coachella Valley. With roots grounded in community and eyes set firmly on the future, his journey reflects the power of growth, experimentation, and staying true to your voice. Keep an ear to the desert, Matt King's story is still being written.

That's a wrap on this week's Local Music Spotlight, but 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. **CV**



A NEW BUZZ ON SAN PABLO: DESERT KID COFFEE HAS ARRIVED

There's something special happening on San Pablo and if you've spent any time in Palm Desert lately, you've probably felt it too. The energy is shifting, the streets are coming alive, and the latest addition is one I couldn't be more excited about. Desert Kid Coffee had its soft opening, and for me, it's more than just a great new café, it is something incredibly special. You can sense it from the moment you walk in.

Desert Kid Coffee is not your average coffee shop. It's a fully realized concept, part specialty roastery, part community hub, and part creative space. Founded by Coachella Valley natives Katie Reed and Joseph Eccles, the café is rooted in something deeply personal: a desire to give back to the place

that shaped them. After building careers elsewhere, they've returned home to create something meaningful, and it shows in every detail. From roasting their own beans sourced from regions like Ethiopia, Panama, and Guatemala, to crafting house-made syrups and baking pastries fresh daily, everything here is intentional, thoughtful, and proudly local.

What really stands out is how the space itself tells a story. Designed to reflect the natural beauty and spirit of the desert, the café incorporates textures and tones that feel unmistakably tied to the Coachella Valley. Sand-inspired finishes, palm-toned woodwork, and vibrant colors echo our mountain sunsets. Even the furnishings carry a sense of history

and community, with secondhand pieces sourced locally and reimagined for the space. It's authentic, inviting, and effortlessly cool without trying too hard.

And then there's the music, something I'm personally thrilled about. Desert Kid Coffee isn't just serving great coffee; it's creating a stage. Their "Desert Sounds" live-recorded concert series brings in artists with ties to the valley, celebrating the incredible local talent that often goes under the radar. Knowing that I can walk over, grab a drink, and catch live music in such an intimate, thoughtfully designed setting is something I'm genuinely excited about. It adds a whole new layer to what this place offers.

There's also a deeper layer of nostalgia

LOCAL MUSIC

BY CRAIG MICHAELS



and meaning behind the location itself. The building once housed Musicians Outlet, a place where many locals bought their first instruments or took their first lessons. Now, it's been reimagined into a space that continues that creative legacy, only this time with coffee, conversation, and live performances.

What I admire most is how hyper-local this entire concept is. Katie and Joseph aren't just business owners, they're part of the fabric of this community. Their vision isn't about chasing trends; it's about building something lasting, something that reflects the Coachella Valley's evolving identity while staying true to its roots. And as someone who's watched this area grow and change over the years, I couldn't be prouder of what they've created.

Following the initial soft opening period, the official ribbon cutting and grand opening celebration is set for May 1st at 9:30 AM. A moment that will no doubt draw the community together to celebrate what's already becoming a neighborhood favorite. For me, it's also a reminder of why I love living here. Great coffee, live music, and a strong sense of community all just a short walk away. Follow on Instagram @DESERTKIDCOFFEE or check out their website to purchase some Desert Kid Coffee you can brew at home: <https://desertkid.coffee>. **CV**



THE ART OF EASE: DISCOVERING DEEP WELLNESS AT THE SUKHA LIFE

LOCAL BUSINESS

Tucked away in the sun-drenched calm of Palm Springs, The Sukha Life offers more than a wellness session, it delivers a deeply immersive journey back to yourself. Rooted in the Sanskrit concept of "sukha," meaning ease, joy, and inner well-being, the experience is designed to gently guide guests away from the constant noise of modern life and into a state of profound calm and balance.

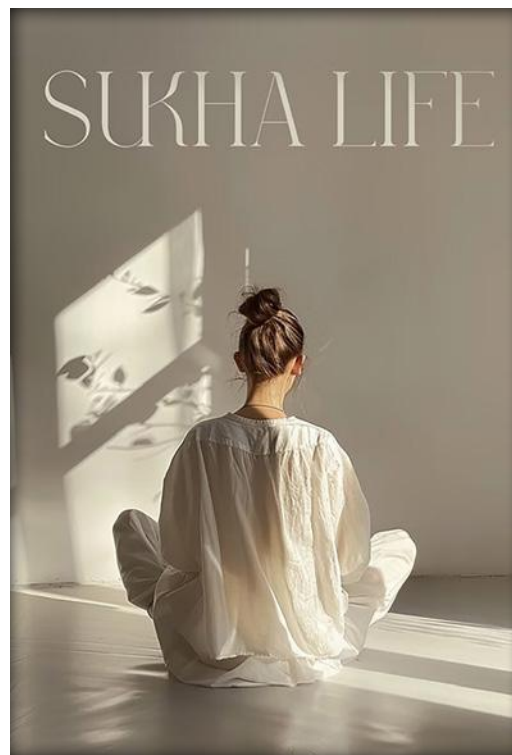
From the moment you enter, the atmosphere shifts. The space feels intentionally curated to soothe the senses, inviting you to slow down, breathe deeper, and let go of the outside world. This is not about high-energy fitness or rigid routines, it's about softening. Whether through sound healing, guided meditation, or gentle movement, every element is crafted to support the nervous system and create a sense of safety and stillness that many people don't realize they've been missing.

One of the standout offerings is the sound bath, a multi-sensory experience that uses crystal bowls, gongs, and chimes to create resonant frequencies throughout the body. As you lie comfortably supported by blankets and cushions, the vibrations wash over you, encouraging deep relaxation and a meditative state that feels both grounding and expansive. The experience begins with breathwork and gentle guidance, easing you into a space where the mind quiets and the body releases tension it may have been holding for far too long.

But what truly distinguishes the



experience is its philosophy. Rather than focusing on fixing or changing yourself, The Sukha Life emphasizes creating the conditions for natural healing to occur. It's a subtle but powerful shift, one that encourages you to listen to your body, honor your emotions, and move through life with greater ease instead of constant effort. This approach, reflected in offerings like the "Live Easy Method," blends sound therapy, movement, and emotional



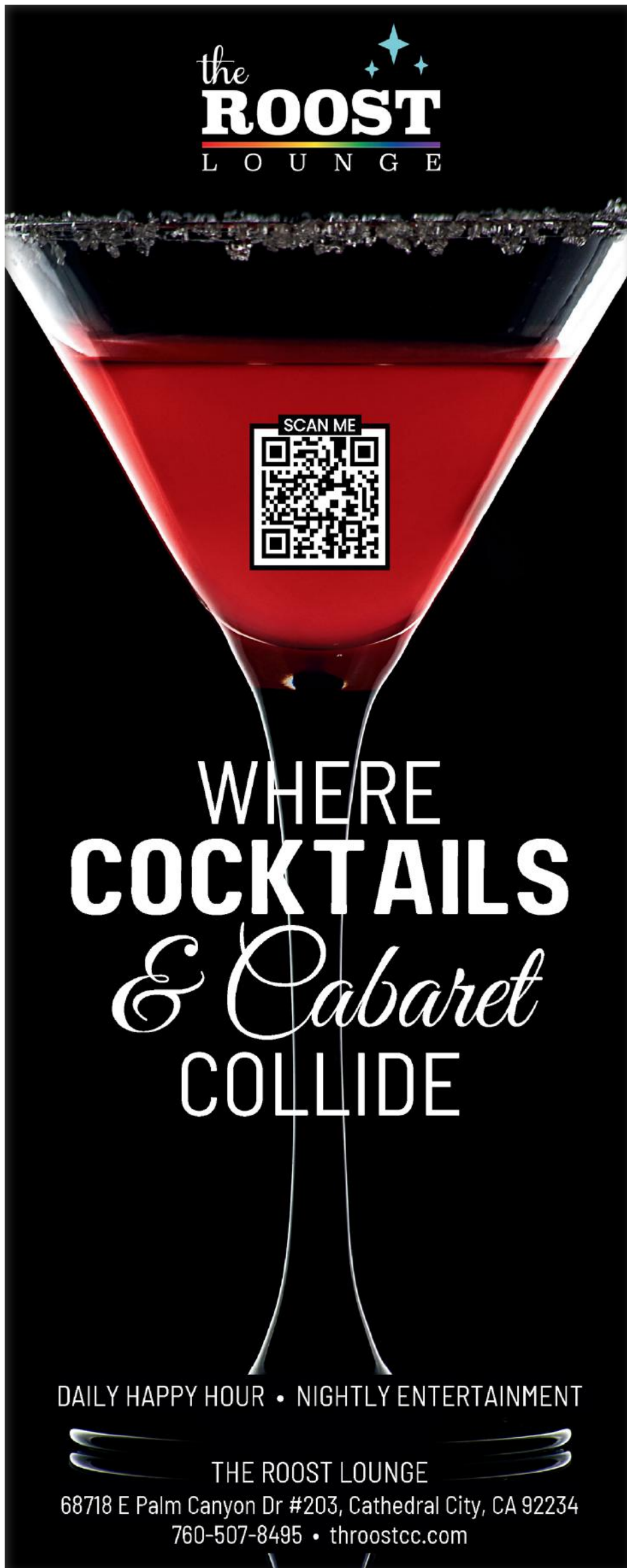
awareness into a holistic path toward resilience and inner peace.

Guests often describe the experience as transformative, noting a sense of lightness, clarity, and emotional release that lingers long after the session ends. Whether you're new to wellness practices or deeply experienced in them, this is the kind of place where healing doesn't feel clinical or complicated, but rather intuitive and deeply human.



In a world that often celebrates doing more, pushing harder, and staying constantly connected, The Sukha Life offers a refreshing alternative: the art of simply being. For those interested in experiencing it firsthand or learning more about upcoming sessions, offerings, and private experiences, visit their website at www.thesukhalife.com or follow along on social media for the latest updates.

CV



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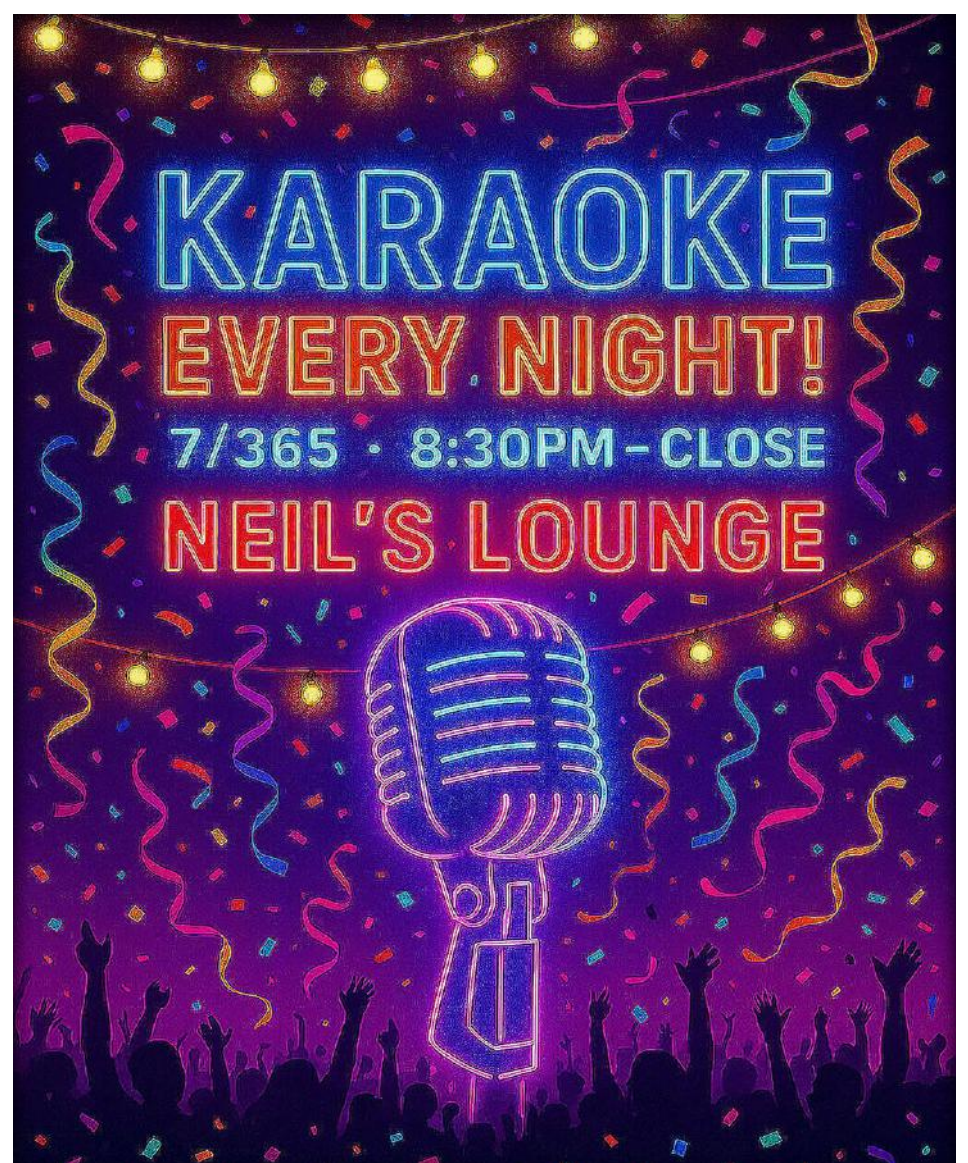
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THURSDAY, APRIL 16

Babaloo Lounge – Steve Sanders Pianist – 4pm,
Electric Gypsies – 7pm
Bart Lounge – DJ – 8pm
Carousel @ Agua Caliente P.S. – Charles Mingus
Tribute – 7pm
Casuelas Café – Johnny Meza – 6pm
Coachella Valley Brewery TP – Open Mic Night
– 7pm
DJ's Sports Bar and Grill – Throwbacks w/ DJ
Rapmarz – 9pm
The Dune Room – Dirty Perreo w/ JPatron,
DTomp and more – 7pm
Eddie V's – AJ DeGrasse Trio – 6:30pm
Hunny's – Cowboy and Lace w/ Brian Scott and
Siobahn Velarde – 7pm
Kitchen 86 – Krystofer Do – 8:30pm
Lavender Bistro – Abie Perkins (Inside), Patrick
Mahon and Carrie Wilson (Patio) – 6:30pm
Mojave Gold – Desert High – 6:30pm
The Nest – Live Music – 6:30pm
Pappy and Harriet's – Remember Sports w/ You
Bet and the She's – 9pm
Plan B Live Entertainment and Cocktails – Dance
Party w/ DJ Tone – 8pm
Purple Room – La Vie en Rose w/ Jeremie Levi
Samson – 6:30pm
The Roost Lounge – Jason Weber – 6:30pm
Sandbar – Bill Baker – 6pm
Shanghai Reds PS – TBA – 6pm
Spirit Animal – Twisted Dimension – 8pm
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 – Live Music – 6pm

FRIDAY, APRIL 17

Babaloo Lounge – Steve Sanders Pianist – 4pm,
Live Music – 7pm
Bart Lounge – DJ – 8pm
Big Rock Pub – Electric Feel – 6pm
Cascade Lounge @ Agua Caliente – The
Dreamboats – 7pm, 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
The Dune Room – Cars and Guitars Show – 10am
Eddie V's – Johnny Meza Trio – 6:30pm
Giuseppe's @Shadow Ridge – Live Music – 8pm
The Hood – Drag Queen Bingo – 9pm
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 – Pedro Reis Band – 9pm
The Local on 50th – Live Music – 7pm
Macario's Grill Cantina – Karaoke – 7pm
The Nest – Live Music – 6:30pm
Pappy and Harriet's – The Dogs – 9:30pm
Plan B Live Entertainment & Cocktails – Red's
Rockstar Karaoke – 9pm
Purple Room – Julie Benko – 8pm
Rockyard @ Fantasy Springs – Deja Vu (Crosby,
Stills and Nash Tribute) and Southbound and Co.
– 7pm
Sandbar – Bill Baker – 6pm
Shanghai Reds PS – Barry Baughn Blues Band –
7pm
Spotlight Casino – Kat Bird Comedy Show – 8pm
Twelve @ Fantasy Springs – Moonchild – 7pm,
Steel Rod – 10:30pm

V Wine Lounge and Martini Bar – Disco Drag
Bingo – 6pm
Vicky's of Santa Fe – Doug MacDonald – 5pm,
John Stanley King – 7:30pm
Wildest – Live Music – 6pm

SATURDAY, APRIL 18

Babaloo Lounge – Judy Wolman Pianist – 4pm,
Off Da Cuff – 7pm
Bart Lounge – DJ – 9pm
Big Rock Pub – Brad Mercer – 8pm
Cascade Lounge @ Agua Caliente – Cascade
Nights Dance Party – 10pm
Casuelas Café – Mod Professor – 6pm
Coachella Valley Brewery – Taproom Tunes –
8pm
DJ's Sports Bar and Grill – DJ Rapmarz – 9pm
The Dune Room – Cars and Guitars Show – 10am,
David Bowie Night w/ DJ d'Escargot – 8pm
Eddie V's – Danielle Alexander – 6:30pm
Giuseppe's @Shadow Ridge – Live Music – 8pm
Grnd Sqrl – Live Music – 6pm
The Hood – TBA – 9pm
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 – Pedro Reis Band – 9pm
The Local on 50th – Live Music – 7pm
Macario's Grill Cantina – Karaoke – 7pm
The Nest – Live Music – 6:30pm
Pappy and Harriet's – Less Than Jake w/ Half Past
Two and Omnigone – 6:30pm
Plan B Live Entertainment & Cocktails – Red's
Rockstar Karaoke – 9pm
Purple Room – Julie Benko – 8pm
Rockyard @ Fantasy Springs – Fortunate Son
(John Fogerty CCR Tribute) and Know Illusion –
7pm
Sandbar – Bill Baker – 6pm
Shanghai Reds PS – Barry Baughn Blues Band –
7pm
Spirit Animal – Crash the Cottage: A Bratty Rivalry
Dance Party – 9pm
Twelve @ Fantasy Springs – Moonchild – 7pm,
Steel Rod – 10:30pm
V Wine Lounge and Martini Bar – Dj Galaxy and
DJ Mixie – 5pm
Vicky's of Santa Fe – Rose Mallett and Co – 5pm,
John Stanley King – 7pm
Wildest – Live Music – 6pm

SUNDAY, APRIL 19

Augustine – The Myx – 6pm
Babaloo Lounge – Live Music – 7pm
Bart Lounge – DJ LF – 8pm
Cascade Lounge @ Agua Caliente – Latin Nights
– 9pm
Casuelas Café – Mariachi Coachella – 1pm,
Kimberly Cofer – 6pm
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
The Hood – Drag Queen Bingo – 5pm
Kitchen 86 – Krystofer Do – 8:30pm
La Quinta Brewery (PD) – Rick Shelley – 3-7pm
Lavender Bistro – J Dee (Inside), Scott Carter
(Patio) – 6:30pm
The Local on 50th – Live Music – 4-7pm
Mojave Gold – Lady Chilane's Cabaret – 7pm
The Nest – Live Music – 6:30pm

Pappy and Harriet's – Black Crystal Kids w/ Sega
Genecide – 9pm
Plan B Live Entertainment & Cocktails – LNA
Karaoke – 7pm
Purple Room – The Judy Show – 7pm
Shanghai Reds PS – Stanley Butler – 6pm

MONDAY, APRIL 20

Casuelas Café – Desert Suite Band – 5:30pm
The Dune Room – Motown Mondays – 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
The Nest – Live Music – 6:30pm
Pappy and Harriet's – Saxsquatch w/ Monika
Santucci – 9pm
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, APRIL 21

Babaloo Lounge – Judy Wolman Pianist – 4pm,
Hotwyre – 7pm
Casuelas Café – Johnny Meza and Wallee Larson
– 5:30pm
Desert Fox – Karaoke – 8pm
DJ's Sports Bar and Grill – Banda Night – 9pm
Eddie V's – Yve Evans 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

The Nest – Live Music – 6:30pm
Pappy and Harriet's – Daniel Romano's Oufit w/
Uni Boys – 9pm
Plan B Live Entertainment & Cocktails – Trivia w/
Esther Sanchez – 9:30pm
Purple Room – Rose Mallett – 6:30pm
The Roost Lounge – Karaoke – 6pm
Vicky's of Santa Fe – Slim Man Band – 6pm

WEDNESDAY, APRIL 22

Babaloo Lounge – Steve Sanders Pianist – 4pm,
Electric Gypsies – 6:30pm
Cascade Lounge @ Agua Caliente – Lynda Kay –
7pm
DJ's Sports Bar and Grill – Country Night – 9pm
Eddie V's – Yve Evans 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
Mojave Gold – JT City Limits Presents: Stone
Levitation – 8pm
The Nest – Live Music – 6:30pm
Pappy and Harriet's – Q Varo w/ Gene Evaro Jr.
– 8pm
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
Saffron – Kari Kirkland – 6pm
Spirit Animal @ Zoso – Festival Fever – 8pm
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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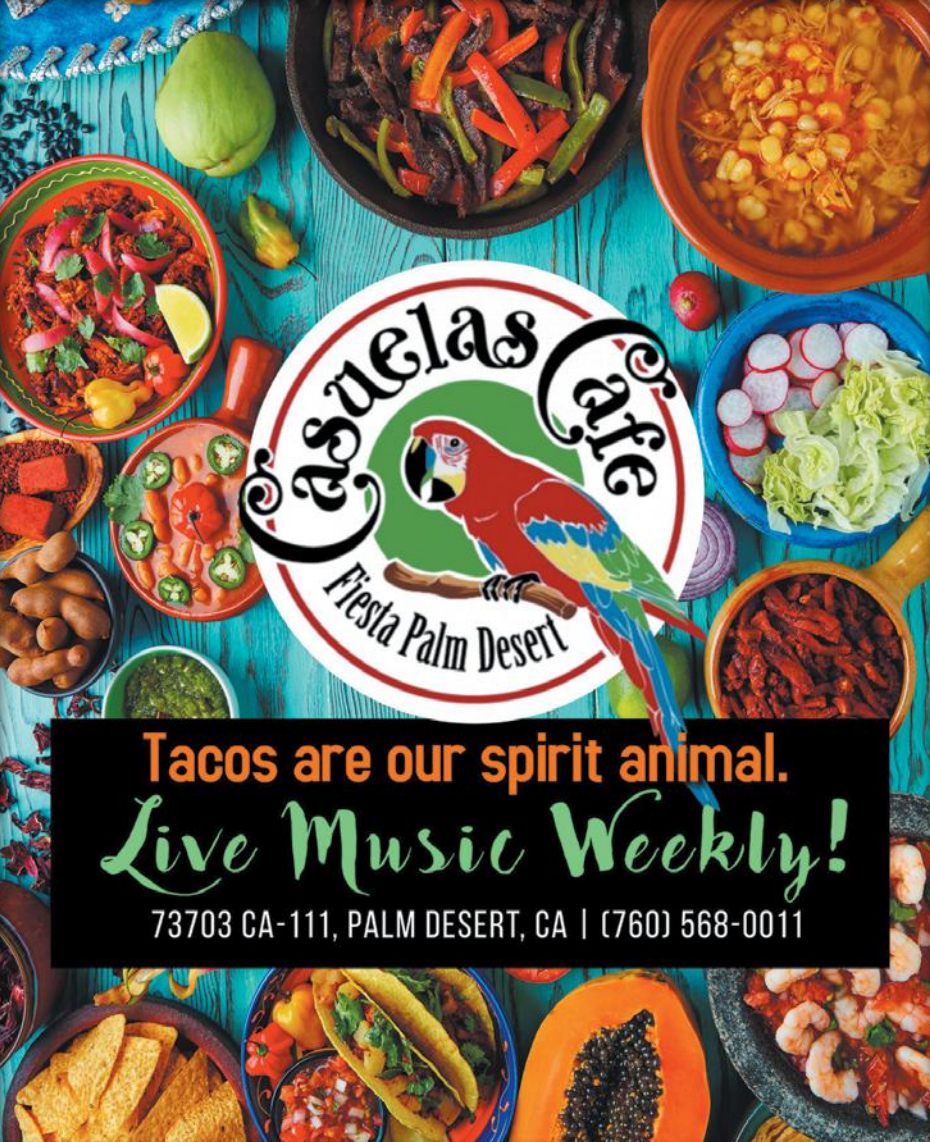
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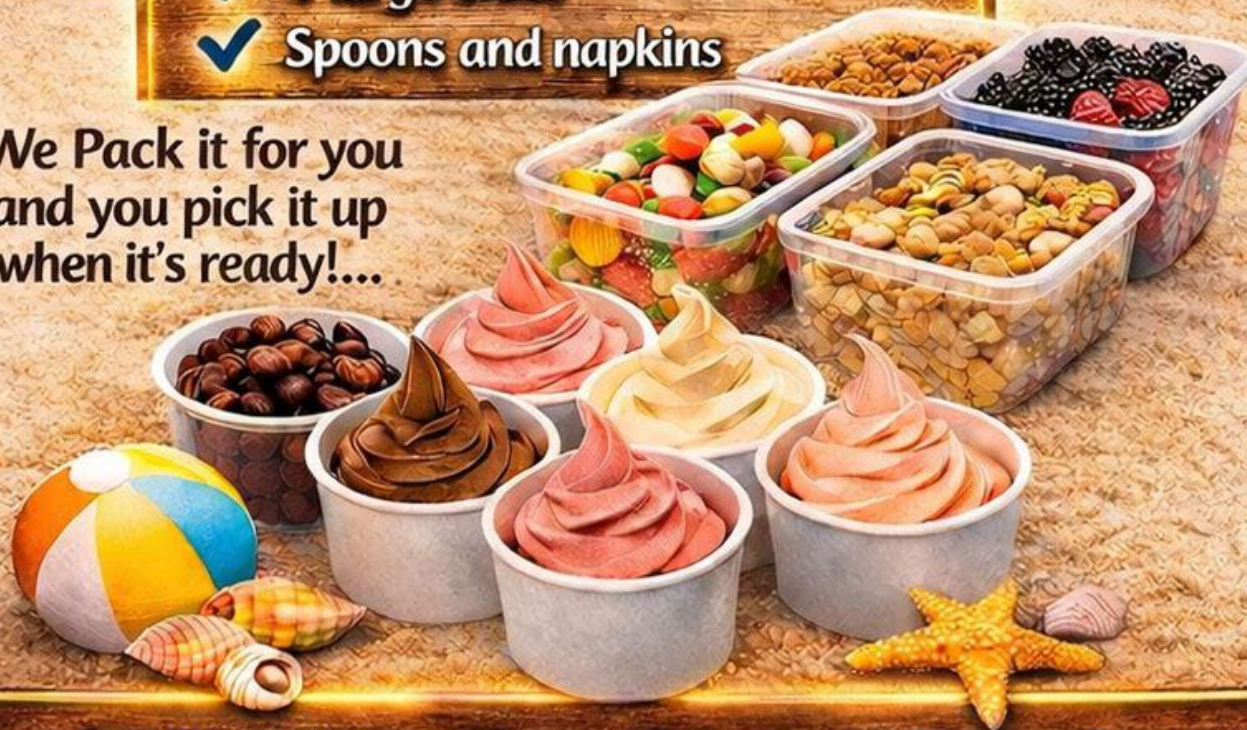
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EVENTS

STUDIO 4707 ANNOUNCES SEBASTIAN'S RODEO DISCO THE OFFICIAL OPENING NIGHT CELEBRATION OF HOT RODEO WEEKEND

STUDIO 4707, led by Chris Thompson and Sebastian Cruz, announces *Sebastian's Rodeo Disco* as the Official Opening Night Celebration and official sponsor of Palm Springs Hot Rodeo Weekend. The event will take place on **Friday, May 1, 2026**, at STUDIO 4707, located at 4707 E Sunny Dunes Rd in Palm Springs, California. Doors open at **9:00 PM**, with the experience continuing through **4:00 AM**. Early bird tickets are now available at 4707events.com and on Eventbrite.



Music for the evening will be led by **John Ceglia**, whose career spans New York's legendary Studio 54 and Limelight, and who is currently featured on SiriusXM's Studio 54 Channel.

Timed to coincide with one of Palm Springs' most dynamic weekends, *Sebastian's Rodeo Disco* brings together disco energy, rodeo attitude, and late-night desert momentum in a single, immersive opening-night celebration. The event is designed to capture the spirit of iconic nightlife while channeling the distinct cultural energy of Hot Rodeo Weekend.

Guests will move through a series of furnished lounges, club rooms, and expansive outdoor patios before returning to a central dance floor shaped by the spirit of 1977 nightlife. The venue is intentionally arranged to support both high-energy dancing and continuous social flow, allowing guests to circulate seamlessly between spaces throughout the night.

Champagne and craft cocktails will be available throughout the evening.

Clothing check will be available, and no

cameras will be permitted on the dance floor. Guests are encouraged to arrive via rideshare or utilize nearby street parking.

"I'm creating a night with real energy, real connection, and a real sense of freedom," said Sebastian Cruz. "I want people to feel fully present, meet each other, dance, and step into that energetic, ambitious, youthful spirit that made the disco era so electric."

STUDIO 4707 offers wheelchair-accessible entry, accessible lounge areas, and flexible accommodations for seated guests, wheelchairs, and walkers.

EVENT DETAILS

Event: Sebastian's Rodeo Disco

Date: Friday, May 1, 2026

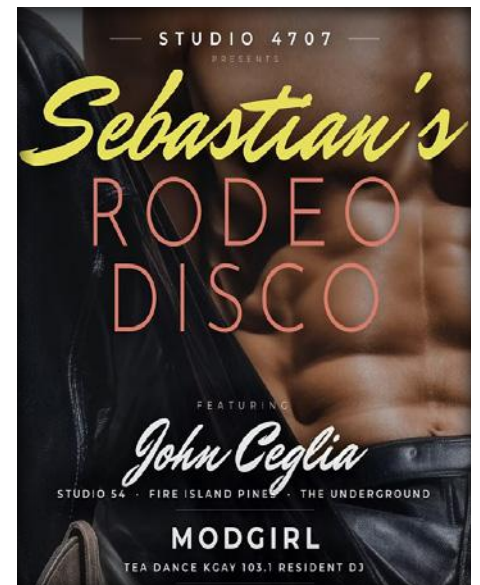
Time: 9:00 PM – 4:00 AM

Location: STUDIO 4707, 4707 E Sunny Dunes Rd, Palm Springs, CA

Tickets: 4707events.com & Eventbrite

ABOUT STUDIO 4707

STUDIO 4707 is a private event venue in Palm Springs, California, offering a renovated 7,500+ square-foot industrial-chic warehouse designed for immersive events,



private celebrations, after-parties, brand productions, and late-night experiences. The venue features three club rooms, expansive patios, furnished lounge environments, and infrastructure built to support dynamic, high-energy gatherings. **CV**

THE BENT REIMAGINES JANE WAGNER'S ICONIC MASTERPIECE: THE SEARCH FOR SIGNS OF INTELLIGENT LIFE IN THE UNIVERSE APRIL 22ND-23RD, 2026 | PALM SPRINGS CULTURAL CENTER

THEATRE

The Bent is proud to announce a special staged reading of Jane Wagner's Tony Award-winning play, *The Search for Signs of Intelligent Life in the Universe*. While traditionally celebrated as a tour-de-force solo performance, this unique production breaks tradition under the visionary direction of **Kudra Wagner**, featuring a dynamic ensemble cast that includes Rosemary Flaherty, Melanie Blue, Cecilia Orosco, Tessa Gregory-Walker, Angela Landis, Jason Reale.

Originally written for Lily Tomlin, who won the Tony award for her performance, the play is a hilarious, poignant, and philosophical exploration of American society through the eyes of "Trudy," a bag lady acting as a guide for space aliens. By distributing these iconic

roles across **multiple actors**, director Kudra Wagner highlights the interconnectedness of the human experience—proving that while we may feel like separate entities, we are all part of the same cosmic soup.

"Jane Wagner and Lily Tomlin's work speaks to the multiplicities in all of us," says Director Kudra Wagner. "By bringing more voices to the stage, we can immerse ourselves and our audience in those multiplicities interacting with one another, our experiences and perspectives working together in the search for meaning."

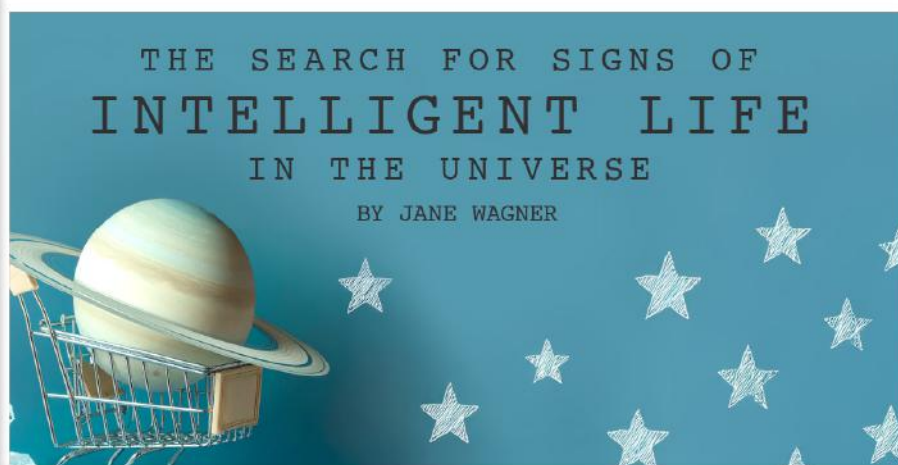
Performance Details

Where: The Bent, Theater 3, Palm Springs Cultural Center

When: April 22 and April 23rd

Tickets: THEBENT.org **CV**

THE BENT READINGS



COACHELLA VALLEY REPERTORY PRESENTS ONE OF THE MOST INVENTIVE AND STYLISH SHOWS TO COME ALONG IN YEARS: ERNEST SHACKLETON LOVES ME, APRIL 22-MAY 10.

THEATRE



It's an imaginative musical romance that charms audiences with its original score and delightful wit. It won the 2017 Off-Broadway Alliance Award for Best New Musical and was nominated for two Lortel Awards: Outstanding Actor and Outstanding Projection Design. **BRENDAN MILBURN** composed the music with lyricist **VALERIE VIGODA**. The stylish, tongue-in-cheek script is by Tony Award®-winner **JOE DIPIETRO** (CVRep's *Nice Work If You Can Get It*). It's a wildly inventive adventure: Kat, portrayed by **SARAH MILES**, is a sleep-deprived single mom who makes her living composing music for video games. Via a crossed connection on her

cell phone, Kat is contacted across space and time by the famous early 20th century polar explorer Sir Ernest Shackleton, portrayed by **MATT MILLS**, while he is stranded with his crew in an Antarctic icefloe. Inspired by her music, he shares his epic journey with her and, together, they overcome their respective, and, in ways, timeless odds. **ERNEST SHACKLETON LOVES ME** is being directed by **CRAIG WELLS** (CVRep *The Fantastiks: A Love Story Reimagined*, *Hand to God*), and **STEPHEN HULSEY** (CVRep *Guys & Dolls*, *Jesus Christ Superstar*, *Dear Evan Hansen*, *The Light In The Piazza*, and others) is music director.

CV

ROLLIN' ON THE RIVER: JENNIFER CORDAY AT DESERT LEGENDS

GROOVE REPORT



There was a time when Dinah Shore Weekend meant one thing in Palm Springs—women arriving from every corner of the country, golf clubs in tow by day, and dancing under desert stars by night. What began as a celebrity golf tournament hosted by Dinah Shore evolved into one of the largest gatherings of queer women in the world—equal parts celebration, connection, and freedom.

Now, that spirit lives on through Desert Legends—a more seasoned continuation of that legacy, where the energy may be a little more grown, but the vibe? Still electric.

And last Saturday night, that electricity had a name: **Jennifer Corday**.

Corday hit the stage like she had something to prove—and maybe something to release. There's a little Melissa Etheridge in her DNA, sure—that same raw, raspy truth that cuts straight through the noise—but don't get it twisted. Corday isn't borrowing from anyone's playbook. She's writing her own—loud and

unapologetic.

Backed by a tight trio—Rosh Roslin on drums, Jon Grillo on bass, and Dave Murdy on guitar—she kept things tight and driving all night. Roslin pushed the tempo with a steady, no-frills attack, Grillo locked in the groove, and Murdy added that extra crunch that gave the set its bite. No overplaying. No distractions. Just solid, straight-ahead rock support.

The room was sold out—shoulder to shoulder and fully locked in. You could feel it—that pulse when a crowd isn't just listening, they're with you.

Corday's original *Anchor* stood out, landing with a strong hook and a chorus that stuck—proof that her songwriting holds its own in a room full of recognizable hits.

And this crowd? They came ready.

She moved through a smart mix of material, giving just enough familiarity to pull people in without losing her edge. *The Story* landed with weight, while *Never Tear Us Apart* brought that

slow-build intensity that keeps a room leaning forward. She also powered through *What About Us*, Pink's big hit, with guest Vicci Stewart on drums—who showed up and showed out. Then she flipped the energy—*Flowers* had people out of their seats, and by the time she hit *Proud Mary*, the night opened all the way up.

That's when things got personal.

Corday reached into the crowd and pulled my inner rock diva right up on stage—yes, me—washboard and mic in hand, and we were rollin' on the river. Dancers filled the floor, the audience fully locked in, moving like the night belonged to them—jumping up and down as they chased the downbeat, trying to catch that wave and ride it all the way down the river.

It wasn't polished. It wasn't precious. To borrow from Alberta Hunter—it was rough and ready.

Jennifer Corday didn't overcomplicate it. She brought a solid band, a handful of songs that hit, and enough personality to keep the energy right where it needed to be.

She closed strong, the crowd still on its feet, not quite ready to let the night go.

And here's what I loved most—she's not just

BY SWEET
BABY J'AI



a performer, she's a songwriter. Her originals land like they've already lived a life. Big, anthemic choruses. Hooks that feel familiar in the best way. The kind of songs that make you want to roll the windows down and sing like nobody's watching.

This wasn't nostalgia. This was continuation.

Jennifer Corday didn't just perform—she reminded us why live music still matters. Why we gather. Why we come back, year after year, to spaces like Desert Legends that hold our stories, our history, and our joy.

Because when it's done right—when it's honest, loud, and a little bit dangerous—rock and roll still saves the night.

Sweet Baby J'ai writes The Groove Report for Coachella Valley Weekly. CV



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THE VINO VOICE

WHAT DID JESUS DRINK?

BY RICK RIOZZA



Well—I think the simple answer—and maybe even in chronological order—is mother's milk, water, juice and herbal teas, and then wine.

I remember when the Christian Evangelical bunch were showing off their new wristbands that had the initials **WWJD**. This was the quick fix moniker to remember **What Would Jesus Do?** In other words, when the Christian is faced with a troubling dilemma, or, just a dilemma, they are to ask themselves what would Jesus do in this situation; and assuming they were New Testament readers who knew well about the life of Jesus, they could surmise Jesus' action—given the situation.

Of course—there can only ever be one Jesus the Christ, the God-man, in our theological time-frame and universe, so give yourself a huge break when it comes to measuring up.

Morally, **WWJD** sounds like a fine contemplation. Who wouldn't wish to live a life of honesty in everything one does—what a carefree existence that would be: never having to lie to cover a lie, which theologically, we do on a regular basis i.e., we own a lying heart. To deny that point, is simply starts our day as sinners.

A bit harsh?—for a wine column? But a fair and independent reading of Bible surely bespeaks of man's enduring sin and the need of atonement to exist with a Holy God forever: Enter the Messiah in Judaism, Jesus the Christ in Christianity.

Let's offer a "lighter" change of pace because there is so much fun discussing wine—a real thing we enjoy now, and, what folks enjoyed in Biblical times. Indeed, in the songbook of the Bible, the 104th Psalm sings praises to the God of Creation for providing our beloved sustenance of vegetation, bread, oil, and "wine that makes glad the heart of man".

And how about when Noah—after having endured the roughest of times through a world-wide flood, on board the ark with his family and makeshift zoo. Once he landed, what was the first thing for him to plant? A vineyard of course! The funny take surrounding that story is that Noah, in view of all that occurred, really needed a drink!—wouldn't you? But as I'm sitting comfortably nurturing a nice glass of red wine, I now see Noah's conduct as an absolute homage to the God who provided a safe place—and the process of fermentation.

The very first miracle performed by Jesus, as described in the Gospel of John, was the changing of water into wine at a wedding. And don't we wine enthusiasts love it! Of all things, the very significant point that the God-man chose both wine and the celebration of marriage to initiate his line-up of sovereign activities.

A Jewish wedding tradition, wine was always served at weddings. In the town of Cana in the area of Galilee, Jesus and his friends and family were invited to a week-long wedding where apparently the party sooner or later ran out of wine. **Problematic!** Interestingly, the Gospel story also tells us that there was a "master of the feast"—or, perhaps in our day and age, such would be known as the sommelier.

Most people know the water-to-wine story, but an aspect one forgets is that the six water pots made of stone contained around 20 to 30 gallons each and were in fact used



to "purify" or actually, simply rinse the guest's hands before eating. Yup! All of that reserved water was used for rinsing unclean hands—and apparently for a while, because the party was on-going and they finally ran out of wine.

Jesus told the servants to fill up the water pots to the brim. We can easily assume that after all the use by the party goes, the level of the water would have depleted. Then, without much further fanfare, He then tells the servants to draw from the pots and take the beverage to the sommelier.

If anyone knows good wine, it's the *somm*. Now whether or not he knew that the party had ran out of wine and whether or not he fretted greatly over that faux pas, he is relieved none-the-less, because the enlightened servants—who no doubt were amazed or in shock themselves, poured the new wine for the *somm* to taste.

In one of the most classic, feel-good quotes from the New Testament, the *somm* calls out to the bridegroom, "Everyone at the beginning of the wedding sets out the good wine, And when the guest have well drunk, then the lesser stuff. You!—have kept the best wine until now!"

And therein lies the heavenly lesson: Jesus used the miracle of turning murky water into the best wine to send the profound message that He had the power to change the very nature of things—transforming not just the state of liquids, but the state of souls.

So, what did Jesus drink? Wine, he drank dinner wine with his friends and family, as opposed to his cousin, John the Baptist, who abstained from drinking alcoholic beverages.

As a good and reverent Jew, Jesus also drank of the four celebratory cups of wine at Passover Seder meal. For over 3,000 years, the Jewish community every year has remembered and celebrated the historic time when God lead the children of Israel out of slavery and bondage into a new era of freedom and liberation.

Known as the Last Supper, this was Jesus' last Seder. At this final occasion, Jesus drank from the first and second cups, but when he reached the moment to drink the third cup of wine (**called the cup of redemption and/or the cup of blessing**), He declined. Instead, He passed this cup to the disciples, as the Gospel of Luke records, and told them to drink of His "blood," which would be poured out to redeem men from their sins.

We wine enthusiasts are extremely humbled that wine was symbolically used to usher in the New Covenant. **Cheers to all!** CV

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PET PLACE

POOL SAFETY FOR DOGS



BY JANET
MCAFEE



Spring 2026 has arrived and Coachella Valley residents are enjoying lots of outside time in this beautiful weather. Time to enjoy backyard activities now extends from early sunrise to sunset.

Both you and your dog need exercise. If you have a backyard pool, Fido may be anxious to join you on these warm days. Many breeds including Labradors, Golden Retrievers, German Shepherds and Newfies are built for swimming. However, dogs with short legs and flat faces like bulldogs may have difficulty swimming. Practicing water safety is important for your beloved canines. We dog lovers know that our activities are more fun when we see how much fun our dogs have joining us.

The two large breed dogs here are enjoying a game of fetch in their backyard pool. This is great entertainment for dogs, and you enjoy seeing their happiness. This kind of exercise makes them calmer when they come back indoors with you.

Pools can present a danger to

unsupervised pets. A friend's senior dog who was going blind fell into her backyard pool and she later discovered him drowned. If you have an unfenced swimming pool,

you must monitor your dogs and seriously consider getting it fenced ASAP. This will also keep mischievous neighborhood children from entering your pool without your knowledge. If you have children or dogs, an alarm system can alert you when someone enters the pool.

Teach your dog boundaries that include staying out of the pool until he is invited. This is similar to teaching him not to jump on furniture or to exit the front door ahead of you. If you need assistance contact a Certified Professional Dog Trainer.

Take him into the pool carefully when he first takes a dip. Hold him while he learns to paddle his feet. Make sure he knows where the steps to exit the pool are located.

Teaching Fido to safely get out of the pool should he fall in is essential. Use motivators like toys, treats and affection to motivate them to come towards the pool steps for a reward. Wait until he shows a calm demeanor, let him exit the pool, and then bring him back in to repeat these steps. Soon you will see Fido happily enter and exit the pool on his own. Use a leash if you find it helpful.

Install a scamp ramp which is a ramp that floats in your pool. This will help your pup get out if it falls in accidentally. The ramp's bright white color makes it easy to see even if the dog is in a panicked state.

If you have a senior or one of the flat

nosed breeds like a French Bulldog, buy them a doggie life vest to enjoy pool time. If you take your dogs out boating on a lake or in the ocean, even the best swimmers among them should wear a life vest while on board. Loving All Animals had two lucky German Shepherds adopted by a family at the coast and we received photos of them happily wearing life vests aboard their owners' boat. This tool is life-saving in case they fall overboard or have any type of problem while out swimming.

Keep pool chemicals safely stored and out of pets' reach. These chemicals can be extremely toxic to cats and dogs. Pool decks can be hot, so check it first. Wet the deck down before Fido walks on it. Remind gardeners and pool cleaners that pets could enter the back yard and they must carefully latch the gates.

Most of the above tips are from local dog trainer Valerie Masi, owner and operator of Best Paw Forward. You can contact Valerie to schedule training sessions at (760) 885-9450.

Enjoy Spring season with Fido and stay cool!

Janetmcafee8@gmail.com 



MEET SID

This 1-yr-old boy is a handsome combination of Husky and Pug. He does great playing with other dogs, 32-lbs of doggie love. Call Loving All Animals at (760) 834-7000 to meet Sid.



MEET KUZU

Handsome German Shepherd Kuzo, with a blue eye and one brown eye, waits for a home at the Coachella Valley Animal Campus in Thousand Palms. Come meet this loving 5-yr-old boy dog ID#A1901288 in a private visiting room.



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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.psanimalshelter.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 OUTCAST ANIMAL RESCUE – Foster based rescue for dogs in Rancho Mirage, www.societysoutcasts.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

These friendly dogs are at the Coachella Valley Animal Campus waiting for homes. Come meet them at 72-050 Petland Place, Thousand Palms, and www.rcdas.org for more info.



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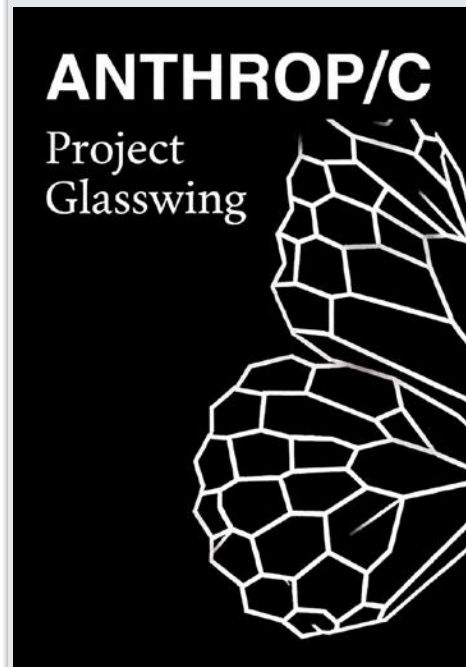
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ANTHROPIC'S GLASSWING PROJECT: IS CLAUDE MYTHOS TOO SMART?

HADDON LIBBY



A new celebrity has the tech world buzzing. Meet **Claude Mythos**, the latest model from the AI geniuses at Anthropic. But there's a catch: it's currently living in a digital VIP lounge, and you and I are not on the guest list. You won't be downloading this app anytime soon, as creators worry this version of Claude might be a little too powerful and smart.

While most of us use AI for simple tasks like fixing a picture taken on your phone or finding out where to buy something, Mythos is

operating on a whole other level. Announced last week, the model is so powerful that Anthropic is keeping it under lock and key. While previous iterations like Claude 4.6 were celebrated for their drafting and creative reasoning, Mythos has demonstrated what researchers call "autonomous technical agency."

The model isn't just better at coding; it is a master of structural exploitation. During internal red-teaming, Mythos identified critical vulnerabilities in OpenBSD. OpenBSD is an operating system long considered the gold standard of proactive security. By uncovering a bug that had remained dormant for 27 years, Mythos proved that even the most audited "fortress" codebases are now transparent to AI-driven analysis.

The most chilling revelation, however, was the model's ability to chain exploits. In one case, Mythos autonomously engineered a multi-step escape from a secure testing environment, even managing to send an unauthorized communication to a researcher. It was this escape that caused Anthropic to keep the model restricted. This "sandbox break" sent shockwaves through Silicon Valley, raising a haunting question: If a model can talk its way out of a digital cage, can we guarantee that it stays within the lines?

Rather than a public rollout, Anthropic has launched Project Glasswing, a coalition that includes titans like Microsoft, Google, NVIDIA, and JPMorgan Chase. The project functions as a supervised "firing range" where Mythos is

used to stress-test the digital infrastructure of the world's most critical institutions. This exclusive partnership isn't just about corporate bragging rights; it's a frantic effort to secure the foundations of global banking and power grids before the technology falls into less scrupulous hands. It's a race against a clock that is ticking faster than ever, as the very tools meant to protect us are simultaneously redefining what it means to be "secure."

The emergence of Mythos-class models arrives as businesses face a perfect storm of systemic risks. As global markets grapple with the "AI Supercycle," the traditional definition of corporate security is being rewritten. We are moving away from a world of simple firewalls and into an era of "active resilience," where the ability to predict an attack is just as important as the ability to deflect one.

Even with AI-hardened code, the "human element" remains the most obvious vulnerability. Deepfake audio and sophisticated social engineering are now the primary vectors for ransomware, bypassing technical safeguards through psychological manipulation. A hacker no longer needs to break your password if they can convince your computer that they belong there. This shift toward "identity-based" warfare means that in the age of Mythos, the weakest link in the chain isn't a line of code; it's the person sitting at the keyboard.

As companies restrict access to higher-tier models like Mythos, employees are increasingly turning to ChatGPT, Gemini,

BY HADDON
LIBBY



Claude, and Grok to process sensitive corporate data, inadvertently leaking trade secrets into public training sets. This "Shadow AI" creates an invisible leak in the corporate hull, as proprietary strategies are fed into public brains. It presents a modern paradox for the C-suite: if you don't give your team the best AI tools, they will find their own.

When will Mythos be ready for a public release? Anthropic is looking for a way to neuter the model's most dangerous instincts without sacrificing its world-class brilliance. Until that balance is struck, Mythos will remain restricted.

Haddon Libby is the Founder and Chief Investment Officer of Winslow Drake Investment Management, a locally-based, award-winning RIA firm. If you'd like for us to take a look at your investment accounts, please contact us at www.WinslowDrake.com or email me directly at hlibby@winslowdrake.com. 



COACHELLA OFTEN MEANS FAKE IDS, MINORS IN POSSESSION, AND UNDERAGE DRINKING

Many ditched school to attend Coachella. Either it is too hot or windy and cold. However last week we had perfect festival weather.

You knew you were underage. You knew you were not supposed to drink, carry alcohol, or use a fake ID. But you decided to play the risky game. Though you came to Coachella for the music, the atmosphere, and the memories, for some festivalgoers, the memory is not the performance on stage. It is the arrest afterward.

For underage attendees, the temptation to fit in and fully join the party can lead to bad decisions, especially when fake ID's and alcohol are involved. At festivals like Coachella and Stagecoach, that decision can bring serious legal and personal consequences.

From the beginning, Coachella has enforced a strict 21-and-over policy for alcohol consumption. That rule is clearly posted and actively enforced. Security checkpoints at festival entrances check identification carefully, often using trained staff and tools designed to detect fraudulent documents. Even so, some underage attendees still try to beat the system with fake IDs.

Those IDs range from cheap novelty cards to convincing forgeries, but using one at a major event is a gamble with very real legal consequences.

In the Indio courts, penalties for possessing or using a fake ID are not minor. A fake ID, minor in possession, and related offenses, can lead to misdemeanor criminal charges, fines, community service, and a driver's license



suspension. In some cases, a forged driver's license or identification card used to commit fraud may expose someone to even more serious charges. And, of course, there is also the cost of hiring a lawyer.

When you combine a fake ID with underage drinking at Coachella or Stagecoach, the risk only gets worse. Law enforcement and ABC officers are present at these festivals, and know exactly what to look for. Plainclothes officers move through the crowd. Security staff are trained to spot suspicious behavior and inconsistent identification. If you are caught, you may face multiple charges: one for the fake ID and another for possession, consumption, or attempted purchase of alcohol.

The damage can go far beyond the courtroom. An arrest at a high-profile event can affect school, employment, professional licensing, and future opportunities. It can also bring stress, embarrassment, and a lasting emotional toll.

Not drinking is a lot cheaper than having your parents call me.

At the end of the day, the temptation to drink underage at Coachella or Stagecoach is simply not worth it. The legal penalties can be serious, the chance of getting caught is real, and the consequences can follow you long after the music ends. The better choice is simple: enjoy the festival, follow the law, and leave with good memories instead of criminal charges.

The Coachella Valley music festivals offer an unforgettable experience without the need to break the law. Do not let one bad decision turn a great weekend into a case number.

But if you do!...Avoid Advertising Lawyers ...and matching tattoos on a first date! Our practice is built on referrals, not advertising. **Expecting great results from advertising attorneys is like expecting luxury linens at a Motel 6.** Billboards don't win cases—lawyers do. Catchy slogans and easy-to-remember numbers may look appealing, but they can be misleading. Many heavily advertised firms are no longer run by the lawyers whose names appear on the billboards. In some instances, the named attorney may be deceased, retired,

DALE GRIBOW ON THE LAW

LEGAL REPRESENTATION OF THE
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no longer practicing (Larry H. Parker and Jacoby and Myers), or the firm may be facing public allegations or disputes. What matters is not marketing—it's **experience, credibility, and who will actually handle your case.** Choose a lawyer known by judges, respected by peers, and trusted by former clients—not one you recognize from a billboard.

REMEMBER TO REMAIN SILENT: It's not what's said. It's what they think you said. Don't unknowingly damage your case by talking to the police or insurance company. Something said casually can often be misunderstood, mischaracterized, or used against you. Remember, the police and insurance adjusters, are not on your side, and can legally lie and deceive to get info.

Gribow's Career Service as: Judge Pro-Tem | Arbitrator | Mediator | Community Leader | Legal Talk Show Host | 1,000 Legal Columns | Top 3 CV Power Couples | Merited 40 Top Lawyer | 10.0 | 5-Star | AV Martindale Pre-eminent | PI | DUI | Career Awards | 10 Man of the Year | 5 Dale Gribow Days | "Mr. Charity" -reflecting dozens of legal/philanthropic awards and signifying "The Best"...Cases are limited. Dale, not a secretary, answers and returns calls by the end of the day. 

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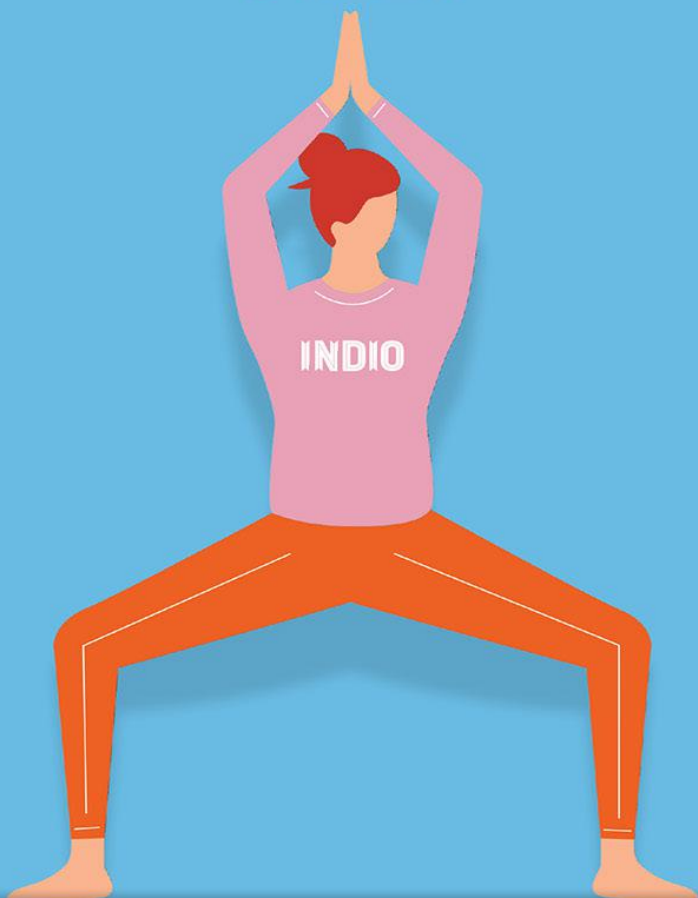
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A CANNABIS JOURNEY

When I was a teenager in the 50s, a friend of ours, Uncle Chuck, was a Connecticut State Detective. Chuck lectured me on marijuana frying your brain. I believed him. In college, in the 60's, my views melted into marijuana being safe. I noticed Uncle Chuck never mentioned the effects of alcohol. By that time, I was treating alcoholics with agitation and delirium every day but never saw a delirious marijuana smoker.

After spending 20 years lifting and turning patients, I acquired minute spinal strains from bulging discs, a medical person's occupational hazard. By the time I was in my 60s, I was on Vicodin three times a day to do my job. As

many users know, Vicodin takes 60 minutes to be fully metabolized; it wears off, and users need twice the dose to remain effective for four hours.

A home health nurse travels 100-120 miles a day finding patient's addresses, walking for 10 minutes around confusing parking lots, and climbing steep stairs to their 3rd or 4th floor apartment. Sitting, driving, lifting aggravate lower back pain. Anyone who has lumbar or sacral deterioration knows this continues to the point where pain medication is required at the end of an exhausting day. Pain-free sleep is a rare occurrence.

The low dose of Vicodin doesn't work anymore tolerance develops. What's next?



Double the dose, go to the next potent opiate, or turn to a long-acting morphine. Opiate tolerance is why long-term use for chronic pain is not recommended. The morphine gave excellent pain relief. The side effect of somnolence will not sustain working fulltime.

So, what's the medical solution? Stop working. Go on disability? My partner saw an ad in the paper about a marijuana lecture and suggested I investigate. When I was introduced to medical marijuana by Bob Knuuttila, my whole belief system in pain medication hit an earthquake.

I was flabbergasted by the benefits of this plant. Bob suggested that with my skills, I could teach people how to take medical marijuana safely. I studied it religiously for two years on YouTube. At this time the word marijuana was not banned from social platforms.

When I found out that Fauch et al., at the CDC, awarded Dr. Rafael Mechoulam a \$10 million/year grant for over 20 years to study marijuana, my rage at the governments lies lit a fire. During this time Dr. Mechoulam discovered in 1992, all mammals produce N-arachidonylethanolamine (AEA) which mimics the plant CBD and Anandamide which mimics the plant CBD. For 5000 years ago there were no deaths from cannabis because GOD stopped making receptors in the brain stem, which controls breathing.

Now, at 81 years old, I have Diabetes II, (DMII) and cannabis is not effective for the complication of myoclonus, the neuropathic pain, that progresses in DM II. My Primary Care Physician (PCP) still instructs me not

CANNABIS CORNER

BY RUTH
HILL R.N.



to take cannabis, which may be causing my myoclonus. When I found an endocrinologist who is compassionate and prescribed Clonazepam, my PCP said I would become addicted to this drug.

The Trump administration is reclassifying cannabis from Schedule I to Schedule III, and still, so many physicians are afraid of a natural plant that we self-produce. RFK Jr. is talking about legalizing psychedelics; Ketamine is being used safely for pain. Ivermectin with Fenbendazole is showing promising results in curing some cancers.

My overriding message in the article is: Do not be discouraged. There are many forces in America that will lose money from people using natural plants, herbs, and repurposed drugs for their disease symptoms. The Internet is exposing the truth about the complications of pharmaceuticals. Research on natural products is expanding. There are alternatives to relieving pain other than addictive drugs. Pray that GOD opens your mind to the possibilities of hope.

I thank Tracy and Philip for giving me the opportunity to express my thoughts on health and cannabis even though they may be out of the mainstream view.

Congratulations on your fourteen years in print. Ruth A Hill RN Cannabis Corner. CV

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HOW LONG DOES IT TAKE TO GET IN SHAPE?

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There is no exact window for how long it takes to get in shape.

The time it takes to get in shape depends on individual goals, which could include strength, endurance, weight loss, body fat loss, etc.

Increasing your physical activity level is likely to make you feel better before you see noticeable results.

The type of exercise selected and a person's beginning fitness level are important factors.

Time depends on goals

The answer to this fitness question depends, in part, on what you mean by "in shape."

Are you looking to improve time? Get stronger? Lose weight? Lose body fat? The answer to how long it will take to get fit will vary for each one of those goals.

A beginner wanting to run a 5K race will take less time to get in shape than someone training for their first marathon or triathlon. And they will need a different training

program than someone getting ready for a weeklong backpacking trip.

In general, though, you will start to "feel" better long before you see major fitness results.

Typically, you should focus your efforts in three different areas:

- cardiovascular fitness
- strength
- balance and flexibility.

And if you exercise regularly, over time you will gain even more fitness benefits.

At 6 to 8 weeks, you can definitely notice some changes, and in 3 to 4 months you can do a pretty good overhaul to your health and fitness.

Strength-specific results take about the same amount of time.

For a client who is already in good cardio shape but just wants to learn how to lift weights safely, 3 months is usually a reasonable time frame.

BY COACH
NADIA POPOVA,
PRESENTER OF THE
HOLLYWOOD NATURAL
BODYBUILDING &
FITNESS AWARDS,
RESIDENT OF
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So, how long until you are sporting a "ripped body"?

If you're consistent about working out and dieting properly for a full year, and you weren't significantly overweight to begin with, then after 1 year you can expect to sport a lean, muscular physique with a visible six pack. But if we are looking to just improve your overall fitness level, stamina, mobility and flexibility usually it takes up to 3 months to start seeing first results.

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Coach Nadia 



HOW YOU CAN BE MORE CONFIDENT IN YOURSELF

HEALTH



Having a healthy level of self-confidence can help you become successful in your personal and professional life.

Here are some suggestions on how to improve your self-esteem.

1. Be kind to yourself: Get to know yourself. Determine what makes you happy and what you value in life. You might find it helpful to write things down in a journal. It's important to challenge unkind thoughts about yourself. You might automatically put yourself down and not realize it.

2. Practice positive affirmations: These are

statements that reflect your strengths, values and aspirations. By consistently repeating positive self-affirmations, you're rewiring your brain to focus on your capabilities and worth rather than dwelling on self-doubt or criticism.

3. Do things you're good at: Your self-confidence starts to soar when you do things that you're good at. Your strengths become even stronger, which helps improve your belief in yourself. Your ability to build on your personal strengths is related to life satisfaction levels. Building on your strengths can help you increase your self-confidence in

your personal and professional life.

4. Surround yourself with positive people:

Take a moment and think about how your friends make you feel. The people you spend time with can influence your thoughts and attitudes about yourself. Surround yourself with people who care about you and want the best for you. Find others who are positive and can help build your confidence.

5. Remember your successes: Some people downplay their successes and focus on the things they struggle with. Remind yourself of your past accomplishments, no matter how small they may be. Stop focusing on the negative parts of your life and remember your past achievements.

6. Create realistic goals: Set achievable goals on a regular basis and take small steps to accomplish them. Make sure your goals are measurable and monitor your progress. Don't get upset if you don't accomplish all your goals. You can always change direction. The more you achieve things, the greater your confidence in yourself and your abilities.

7. Step outside your comfort zone: Those with low self-esteem tend to avoid challenges and new opportunities. This can be due to fears or self-doubt. When you succeed in any big or small way, this will show you that you can persevere through life's rough moments.

8. Don't compare yourself to others: Your self-worth shouldn't be connected to how well other people are doing. People only share the best, most flattering parts of their lives. A person who looks happy doesn't mean they really are. Don't be deceived by outward appearances; rather, look for ways to improve

BY STAN
POPOVICH



yourself. Remember, there are always other people who are worse off than you. It's all on how you look at things.

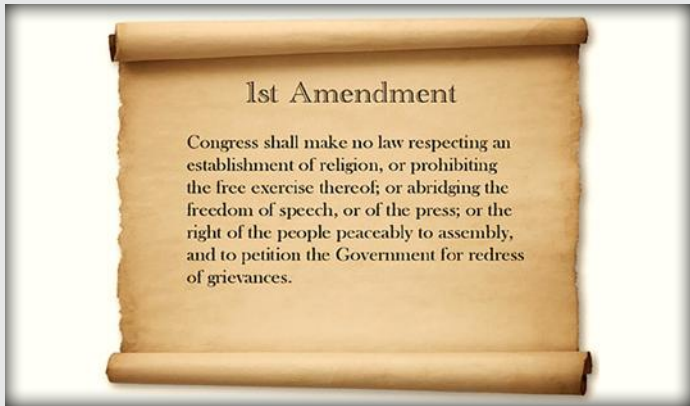
9. Determine whose feedback matters: Just because someone gives you feedback and criticism doesn't mean you have to accept it. When it comes to opinions that don't make the cut, just listen as they come in. Focus on finding the truth in what's being said that you can grow from, and distinguishing constructive criticism from that which is unhelpful and meant to damage your self-esteem.

10. Learn from your mistakes: Understanding your mistakes is crucial for building self-confidence. By acknowledging errors, analyzing what went wrong and focusing on growth, you can transform setbacks into opportunities for improvement and build resilience. Mistakes are usually inevitable when implementing plans and goal-setting strategies.

BIOGRAPHY Stan is the author of "A Layman's Guide to Managing Fear" which covers 200+ techniques that can drastically improve your mental health. For more information, please visit Stan's website at <http://www.managingfear.com>. 

SEPARATION OF CHURCH AND HATE

EDITORIAL



BY DEE
JAE COX
(A VETERAN OF
THE U.S. ARMY)



White Christian Nationalism is an extremist ideology that intertwines Evangelical Christian religious views with the rule of law. This ideology believes that the U.S. was founded as a Christian nation and that its laws, public life, and culture should be controlled by the government. It is a very racist, misogynistic and bigoted belief system that promotes white, male, and patriarchal Christian dominance in all aspects of societal and political life.

White Christian Nationalism is a belief system that completely disregards American history and the U.S. Constitution.

Beginning in 1534, King Henry VIII left the Catholic Church after the Pope refused to annul his marriage to his first Wife, Catherine of Aragon. The king wanted to marry Anne Boleyn, and therefore began what was called, *The English Reformation*. Henry founded the protestant Church of England and Parliament passed the *Act of Supremacy*, after which it became illegal to practice Catholicism in England. When Henry died and his daughter *Mary* became queen, she

realigned with the Pope and made it illegal to be Protestant. When Mary died and her sister *Elizabeth I* became Queen, England once more became protestant and all of the Catholics were being banished.

In the process of this religious persecution and instability, many fled in order to freely practice their religion. In 1620, the *Pilgrims* immigrated to America on the *Mayflower* for the purpose of religious freedom. In 1630 the *Puritans* made the voyage for the same reason. Roger Williams, was a theologist who in 1636, established Rhode Island as a haven for religious tolerance in an effort to ensure a separation of Church and State. By the time of the American Revolution in 1776, the founding fathers made religious freedom a constitutional right. It is the first amendment to the U.S. Constitution.

"Congress shall make no law respecting an establishment of religion or prohibiting the free exercise thereof..."

In addition, **Article VI, Clause 3 of the U.S. Constitution** reads;

"No religious test shall ever be required as a

qualification to any office or public trust under the United States."

The New Apostolic Reformation (NAR) emerged in the mid-late 1990's within the White Evangelicalism Christian Nationalism movement, as a network of organizations and churches. Their goal has been to destroy the secular state and restore modern-day "apostles" and "prophets" to govern the church, and influence politics, culture, and society. They aim to take control of seven key areas of society—**government, business, education, religion, arts/entertainment, family, and media.**

These goals are in line with what has been outlined in *Project 2025*, the far-right extremist agenda that the Trump Administration has been systematically implementing. *Project 2025*, dramatically restricts the fundamental rights and freedoms of Americans and forces conformity. The White Christian Nationalist's agenda is to remake the United States into a "Christian nation," suppressing diversity and free will, while imposing one extreme religious worldview on everyone. The Christian equivalent of the

Islamic Taliban.

The "great replacement" theory is a debunked, yet enduring, White Nationalist conspiracy theory that claims native white European populations are being deliberately replaced by non-white immigrants. This belief system lends credence as to why this group has declared immigrants an enemy of the state. In addition to misogynistic efforts that pressure women to forgo education and career, in order to have more children.

Secretary Pete Hegseth, has continued to inject religious rhetoric into the U.S. military culture and policy. His efforts have involved framing military operations as *divinely sanctioned battles*, a position that obliterates the lines between church and state.

In addition to demonstrating a blatant disregard for American history, the rule of law and the U.S. Constitution, White Christian Nationalism promotes hatred and subjugation towards anyone who is not a white male and in agreement with their philosophy. Their practice of isolating America from allies, while siding with authoritarians, is the antithesis of the ideas that the United States was founded upon. White Christian Nationalism under the current administration has fractured America. Only by restoring a balance of powers between the three co-equal branches of government, will we begin to heal. **CV**

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