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CV WEEKLY

SUPREME REFLECTIONS



Coachella - Will Clarke pg5
John Waite at Agua Caliente pg5
Fallbrook Avocado Festival pg6
Fantasy Springs - Cinco De Mayo pg12

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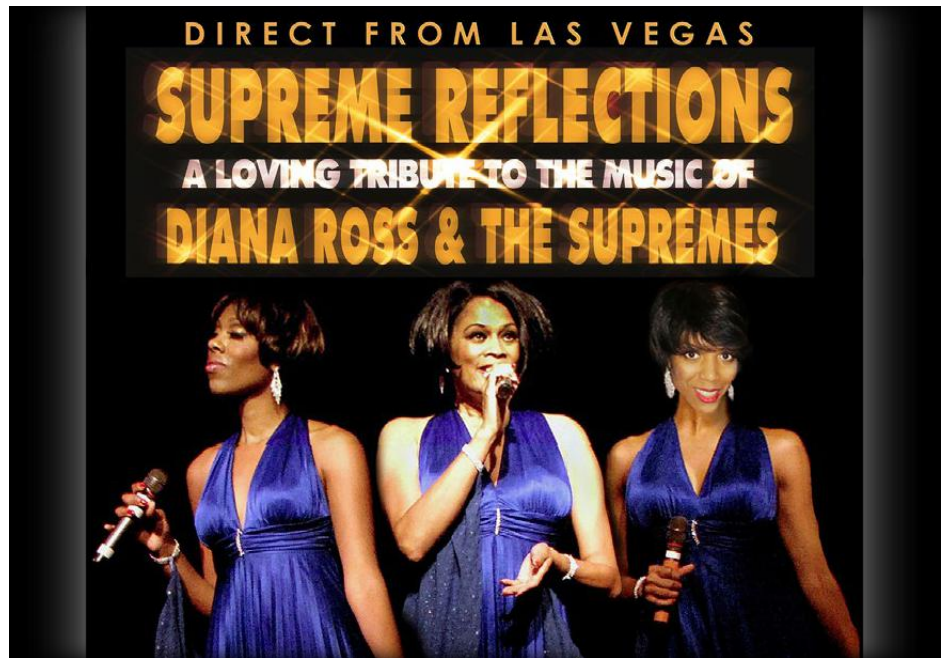
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MAMA'S HOUSE TO HOST 3RD ANNUAL CHARITY GOLF CLASSIC ON FRIDAY, MAY 10 AND 3RD ANNUAL DINNER SHOW ON SATURDAY, MAY 11 — FEATURING "SUPREME REFLECTIONS" A LOVING TRIBUTE TO DIANA ROSS & THE SUPREMES

BY MADELINE ZUCKERMAN







Mama's House has announced exciting plans for its ***3rd Annual Charity Golf Classic*** on Friday, ***May 10, 2024,*** and its ***3rd Annual Dinner Show*** on Saturday, ***May 11, 2024,*** featuring direct from Las Vegas "***Supreme Reflections," A Loving Tribute To Diana Ross & The Supremes.***

Both of these fundraising events are scheduled to take place at the stunning Indian Wells Country Club in Indian Wells, California. The Charity Golf Classic will be held on the renowned Cove course, a par-72 classic designed by the Club's Founder Eddie Susalla and Ted Robinson, Sr.

The 3rd Annual Mama's House Charity Golf Classic & Dinner Show will be Co-chaired once again by Dr. Vincent Nola, Jeroen Sparreboom and his wife Yin Tchen. The Valley's own Patrick Evans, KESQ TV's Meteorologist and EYE ON THE DESERT Host, will emcee the not-to-be-missed Dinner Show. Chris Sheik will serve as the evening's Auctioneer.

Celebrating its 11th Anniversary milestone, Mama's House is the *only residential home within the Coachella Valley* offering a safe, supportive, loving, and nurturing environment for women experiencing crises while pregnant and/or with an infant or small child, who have no place to go and no means of support. Mama's House offers an extensive one-of-a-kind program of ***HOPE,*** so these residents can face a much brighter future.

"Mama's House has always dreamed of hosting its own Annual Charity Golf Classic," said Jan Lupia, Founder & Executive Director of Mama's House. "So, when our Founding Board member Dr. Vincent Nola informed me his neighbors, Jeroen Sparreboom and his wife Yin Tchen, wanted to help us launch it, I was thrilled. The past two years hosting this event have been so successful, because each year we add additional golfers, as well as dinner guests. This event will raise much-needed funds for the Mama's House Ministries mission, and also support our expansion into the new Anne Silverstein Campus For Mama's House."

This year's Dinner Show will feature direct from Las Vegas ***"Supreme Reflections," A Loving Tribute to Diana Ross and The Supremes,*** starring Wendy Edmead, Tai Lewis, and Marianne Lewis. This sparkling trip down Motown's memory lane is written and directed by Motown producer and creative consultant George Solomon and award-winning producer/director Michael Chapman with choreography by Paul Holmquist.

This musical production presents the original familiar classic hits and the true story of the actual Supremes. You may remember where you were when you first heard hits like *Baby Love, STOP! In The Name Of Love, You Can't Hurry Love, Love Child, Where Did Our Love Go, Come See About Me, or Ain't No Mountain High Enough.* Artists who have followed in their footsteps like The Pointer Sisters, Whitney Houston, Vanessa Williams, and some of today's superstars like Beyoncé, have been influenced by Diana Ross and The Supremes. You will see why Oprah Winfrey credits The Supremes as her inspiration, and why the Guinness Book of World Records has declared Diana Ross the most popular female vocalist of all time!

The ladies who star in "Supreme Reflections" are multitalented entertainers who have performed in scores of musicals and television shows. They are young, but possess the dynamic qualities of the classic entertainers from another generation. Most importantly, their interpretation of The Supremes vocals are so true to the original recordings that it must be pointed out that they are singing live and not lip-synching.

It is hard to believe that these songs are 40 to 50 years old, yet they sound as fresh and irresistible today as they did then. It is impossible not to feel young when you hear the toe-tapping rhythm of the Motown sound and the catchy melodies you will still be humming when you leave the dinner show. This show is informative, as well as hilarious, as it is filled with humorous anecdotes from The Supremes stellar career. "Supreme Reflections" is an exciting musical production that has been thrilling audiences worldwide, and given a new appreciation to the three classy ladies from Detroit who became, and remain, the most popular female vocal group in the world.

"We have realized enormous success over the past two years hosting this Golf Classic & Dinner Show," said Co-chairs Jeroen Sparreboom and Yin Tchen. "We are excited about this year's Dinner Show because everyone loves the music of Diana Ross and The Supremes. I want to thank, in advance, all of our returning, as well as, new supporters for the upcoming Mama's House 3rd Annual Charity Golf Classic & Dinner Show. Each child saved by Mama's House is a part of the future of our beloved country."

Event Sponsors thus far include IFS Inforsure International, *Entertainment Sponsor,* Mona & Dean Anderson, *Dinner Sponsors;* Wexler Insurance Agency, Inc. and David S Williams, *Bar Sponsors;* JR Thomas Golf Carts and La Quinta Cadillac, *Hole In One Sponsors;* and Pixel Care, *Silver Sponsor;* Ben Bridge Jewelers, and Shy Creation, *Raffle Sponsors.*

The Golf Tournament for ladies and gentlemen will begin with a shotgun start at 9:00 a.m. on Friday, May 10th. The requested donation is $500 for single players and $1,750 for golf foursomes, which will include breakfast, a box lunch, competition and prizes. The Dinner Show, which include dancing, commences at 5:30 pm with a cocktail reception and raffle, followed by a scrumptious dinner. The Dinner Show will commence at 7:00 p.m., and tickets can be purchased at $200 per person.

Golf Sponsorships are available, ranging from Platinum Sponsor at $25,000 to Goody Bag Sponsor at $500.

Dinner Show Sponsorships are also available, ranging from Bar Sponsor at $2,000 to Dinner Sponsor at $5,000.

This year's Media Sponsors include THE DESERT SUN & LOCALiQ, Presenting Newspaper & Digital Media Sponsor; INLAND EMPIRE MAGAZINE, Exclusive Magazine Media Sponsor; KESQ News Channel 3, Exclusive TV Media Sponsor; and ALPHA MEDIA-Palm Springs, Exclusive Radio Media Sponsor.

For additional info on the Mama's House 3rd Annual Charity Golf Classic on Friday, May 10 , 2024 and the 3rd Annual Mama's House Dinner Show on Saturday, May 11, 2024, please visit iwcharitygolf.com or call Mama's House at 844-232-8622. Mama's House Ministries is a 501(c)3 nonprofit organization supported largely by donations, grants, and fundraising events. CV

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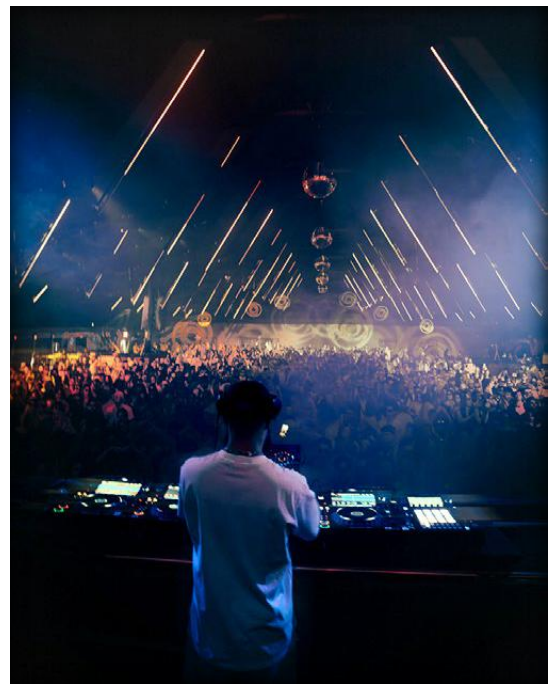
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COACHELLA

WILL CLARKE BRINGS DOWN THE HOUSE AT COACHELLA WEEKEND 2

PHOTOS BY CORA RAFE
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BY CRYSTAL HARRELL

On April 20, Grammy-nominated songwriter and world-famous DJ Will Clarke spoke with *Coachella Valley Weekly* during Weekend 2 of the Coachella Valley Music and Arts Festival, ahead of his performance at the Yuma Tent—where he revealed the artistic process behind his new track and what he hopes for the future of his musical legacy.

CV Weekly: Thank you so much for joining us. So going into weekend two of the festival, how does it feel to be performing for Coachella-goers again?

Will Clarke: I feel so fortunate to be here at Coachella. It's maybe like 150 artists on the whole lineup and out of millions in the world, and to have the opportunity to play not just one weekend, but two weekends in a row, is really special.

CV: You had your start in music at a young age. Can you describe what made you want to get into it in the first place?

Will Clarke: I think I always liked electronic music. My brother put me in touch with it, and I kind of started exploring myself. My dad then started taking me to concerts when I was young. It was just always something I always wanted to do. It's been a long journey and still a long way to go, but I'm really fortunate where I'm at.

CV: You're based in the UK, so how does it feel to be able to attract such a global audience?

Will Clarke: America's been my second home for the last ten years, so being able to come to the biggest music festival in America, and one of the most iconic festivals in the world, is amazing.

CV: You're slated to release a new single in May, "Weekend Love;" can you tell us a little about that track?

Will Clarke: It features a house gospel choir and is a little different than what people are used to hearing from me. I love this record. It's part of a bigger project I'm working on. This one was more about the collaborative effort and working with a lot more people and bringing people in that are better at me than what I am at certain things--whether that's key players, singers, songwriters--just getting the best people around me and making friends and enjoying writing music, really. I'm going to open with "Weekend Love," which is really special to open a big set with a brand-new record that not many people have heard.

CV: What do you hope for the future of your career? You've already accomplished so much, but is there more that you want to do?

Will Clarke: So much more. It's very cliche to say I want to be the biggest artist in the world, but I think for me, I want to be able to bring more people together--communities that are based around music--and kind of give people an amazing experience. I've been fortunate enough to do that already, but it's now time to do it on a larger scale and really grow audiences. But by growing audiences, you're growing experiences for other people. That's the main thing for me. And I think it's making this sustainable for the next 30 years of my life and keeping this going for the next 30 years of my life and longer. CV

EVENTS

JOHN WAITE 40 YEARS OF MISSING YOU AT AGUA CALIENTE CASINO CATHEDRAL CITY



BY CRAIG MICHAELS

If you've been longing for the powerful ballads and electrifying arena rock of the '70s and '80s, your wait is over. John Waite, the British rock singer, and musician whose voice has defined a generation, is bringing his timeless music to the stage at Agua Caliente Casino Cathedral City on Saturday, May 11. Best known as the lead singer and bassist of The Babys, John Waite is also celebrated for his solo work and his time with the supergroup Bad English. His upcoming concert promises to be a nostalgic journey through four decades of rock and roll history.



John Waite began his musical career with The Babys, a British rock band that enjoyed considerable success in the late '70s. The band scored big hits with "Isn't It Time" and "Everytime I Think of You," both of which climbed to No. 13 on the Billboard Hot 100. After the band disbanded, Waite embarked on a solo career, making a splash with his debut album, Ignition, and its hit single, "Change." However, it was his follow-up album, No Brakes, which catapulted him to international stardom, thanks to the chart-topping smash "Missing You."

Waite continued to make waves in the music world with his involvement in Bad English, a supergroup that included members from both The Babys and Journey. The band scored a major hit with the Diane Warren-penned ballad "When I See You Smile," which topped the Billboard Hot 100 in 1989.

Over the years, Waite has contributed to soundtracks and collaborated with other artists, expanding his musical legacy. His song "Deal for Life," written by Martin Page and Bernie Taupin, was featured in the soundtrack for Days of Thunder. Other notable tracks like "Every Step of the Way" and "If Anybody Had a Heart" made their way into the 1986 film About Last Night.

Now, John Waite is bringing his extensive catalog of hits to the Agua Caliente Casino in Cathedral City, California. This one-night-only concert is your chance to experience the magic of his music live and in person. The show, dubbed "40 Years of Missing You," will take you on a journey through Waite's greatest hits from his solo career, The Babys, and Bad English.

I recently spoke with Waite to ask him why he feels his timeless hit "Missing You" resonates so much with his audience: "Missing You is a very simple song. I wrote it in about 20 minutes. It's easy to understand," he remarked. Waite went on to say, " there is a connection between my fans that have followed me throughout the years." In addition to his hit songs, Waite says they like to have fun and mix in some covers by Bob Dylan and whatever else they feel at the moment.

Join John Waite on Saturday, May 11, 2024, at 8 PM for a night of rock anthems and heartfelt ballads. The concert will take place in the Agave Caliente Terraza located in Agua Caliente Casino Cathedral City, and tickets are priced at $50. Please note that attendees must be 21 or older to attend. You can purchase tickets here: aguacalientecasinos.com/agua-event/john-waite.

Whether you're a longtime fan or new to his music, this is an event you won't want to miss. Get ready to rock out and sing along to the songs that have stood the test of time!

Written By: Craig Michaels CV

37TH ANNUAL AVOCADO FESTIVAL HOSTS CLOSE TO 100,000

LOCAL BUSINESS

PRODUCED BY TIAR'A LITERARY & ILLUSTRATION

Things are really starting to heat up in Southern California, and no doubt aided by this past weekend's *37th Annual Avocado Festival* in beautiful Fallbrook, CA. It was an avocado-packed, star-studded day lined with local growers, and vendors from in and out of town. Between 70,000-100,000 people drove, walked, hiked, biked, crawled, scratched, did whatever they had to do to be a part of this eventful day of sun-soaked fun.

For those who may not be aware, Fallbrook, located shy north of San Diego, is the avocado capital of the world. It's not enough that Southern California hosts the Navel Orange capital of the world in Redlands, or that the Coachella Valley plays host to the date capital of the world, Fallbrook's fertile soil and sunny skies give birth to the healthiest avocados this side of the Mississippi.

The *37th Annual Avocado Festival* was an event organized by the Fallbrook Chamber of Commerce, and CEO, book keeper, manager, cleaner, promoter, you name it, she does it, Lila MacDonald. Lila's family have been involved with the avocado festival since its inception almost forty years ago, and as Lila told me, *"We are not slowing down."*

Preparations for the 38th Annual Avocado Festival begins today, the day of this writing, April 22, 2024, and over 50% of vendor spots have already been sold ahead of the 2025 spectacular.

Events such as the *Avocado Festival*, locally grown, farmed, and organic healthy produce, family-owned and operated markets such as *CLARK'S NUTRITION & NATURAL FOODS* are some of the many reasons why we Southern Californians should be so thankful we get to spend our lives beneath the sweeping sunrises and sunsets of the Golden State.

Now for the part where you find out how you can support our environment, become more independent, and save a buck or two…

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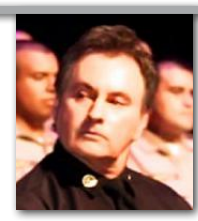
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SAFETY TIPS

BY FIRE CHIEF SAM DIGIOVANNA

LOOKING FOR THE PERFECT MOTHER'S DAY GIFT?



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Terry was featured at our Jam for Maui benefit last year and he was so amazing we had to book him for his own concert at the Omni La Costa Resort in Carlsbad, Ca. Terry wrote one of Luther's biggest hits "Here and Now." Come see his ensemble of nine artists and musicians performing the music of Luther Vandross (luthervandross.com).

It's time to join us for music and fun this summer starting Saturday May 11th at the Omni Resort Carlsbad Ca. Live from La Costa (livefromlacosta.com).

The Omni is one of the most beautiful resorts in Southern California. Why not make a weekend out of it and enjoy some golf, spa, music and explore all that the San Diego area has to offer!

The Omni La Costa Resort Carlsbad 2100 Costa Del Mar Rd. Carlsbad, CA 92009. CV





THE LIBERTINES "ALL QUIET ON THE EASTERN ESPLANADE" (EMI RECORDS)

CONSIDER THIS



BY ELENI P. AUSTIN



20 years after the Libertines self-titled sophomore album debuted at #1 on the British charts, they've repeated that same feat with their fourth long-player, *All Quiet On The Eastern Esplanade.* Quite frankly, it's amazing that they've managed to reach this milestone. Even more so, since no one expected lead vocalist and erstwhile *enfant terrible,* Pete Doherty to survive his 20's.

Back in 1997, Pete and Carl Barat became acquainted when the latter shared a flat with the former's sister, Amy-Jo. Both were studying at separate universities in London, and they immediately bonded over shared influences like The Clash, Sex Pistols, The Jam, The Doors, the Velvet Underground and legendary Gypsy Jazz guitarist Django Reinhardt.

Rather quickly, they formed The Libertines, nicking the moniker from the Marquis de Sade's *Lust Of The Libertines.* While Pete and Carl split vocal, guitar and songwriting duties between them, they enlisted John Hassell and Gary Powell to play bass and drums, respectively.

The four-piece gigged relentlessly, sometimes in their flat, sometimes at Filthy McNasty's, the Whiskey Café where Pete tended bar. They began stockpiling a cache of original songs and their incendiary live shows netted them a manager and a publishing deal. Their sound was an infectious mix of Punk and Garage Rock. Coincidently, U.S., bands like The White Stripes and The Strokes were mining that same stripped-down aggro style, earning critical plaudits and a modicum of commercial success. Record labels in the U.K. began paying attention and soon enough, The Libertines inked a deal with Rough Trade.

2002 saw the release of their stunning debut, *Up The Bracket.* The album was produced by Clash guitarist (and Punk elder statesman) Mick Jones. A heady elixir of Punk Rock rebellion, literate lyrics and infectious, hook-laden melodies, it garnered rave reviews and steadily climbed the charts in Great Britain. The band opened for everyone from the Sex Pistols to Morrissey, and gained a toe-hold in the U.S.

Sadly, Pete began experimenting with drugs. He became hooked on heroin and crack cocaine following The Libertines first major tour. Carl, John and Gary clashed with Pete during recording sessions in New York. They ended up junking the recordings, but they wound up being released on the internet for free. When they returned to the U.K., Pete continued his downward spiral, missing gigs and recording sessions. First, he was caught burglarizing Carl's flat (!), later, he was arrested with a switchblade. Sentenced to a six-month stint in prison, he was released after just two months.

Carl was waiting at the prison gates when Pete got out. The band played a triumphant show that night. But Pete's behavior became more erratic as his habits increased. He missed so many gigs that the band replaced him on tour.

When the foursome finally returned to the studio, Mick Jones was back to handle production chores. But relations were so strained that security was hired to keep Carl and Pete from brawling. Somehow, Mick snatched brilliance from the jaws of chaos. *The Libertines* was released in late 2004. Even better than their debut, it hit #1 on the U.K. charts. Pete checked into the same recovery facility twice, but failed to complete treatment. After he promised to enter a rehab center in Thailand, the band performed a short set that night. It would be several years before they shared a stage again.

During their time apart, Carl formed a new band, Dirty Pretty Things, releasing two albums, as well as a solo effort. Despite his addictions and skirmishes with the law, Pete returned with his new group, Babyshambles. They managed to make three records, even as Pete made headlines, carrying on a tempestuous love affair with super model Kate Moss. The Libertines reunited briefly in 2010, playing sets at The Reading and Leeds Festivals. Unfortunately, Pete was still in the grip of addiction.

Fast-forward four years later and they played a series of successful gigs around England, and by early 2015, Pete had actually *completed* rehab in Thailand. Carl, John and Gary joined him in a studio close to his treatment center and they recorded their brilliant comeback effort, *Anthems For A Doomed Youth.* Rampaging, spiky, erudite, contrite, the remarkably protean record was hailed by critics and fans alike, reaching #3 on the U.K. charts.

In the ensuing years, Pete started his third musical project, Pete Dougherty & The Puta Madres, they toured extensively and released their self-titled debut in 2019. He also collaborated with French singer/songwriter Frederic Lo on the 2022 album *The Fantasy Life Of Poetry & Crime.* Carl, along with his band The Jackals also released an album. John Hassall stayed busy with his band April Rainers. Gary Powell remained in demand, playing drums for SKA legends The Specials and and running his own record label, 25 Hour Convenience Store. Now, The Libertines have reconvened with their new effort, *All Quiet On The Esplanade.*

The opening three tracks hurtle out of the speakers with a thrilling velocity. On *"Run, Run, Run"* downstroke riff-age and angular bass lines are bookended by staccato handclaps and a walloping beat. Carl spits out a fusillade of lyrics that suggest life is best lived when the candle is burned at both ends: *"It's a lifelong project of a life on the lash, I've forgotten how to care, but I'll remember for cash, it's my party and I'll cry if I want to, light the fuse, sing the Blues I can die if I want to, tonight we're going to bring tomorrow's happiness."* The impossibly hooky chorus is anchored by a skittery guitar solo before the song stops on a dime.

As though someone has flipped the radio dial, sleek guitars, chirpy backing vocals and a hi-hat kick drift of out of the speakers as the final notes of *"Run…"* recede. *"Mustangs"* drafts off The Beatles' *"Eleanor Rigby,"* blueprint, trenchant lyrics offer vivid sketches of all of the lonely people, living lives of quiet desperation: *"Traci don't mind a bit of chorin' she likes a one-litre liquor prize, ah, Traci likes a drinkie when the kids are at school, in her Juicy Couture track-suit, she stares at the wall….Sister Mary shivers at the touch of the Lord, and the pastor behind her tells her not to wear short-shorts, She's alone with her thoughts in the Garden of Eden, oblivious to dogs and the advances of heathens."* Each escapes grim reality at night: *"You can see her every night riding Mustangs at night."* A raffish guitar solo unspools on the break, tethered to a chugging rhythm. Woozy organ and a tambourine shake usher the song to a close.

A slightly accelerated *"Be My Baby"* drum break announces *"I Have A Friend."* Pete takes the lead here, rushing ahead of slashing guitars, tensile bass and a basher beat. Sentient lyrics note we are all in the grip of 21st century malaise: *"It's more like sadness composed by a fragmented soul, all the words in a whirl, I just don't know where it goes, you holding the line, or scuttling away, is life a blockbuster film, or a half-rehearsed play, and the pig's on the spit and the wolf's at the door, do the bad need the good, like the rich need the poor?"* A scattershot guitar solo is unleashed on the break, mirroring society's collective angst. Meanwhile, the final verse offers no respite: *"So hard to theorize, when you're being brutalized, and the tears fall like bombs without warning, follow the tracks in the mud down to where the sea is black with blood, and the tears fall like bombs without warning."*

The action slows on a few tracks, the Jazzy, piano-driven *"Shiver"* touches on Pete's lifelong obsession with *Albion* (the Greek Greek term ancient England). Lyrics manage to slyly address the death of Queen Elizabeth and her complicated legacy: *"It's all too much today, Liz has gone away, well, the giant courtesan with the tiny hands that makes me shiver, shiver for the Albionay/ They all queued up to see the old girl's gone away, as the tattered standard hits the ground, another coronation day."* Despite the skepticism, there's a hint of melancholy as he admits *"I shiver on the Esplanade."* *"Barron's Claw"* weds strummy Spanish guitars and tippling piano notes to a loping rhythm. Pete's whispery vocals add a bit of Tom Waits heft as he darts in and out of the meandering melody. Lyrics offer a bit of fabulist Jabberwocky: *"Next time I saw the Baron's claw, it's ripping through the grocer's door, he saved a family from the fire's roar, the Baron's claw.* On the break, the band locks into a relax-fit, Dixieland groove, with a blowsy trumpet leading the way.

There's a cinematic edge to *"Night Of The Hunter."* The opening chord cluster echoes Tchaikovsky's *Swan Lake,* as theremin partners with jangly guitar, rattling percussion and a chunky backbeat. The opening verse pays sideways homage to the 1955 film, *Night Of The Hunter.* The Southern Gothic thriller starred Robert Mitchum,Shelley Winters and Lillian Gish: *"'LOVE' and 'HATE' tattooed on the knuckles around the handles of a blade, on the knuckles around the handles of a blade, your bloody blade."* But as the arrangement expands, layering lush strings, lowing whistle and shivery keys, the lyrics reveal a more insidious malevolence: *"ACAB tattooed on your knuckles, does the world know what that means? Now they're slipping on the bracelets are you so young and hard and mean, so cold and mean…"*

On a record stacked with superlative tracks, three stand out from the pack. *"Oh Shit"* returns them to their Punky roots, a furious "1-2-3-4" count off folds into thrashy guitars, boinging bass lines and a piledriver beat. A trio of young fuck-ups live on the edge, longing for love and chemicals: *"Every moth to a candle finds a flame too hot to handle, and Jamie broke down at Imo's every scandal, Imo went west and Jamie sang the Blues, it was Niki's raw heart that lit her fuse.* The guitars ratchet up the tension through every misadventure, verging on cyclonic by the instrumental break. The irresistible

continue to page 8

THE LIBERTINES continued from page 7

chorus keeps the party going: *"And we go 'oh shit, oh shit,' we need some money, just enough to get us by, and everybody goes 'whoa' we got the dollars in our eyes, we go 'oh shit, oh shit,' we need some money just enough to get us by, Oh, I want you when you smile, I want the dollars in your eyes."*

"Merry Old England" opens with noodling electric piano and a tick-tock beat. The mordant melody shares some musical DNA The Jam's *"The Butterfly Collector."* It also recalls late '60s era Kinks. As swoony strings connect with pounding piano and spidery bass, lyrics address the diaspora of refugees from war-torn countries that has fueled the Brexit strategy: *"Oh yeah, now they're Russian through Albania, they've got to get to Merry Old England, and Syrians, Iraqis and Ukrainians, how you finding Merry Old England?"* The track powers down to a coda of swirly strings and a propulsive Latin rhythm.

Finally, the frenetic athleticism of *"Be Young"* is something of a rant & rave, echoing their forever musical lodestar, The Clash. A bit of twangy guitar and kick-drum beat are quickly supplanted by windmilling guitars, boomerang bass lines and a breakneck beat. Lyrics offer a crisp carpe diem, noting *"We were born astride the grave"* so we better make the best of it: *"stand up or shut up, rise up or give up, get up, stand up, are you coming out tonight?"* Guitars ricochet through the mix with a ferocity that's matched by the verbal alacrity of *"This lyrical tautology, freedom and democracy, enslavement and autocracy, the planet still will rot, you see, music and mythology, fire gods and astrology, autoeroticology are you coming out tonight?"* Rather deftly, the song shapeshifts, locking into a skanking Reggae riddim that reminds us *"You're one degree away from total fucking annihilation,"* before revving up through the homestretch.

The record closes with the resigned lullaby of *"Songs They Never Play On The Radio."* A tender requiem, it's anchored by chiming acoustic guitars, sinewy bass and a shuffling beat. Pete's quiescent croon cradles lyrics that mourn the record biz of yesteryear: *"Songs they never play on the radio, as cobwebs fall on the old shipping wrecker, the needle skips a groove, I hate to say how I told so, but I told you so….the A&R man's head rests on his desk, you know since 45's were digitized, his heart's bereft and his left ear's deaf, the songs that they never play on your radio, you can stream them now for for free and save your soul."* Squally electric riffs dart around the bridge, accompanying the last gasp of nostalgia: *"What was that song they played, what was that pact we made, what was that song we played the day I went away?"* Prickly electric guitar wash over ebbing strings, as the song winds down, underscoring that yes, the times, they are a'changin.' It's a sweet finish to another brilliant record.

More than 25 years ago, Pete and Carl came together united with a love for Punk, Poetry and chaos. Through it all, they fought, stagnated and imploded more than once. Yet they summon the strength to keep roaring back. Their melodies, raw and richly evocative, their lyrics, nuanced narratives equal parts pithy and poignant. *All Quiet Along The Esplanade* is a triumphant return. CV

MUSIC

FREE SHOW IN THE HIGH DESERT WITH STARLIGHT CLEANING CO., YASAWA GROUP AND SEVENTIES TUBERIDE AT THE OUT THERE BAR

Sure, Coachella 2024 is in the books. But if you're looking to extend your live music buzz, the high desert is hosting an event with three groovy bands on Cinco de Mayo. The best part: none of those exorbitant ticket prices or mysterious charges. Yep! It's free.

Local Desert faves Starlight Cleaning Co. has joined forces with Yasawa Group (which is a solo project from Matt Taylor of The Growlers), as well as Seventies Tuberide (which features Alex Knost from Tomorrow's Tulips and Matt Correia from Allah Las). The evening kicks off with DJ sets by Reverberation Radio.

Doors open at 5pm. Admission is free.

Out There Bar, 73839 29 Palms Hwy, Twenty Nine Palms, CA 92277. CV







CLUB CRAWLER NIGHTLIFE

THURSDAY, MAY 2

Babaloo Lounge – Piano Bar – 4-7pm, DJ Golddust – 7pm
Bart Lounge – DJ – 8pm
Casuelas Café – Avenida – 6pm
Chef George's – Marc Antonelli – 6:30pm
Coachella Valley Brewery – Open Mic – 6pm
Indian Wells Resort Hotel – Christine Love – 6pm
Kitchen 86 – Electric Feel – 7pm
Larkspur Grill – Fun with Dick and Jane – 6pm
Lavender Bistro – Scott Carter – Patio - 6pm, Jeff Bonds – Inside – 6pm
The Nest – Live Music – 6:30pm
O'Caine's – Ken O"Malley – 6pm
Old Town Artisan Studios – Art of Music/ Open Mic – 6pm (Every 3rd Monday)
Pappy and Harriet's – Mariachi El Bronx – 8pm
Plan B Live Entertainment and Cocktails – Acoustic Music Showcase w/ Indigo X Do, Skitzo Attack, Phylicia Mason and the Sieve and the Saddle – 8pm
Pretty Faces Nightclub – Trappea Thursdays – 9pm
Purple Room – Sharon Sills – 6:30pm
Sandbar – Bill Baker – 6pm
Shadow Mountain Golf Club – Open Mic – 4-7pm
Shanghai Red's (PS) – Lisa Lynn and the Broken Hallelujahs – 6pm (Every 3rd Thursday)
Tommy Bahamas – Alex Santana – 5pm
Twelve @ Fantasy Springs – HWY 111 – 8pm
Vicky's of Santa Fe – John Stanley King Trio – 6pm

FRIDAY, MAY 3

Babaloo Lounge – Piano Bar – 4-7pm, Woody and the Retros – 7pm
Bart Lounge – So Sad Party Emo Nite – 8pm
Casuelas Café – The Myx – 6:30pm
Chef George's – Lizann Warner – 6:30pm
Coachella Valley Brewery – Acustica Noches w/ Las Tias and Mario Quintero – 7:30pm
Indian Wells Resort Hotel – Marc Antonelli – 6pm
Kitchen 86 – DJ Tina Turntables – 9:30pm
Larkspur Grill – Eevaan Tre and the Show – 7pm
Lavender Bistro – Scott Carter – Patio - 6pm, Jeff Bonds – Inside – 6pm
Lit @ Fantasy Springs – Smooth Touch – 9pm
Margaritaville – Derek Jordan Gregg – 7pm
Mitch's on El Paseo – Alex Santana – 12-2:30pm
The Nest – Live Music – 6:30pm
O'Caine's – Kilty as Charged – 7pm
Pappy and Harriet's – San Fermin – 8:30pm
Plan B Live Entertainment & Cocktails – Red's Rockstar Karaoke – 9pm
Pretty Faces Nightclub – Feid's Official After Party Concert – 9pm
Purple Room – Niki Haris – 8pm
Rockyard @ Fantasy Springs – Classic Journey (Journey Tribute) and Rock Stallion – 7:30pm
Sandbar – Bill Baker – 6pm
Tommy Bahamas – TBA – 5pm
Twelve @ Fantasy Springs – Moonchild – 7pm, Steel Rod – 10:30pm
Vicky's of Santa Fe – Doug MacDonald Trio – 5pm, John Stanley King – 7:30pm

SATURDAY, MAY 4

Babaloo Lounge – Piano Bar – 4-6:30pm, Off Da Cuff – 7pm
Bart Lounge – Cinco de Mayo Party w/ DJ Dxsko – 8pm
Big Rock Pub – Desert Crows – 7:30pm
Casuelas Café – Daveed Macias – noon, West Coast Flyers – 6:30pm
Chef George's – Michael D'Angelo and Jimmy Street – 6:30pm
Coachella Valley Brewery – Local Comedy Showcase – 7pm, Stand Up Comedy – 8pm
Hotel Zoso – Flamingo Pool Party w/ DJ Pico – 12-5pm
Indian Wells Resort Hotel – Marc Antonelli – 6pm
Jimmy B's – Nikki Dickinson – 10:30pm
Larkspur Grill – Fun with Dick and Jane – 7pm
Lavender Bistro – Scott Carter – Patio - 6pm, Mark Guerrero – Inside – 6pm
Lit @ Fantasy Springs – Smooth Touch – 9pm
Kitchen 86 – DJ Tina Turntables – 9:30pm
Mitch's on El Paseo – TBA – 12-2:30pm
The Nest – Live Music – 6:30pm
O'Caine's – Cillian's Bridge – 7pm
Pappy and Harriet's – Yellow Days – 8:30pm
Plan B Live Entertainment & Cocktails – Red's Rockstar Karaoke – 9pm
Pretty Faces Nightclub – Cinco de Mayo Celebration and MiChavela Fest After Party – 9pm
Purple Room – Janis Mann – 8pm
Rockyard @ Fantasy Springs – Queen Nation (Queen Tribute) and Queen Tribe – 7:30pm
Sandbar – Bill Baker – 6pm
Tommy Bahamas – Alex Santana – 5pm
Twelve @ Fantasy Springs – Moonchild – 7pm, Steel Rod – 10:30pm
Vicky's of Santa Fe – Rose Mallett's Company – 5pm, John Stanley King – 7:30pm
Wildest – Derek Jordan Gregg – 6pm

SUNDAY, MAY 5

Babaloo Lounge – Piano Bar - 4pm, Big Love – 6pm
Bart Lounge – Cinco de Mayo Party w/ DJ LF – 8pm
Big Rock Pub – TBA – 12pm
Casuelas Café – Mariachi Coachella – 1pm, Daveed Macias – 3:30pm, The Myx – 6:30pm
Coachella Valley Brewery – Cinco de Mayo Party w/ Machete, Nick and Esther, The Brothers Gainey, Mario Figeuroa and the Sieve and the Saddle – 2-7pm
Fisherman's Market, PS – Live Music – 6pm
Hotel Zoso – Cinco de Mayo Pool Party – 12-5pm
Jimmy B's – Nikki Dickinson – 10:30pm
Kitchen 86 – Mario Rossi – 7pm
Lavender Bistro – Scott Carter – Patio - 6pm, Mark Guerrero – Inside – 6pm
Melvyn's – Mikael Healey – 3:30-7:30pm
The Nest – Live Music – 6:30pm
O'Caine's – The Vagabonds – 4-7pm
Pappy and Harriet's – X Ambassadors – 6:30pm, The Beatnuts – 8:30pm
Plan B Live Entertainment & Cocktails – LNA Karaoke – 7pm
Purple Room – The Judy Show – 7pm
Tommy Bahamas – Alex Santana – 5pm

MONDAY, MAY 6

Babaloo Lounge – Piano Bar – 4pm, Brad Mercer and the Profile – 6:30pm
Casuelas Café – Johnny Meza and Walle Larsson – 6pm
Indian Wells Resort Hotel – Sharon Sills – 6pm
Kitchen 86 – Electric Feel – 7pm
Lavender Bistro – Jeff Bonds – Patio - 6pm, Abbie Perkins – Inside – 6pm
Miramonte – Alex Santana – 6pm
The Nest – Live Music – 6:30pm
Shadow Mountain Golf Club – Phil and Lorie – 3:30pm
Vicky's of Santa Fe – Richard "88 Fingers" Turner – 6:30pm

TUESDAY, MAY 7

Babaloo Lounge – Piano Bar – 4pm, Hotwyre – 6:30pm
Casuelas Café – Desert Suite Band – 6pm
Chef George's – Lizann Warner – 6:30pm
Indian Wells Resort Hotel – Kristi King – 6pm
Kitchen 86 – Danni Stefanetti – 7pm
Larkspur Grill – Scott Carter – 7pm
Lavender Bistro – Mark Guerrero – Patio - 6pm, Jeff Bonds – Inside – 6pm
Lit @Fantasy Springs – Country Nation – 7pm
The Nest – Live Music – 6:30pm
Purple Room – Rose Mallett – 6:30pm
Sandbar – Bill Baker – 6pm
Shadow Mountain Golf Club – Game Night – 4-6pm
Vicky's of Santa Fe – Slim Man Band – 6pm

WEDNESDAY, MAY 8

Babaloo Lounge – Piano Bar – 4pm, Bob Shuster – 7pm
Casuelas Café – Lisa Lynn and the Broken Hallelujahs – 6pm
Chef George's – Tim Burleson – 6:30pm
Coachella Valley Brewing Co. – Trivia Night – 7pm
Indian Wells Resort Hotel – Patrice Morris – 6pm
Kitchen 86 – Mario Rossi – 7pm
Larkspur Grill – Slim Man and Chase Huna: "Rat Pack Duo" – 6pm
Lavender Bistro – Abbie Perkins – Patio - 6pm, Scott Carter – Inside – 6pm
Miramonte – Alex Santana – 6pm
Mitch's on El Paseo – TBA – 12-2:30pm
The Nest – Live Music – 6:30pm
Palm Canyon Roadhouse – Country Night w/ Roger and the House Rebels – 6pm
Pappy and Harriet's – Placebo – 7pm
Plan B Live Entertainment & Cocktails – Red's Rockstar Karaoke – 9pm
Purple Room – Charles Herrera, Darci Daniels and Michael Holmes – 6:30pm
Sandbar – Bill Baker – 6pm
Shadow Mountain Golf Club – Doug McDonald Trio – 5:30pm
Tack Room Tavern – T-Bone Karaoke – 7pm
Vicky's of Santa Fe – John Stanley King Cowboy Songs – 6pm
Wildest – Derek Jordan Gregg – 6pm CV




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Apr 06 7:00 PM SATURDAY TAYLOR JUNCTION, JOSHUA TREE, CA
Apr 10 6:00 PM EVERY WEDNESDAY CASUELAS CAFE, PALM DESERT, CA
Apr 17 6:00 PM EVERY WEDNESDAY CASUELAS CAFE, PALM DESERT, CA
Apr 18 6:00 PM EVERY 3RD THURSDAY SHANGHAI REDS, PALM SPRINGS, CA
Apr 24 6:00 PM EVERY WEDNESDAY CASUELAS CAFE, PALM DESERT, CA
Apr 26 5:00 PM FRIDAY STAGECOACH PARTY - PRIVATE
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EVENTS

CELEBRATE CINCO DE MAYO WEEKEND WITH A FIESTA OF LIVE MUSIC AND FEASTS AT FANTASY SPRINGS RESORT CASINO



Cinco de Mayo weekend at Fantasy Springs Resort Casino promises to be a festive celebration with live music including Grammy- nominated group Los Rieleros del Norte and exceptional dining options with Latin flair curated by the award-winning culinary team led by Chef Freddy Rieger. The electric atmosphere of world-class entertainment, dining, and gaming will make for an unforgettable Cinco de Mayo.

Entertainment - An exciting concert by legendary and Grammy-nominated norteño band Los Rieleros del Norte at the **Special Events Center** on Saturday, May 4 will have everybody on their feet! Tickets for the 8 p.m. show start at $39 and are on sale now at Fantasy Springs Box office, via phone (800) 827-2946, or online at www.FantasySpringsResort.com.

Head over to **LIT** on Sunday, May 5 to dance the night away with unforgettable live Latin music from Bohemio, Los Garsa'z, and DJ Nano. FREE live music starts at 7:30 p.m.

The famed **Rock Yard** outdoor venue will feature Journey Tribute band, Classic Journey on Friday, May 3 and Queen tribute act, Queen Nation on Saturday, May 4. FREE live music begins at 7 p.m.

Enjoy epic views and live music up on **twelve** with Acoustic & Unplugged featuring MoonChild followed by the popular band Steel Rod After Dark. Friday, May 3 and Saturday, May 4. FREE live music starts at 7 p.m.

Dining - At **POM**, dine on shrimp a la diabla featuring Latin spice-grilled shrimp, guajillo chili-tomato sauce, grilled vegetables, Spanish rice and braised beans. $32 per person. The regular menu will also be available. Sunday, May 5. Reservations recommended. 760-238-5834.

Fresh Grill Buffet kicks off with brunch that will be served from 10 a.m. to 3:30 p.m. Offerings include a vast selection of breakfast specialties such as custom omelets, Eggs Benedict, griddle favorites, and plenty of tradtional sides.

Salads and soups with Latin flair include Mexican fiesta salad with roasted corn, black beans, queso fresco, Escabeche salad, Mexican cactus salad and Baja-style shrimp cocktail along with Puebla-style menudo.

Mouth-watering chef specialties feature 'Churrasco-style' grilled to order New York steaks, stuffed airline chicken breast with chorizo, roasted red peppers and Manchengo cheese, seafood Veracruz, beef chile Colorado with nopales, and more. There will also be a mouthwatering array of Italian, Asian, and Latin specialties.

The buffet will also feature a large selection of succulent seafood on ice and the savory carving board with roast prime rib, maple roasted turkey breast, and honey glazed Virginia ham.

For dessert, Fantasy Springs' famous chocolate fountain, churros, caramel flan, arroz con leche, bananas Foster, a huge selection of cakes and patries along with sugar-free selections and much more. Sunday, May 5. Brunch, 10 a.m. – 3:30 p.m.; Dinner, 3:30 p.m. – 9 p.m., $44.99, adults; $34.99 kids; children under 2, free.

There will also be drink specials including the Cinco de Mayo Margarita made with Fantasy Springs Barrel Select Patron Anejo and Liquid Alchemist Coconut Syrup ($10) which will be available at various clubs, bars and restaurants throughout the resort casino property all weekend long.

Giveaway - Player's Club members who earn 30 points on Sunday, May 5 will receive two Cinco de Mayo beer mugs. Guests must pick up their gifts on May 5 between 8 a.m. and 4 p.m. Gifts are limited to two gifts per person, while supplies last.

For more information call 800-827-2946 or visit, FantasySpringsResort.com. CV





SHAKESPEARE RETURNS TO THE VALLEY! DESERT SHAKESPEARE FESTIVAL IS PROUD TO PRESENT WILLIAM SHAKEPSEARE'S "MACBETH"

THEATRE

Desert Shakespeare Festival is thrilled to announce its inaugural production of William Shakespeare's "Macbeth", a female-driven production which promises to captivate audiences with its engaging story, strong acting, and diverse cast. This compelling production is set to take the stage at the Stardust Amphitheater on the campus of Palm Valley School from May 3, May 4, and May 5.

A brave Scottish general named Macbeth (Jessica Lenz) receives a prophecy from three witches (Steven Lewis, Christopher Manes, Shayan Habibipour) that one day they will become King of Scotland. Consumed by ambition and spurred to action by their wife, Lady Macbeth (Charlie E. Parker), Macbeth murders King Duncan (Judalon Manes) and takes the Scottish throne for themself. Macbeth is then wracked with guilt and paranoia. Forced to commit more and more murders to protect themself from enmity and suspicion, they soon become an obsessed ruler. The bloodbath and consequent civil war swiftly take Macbeth and Lady Macbeth into the realms of madness and death.

Cast includes the talent of:

Macbeth: Jessica Lenz, **Lady Macbeth:** Charlie E. Parker, **Banquo:** LauraOrtega, **Macduff:** Staphanie Jauregui, **Duncan/ Doctor:** Judalon Manes, **Malcolm:** Emely Smith, **First Witch:** Steven Lewis, **Second Witch:** Christopher Manes, **Third Witch:** Shayan Habibipour*, **Ross:** Valerie McClure, **Porter/Hecate:** Travis Creston Detwiler, **Lady Macduff:** Christine Michele, **Lennox:** Brittany Spruill, **Siward:** Susie Mintie, **Gentlewoman/ Caithness:** Aimee DuFresne, **Donalbain:** Melina Brodeur*, **Menteith:** Sanai Wright*, **Seyton:** Jackie Padgett*, **Fleance:** Emerson Dunn*, **Young Siward:** Millie Flemings*, **Macduff's Child:** Cleo Antle*, **Messenger:** Grace Ghaly*.

Production includes...

Director: Jeff Wallach**, **Producer:** Desert Performing Arts, LLC, Fight and Movement, **Choreographer:** Jeffrey Ingman, **Co-Stage Managers:** Rachel De La O*, Leah Ferreira*, **Assistant Fight Choreographers:** Zander Eaton*, Shayan Habibipour*, Christopher Manes, **Costumer:** Jeff Wallach, **Lighting Design:** Sami Alnabelsi*, Lincoln Johnson*, **Sound Designer:** Sawyer Falzone*, **Booth Crew:** Ryder Gardner*.

*indicates a Student Intern

**indicates a member of the Stage Directors and Choreographers Society



Performing at the Stardust Amphitheater on the campus of Palm Valley School

(although this is NOT a school production), 35525 Da Vall Dr, Rancho Mirage, CA 92270.

Performance Dates and Times:

– Friday, May 3, 2024, Gates open at 6:30pm, Curtain is at 8pm.

– Saturday, May 4, 2024, Gates open at 6:30pm, Curtain is at 8pm.

– Sunday, May 5, 2024, Gates open at 6:30pm, Curtain is at 8pm.

● As this play is being performed in an outdoor venue, please dress appropriately and also dressing warmly is suggested.

● As this play is being performed with the audience in festival seating, please bring your own low-profile, folding chair and/or a blanket on which to sit.

● Food trucks and entertainment will be provided throughout the evening, but the amphitheater will be open at 6:30 for you to arrive prior to the start of the show and purchase food and enjoy the entertainment.

● No animals permitted on the premises (except register support dogs) and there is absolutely no alcohol permitted anywhere on campus.

For more information or to reserve tickets, please visit www.desertperformingarts.com.

About Desert Performing Arts and Desert Shakespeare Festival: We are a performing arts entity who practices inclusive, identity conscious casting - encouraging women, gender nonconforming, and BIPOC folx to audition and perform with us. CV



MUSIC

BY CRYSTAL HARRELL PHOTOS BY KURT SHAWACKER

"ROLLING STONE WRITERS' ROOM" KICKS OFF STAGECOACH WEEKEND



On April 25, the Palm Canyon Roadhouse in Palm Springs served as the venue for *Rolling Stone Magazine*'s installment of 'Rolling Stone Writers' Room' ahead of the Stagecoach Country Music Festival.

The event was moderated by *Rolling Stone*'s Senior Music Editor Joseph Hudak, and featured an intimate storytelling setting with country crooners Charley Crockett, Stephen Wilson Jr. and Drayton Farley as they provided insight into what inspires their music, and performed songs to an excited crowd packing the venue.

"Be sure to toast them after each round and give them your full, undivided attention because like George Dickel, they are American classics. And while we may be 2,000 miles away from Cascade Hollow where they make George Dickel, they're going to help us bring a little bit of that tradition here to Palm Springs," announced Hudak before the three musicians took the stage.

Hudak asked each artist about their writing process and the methods they use to craft songs.

"It's easy to start a song. It's a lot harder to finish one," said Charley Crockett.

"I have my set of traps that I go to and I check pretty frequently, and they come. Most of the time, I come up with some kind of idea. Like Charlie said, it's kind of the start of the song, really. It's the idea, and then it's up to you to finish it. And that's a much harder process, but the idea is everything," added Stephen Wilson Jr.

"The process was never something that I started thinking about when I was writing songs. Over time, I've come to learn my own process and the best I can tell for me is we can't always relate to our successes as a group of people, but mostly we can always relate to the harder times and the struggles. We don't always get to share the highs, but we mostly share the lows," expressed Drayton Farley.

Farley then performed "Pitchin' Fits," which he prefaced by explaining that this song practically wrote itself and was penned in under an hour during a dark time in his life.

"I just got a notebook, and I started writing my thoughts down and poured it out. If you read these lyrics without listening to them, it almost feels like a journal entry rather than a song," explained Farley.

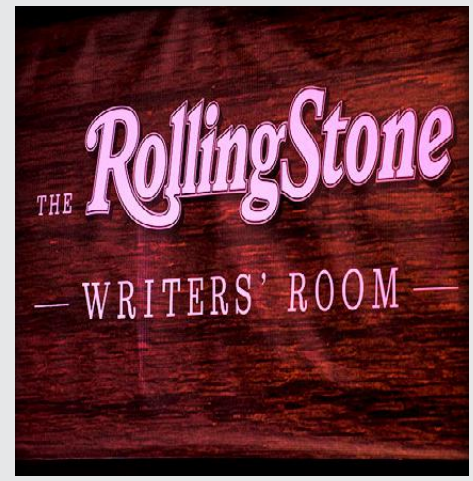
Following Farley was a performance by Stephen Wilson Jr. with his grunge country track "Cuckoo". Sharing with the audience that he was raised by a single father who was a boxer and seeing how much he worked just to survive inspired the sentiment of the track, Wilson transitioned into a strange interaction he had with a construction worker who insisted he looked like Aerosmith's Steven Tyler.

"He said 'I thought you were Steven Tyler for a second,' and I was like, 'you thought I was a 75-year old rock star?' I mean, he's badass and all but damn. He's like, 'no, I thought you were young Steven Tyler.' Then my brain disintegrated because I would have had to have been Steven Tyler, the time traveler," quipped Wilson before playing.

Charley Crockett revealed he finds inspiration in the struggle of life to help craft his lyrics.

"I think that's what all the greatest songs are about: struggle. When you're up here doing what we do, you're not on the left, you're not on the right, you're on the road, and that's a hard way," shared Crockett. CV





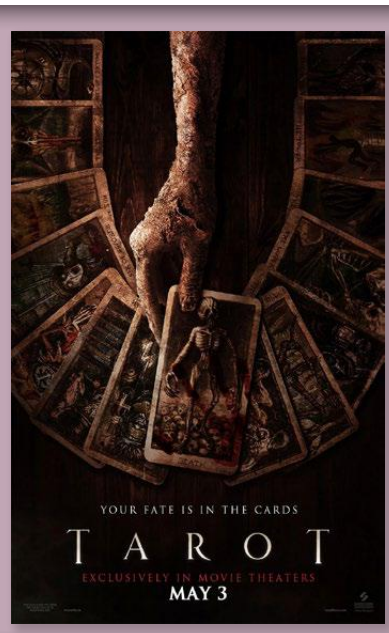




PLAYING THE WEEK OF MAY 3RD AT THE MARY PICKFORD

FILM









The Fall Guy *(1h 54m – Rated PG-13) Action, Comedy, Drama*

Starring Ryan Gosling and Emily Blunt.

He's a stuntman, and like everyone in the stunt community, he gets blown up, shot, crashed, thrown through windows and dropped from the highest of heights, all for our entertainment. And now, fresh off an almost career-ending accident, this working-class hero has to track down a missing movie star, solve a conspiracy and try to win back the love of his life while still doing his day job. What could possibly go right?

***Taro**t (1h 32m – Rated PG-13) Horror*

Starring Harriet Slater, Adain Bradley, Avantika Vandanapu, Wolfgang Novogratz, Humberly González, Larsen Thompson, and Jacob Batalon.

When a group of friends recklessly violates the sacred rule of Tarot readings – never use someone else's deck – they unknowingly unleash an unspeakable evil trapped within the cursed cards. One by one, they come face to face with fate and end up in a race against death to escape the future foretold in their readings.

Star Wars: Episode 1 – The Phantom Menace 25th Anniversary *(2h 15m – PG) Adventure, Fantasy, Sci-Fi*

Starring Ewan McGregor, Liam Neeson, Natalie Portman, Jake Lloyd and Ian McDiarmid.

Experience the heroic action and unforgettable adventures of Star Wars: Episode I - The Phantom Menace. See the first fateful steps in the journey of Anakin Skywalker. Stranded on the desert planet Tatooine after rescuing young Queen Amidala from the impending invasion of Naboo, Jedi apprentice Obi-Wan Kenobi and his Jedi Master Qui-Gon Jinn discover nine-year-old Anakin, who is unusually strong in the Force. Anakin wins a thrilling Podrace and with it his freedom as he leaves his home to be trained as a Jedi. The heroes return to Naboo where Anakin and the Queen face massive invasion forces while the two Jedi contend with a deadly foe named Darth Maul. Only then do they realize the invasion is merely the first step in a sinister scheme by the re-emergent forces of darkness known as the Sith.

Jeanne du Barry *(2h 15m – Not Rated) Biography, Drama, History*

Starring Maïwenn and Johnny Depp.

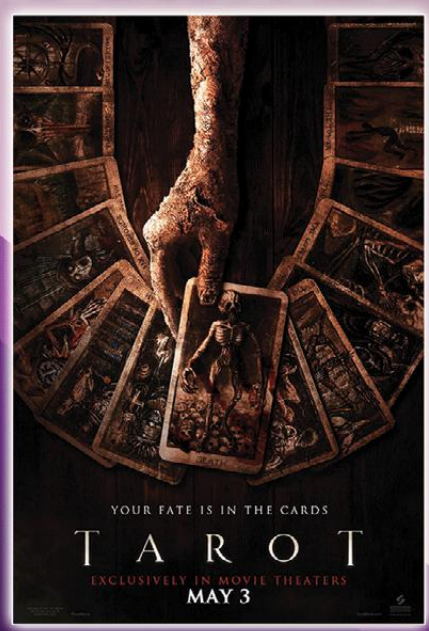
The life of Jeanne Bécu who was born as the illegitimate daughter of an impoverished seamstress in 1743 and went on to rise through the Court of Louis XV to become his last official mistress. CV

Mary Pickford Theatre is D'PLACE

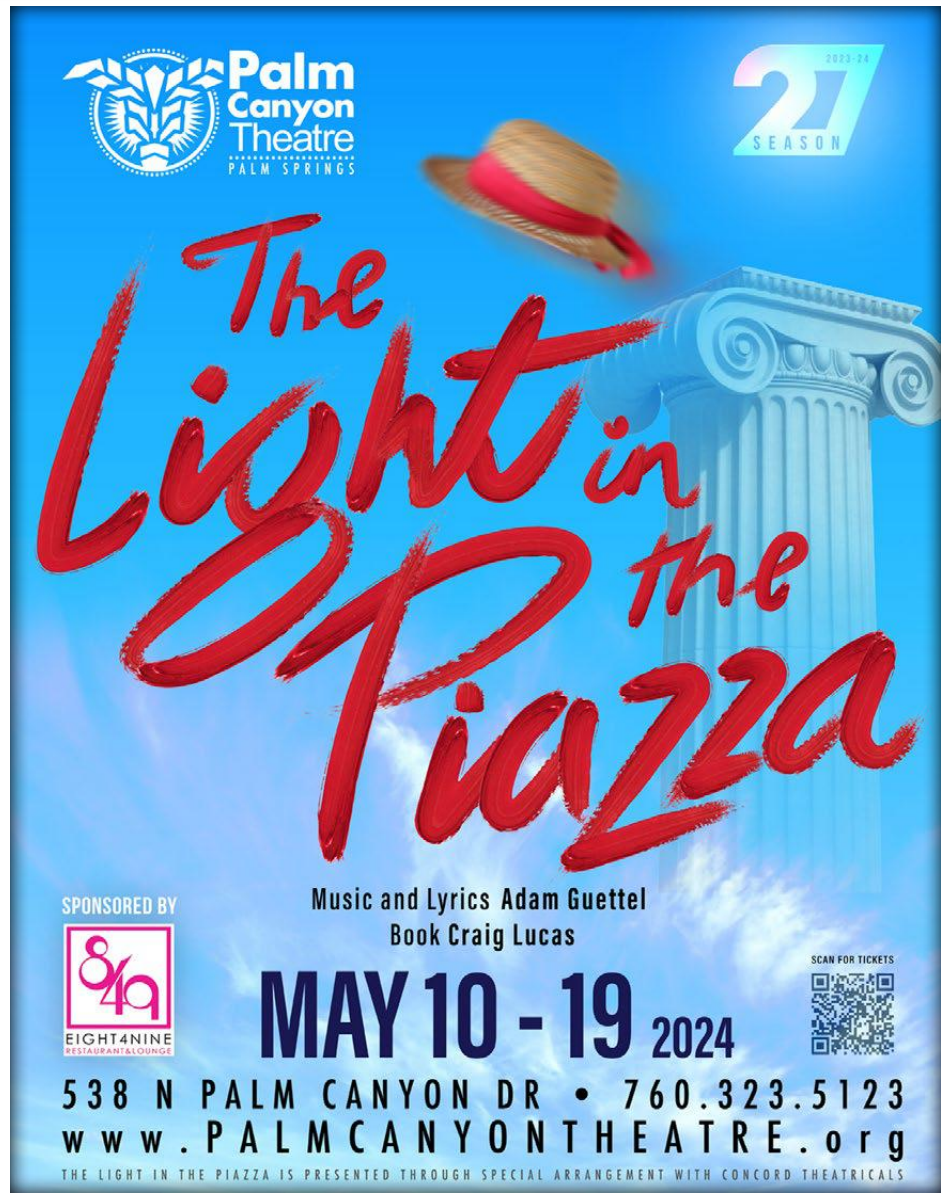
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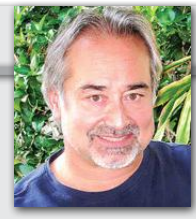


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THE VINO VOICE

BY RICK RIOZZA



CAMERON DIAZ DOES AVALINE

Celebrities making wine is fairly commonplace these days. And generally, if you adore the celebrity, you'll probably at least like the wine or possibly simply adore it. And no celeb is really producing a poor or bad wine—so it sounds like a win(e)-win(e) situation for the big-name personality.

But getting a niche or stronghold on a particular aspect of the wine game—*that* is the play! And **Cameron Diaz** does it! Her wine company, **Avaline**, launched in July of 2020, and in two years had already achieved over $20 million in sales revenue. And the numbers keep launching skyward.

And have we mentioned yet the "niche" that Diaz has done: ***Organic Wine—***which is one of the few major trends in the wine community that continues to grow.

Already, Avaline is the 2nd most popular organic wine brand in U.S. retail, and number one in the organic ultra-premium price segment ($14 - $19.99). They started with a launch of 25,000 cases, and today are selling close to 200,000 cases per year, growing 97% in sales revenue after a year in retail.

We recently found this blurb on the Web: "When serial entrepreneur, Katherine Power, co-founder of Who What Wear—spin-off line of street style-inspired fashion, met Hollywood star and author, Cameron Diaz, they discovered they had something in common – a love of good wine. At the same time, they also learned they had a common frustration – the lack of transparency on wine labels.

"With current TTB regulations not requiring alcoholic beverages in the U.S. to include ingredient or nutrition labeling, they decided to take action and create a new wine brand that did provide customers with this knowledge. Thus, the introduction of Avaline wines – the first 100% organically farmed wine with no additives, and clear transparency by listing ingredients and nutritional information on the front and back labels.

"They found a hole in the market that consumers wanted filled," said ***Avaline President***, ***Jen Purcell.*** "Their vision has paid off, because since." Purcell joined the company as CFO in May 2020 and was later named President in April 2022. "The key to our success is a strong focus on our consumer: engaging them with digital content, delivering relevant retail programming, and adding of their favorite varietals. Through this we've been able to drive rapid yet smart growth in our retail and digital business.

Purcell continued: "Our customer base is also expanding from age 24 to the mid-50s and even older. Some customers tell us 'My millennial daughter showed me the wine. Now it's my favorite wine.'"

None of our still wines contain sugar, however— we use cane sugar to make our sparkling wines, and only enough to create the bubbles. By the time our sparkling wines are ready to sip, **each serving contains less than 1g of sugar**. 1g of sugar, vegan free of unwanted additives, created for discerning drinkers (and friends) in mind.

In each bottle of Avaline you'll find **100% organically-farmed grapes**. Delicious wine starts in the vineyard, which is why we work with talented producers who rely on nature to grow healthy fruit, free from synthetic herbicides and pesticides. Our wines are vegan and free of unwanted additives, created for discerning drinkers (and friends) in mind.

Sustainability is their priority—**they dry-farm their grapes**, which cuts back on water consumption, and 70% of their electricity usage is offset through solar panels, electric forklifts and charging stations.



She added that they would like to source more wine from the U.S., but that it isn't always easy to find wine made with organically farmed grapes at the quantity and price point they seek. "In the meantime, we still have very good relationships with our supplier wineries in Europe," she said. "Most are family owned wineries that have been making wine for generations. As we've grown, they have been even more willing to work with us."

Cameron and Katherine still travel to Europe once or twice a year to meet with their suppliers and taste the wines, and they feature each of their winery suppliers on their website. The co-founders are also still very involved in the brand through marketing and PR.

Alright—that's a lot of info on Avaline. Indeed, after reading this piece, you may consider yourself well-versed on the company and wine. But this is what we wine columnists do: alert our wine-loving readers to the new wines on the market.

Unfortunately, we've run out of time and space—both figuratively and literally. So, what we'll do is give Jen and/or Cameron a call and explain that we need a follow-up article on their Avaline portfolio. That we can delve deeper into the wine reviews for our readers with an additional article.

And here's some new additional news: The new **Avaline Chardonnay** has just been officially launched this past week. I did receive a bottle to review, but we'd like to take the time to discuss it. Indeed, we've tasted through six Avaline wines, and again, we'd like to take the time to adequately discuss them.

Further, Avaline just launched what they call the **Spirng Edit:** A curated collection which contains three bottles each of Avaline **White** (dry with a touch of citrus and a crisp, fresh finish), **Rosé** (light and fresh with notes of melon and zest) and **Sparkling Rosé** (effervescent with berry notes).

Each of these crisp, fresh sips pairs perfectly with lighter meals and longer, brighter days. Whether it's an organized ***Mother's Day brunch***, or an impromptu dinner al fresco with neighbors, these light seasonal sips will elevate any special spring occasion. If you like what you see, go to **drinkavaline.com/products/the-spring-edit-1**.

By the way—we just opened the **Avaline Sparkling Rosé**, which is an Extra Brut Spanish Cava—and everyone at our tasting table found it delightful: So tasty, so light, with notes of peaches, berries, and stone fruit. *Stay tuned!!* ***Cheers!*** CV

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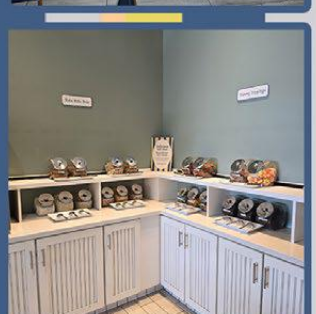
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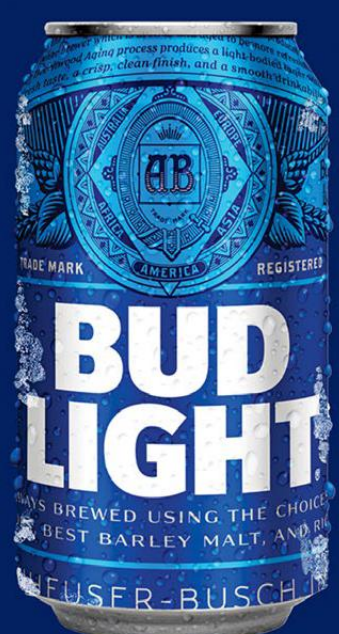
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PET PLACE — PET RETENTION IDEAS DURING THE SHELTER CRISIS







BY JANET McAFEE

The precious dog pictured here named Cesar was adopted as a young puppy (then named Nico) and then returned 7 years later to our local Riverside County shelter, the Coachella Valley Animal Campus. We do not know the reason why this lovely Lab mix was relinquished, but we know his heart must have broken when he was brought to a shelter. He has no behavior or medical issues listed. Some people are in serious situations, including eviction, homelessness, or very serious illness. Some are uncaring and give up on their pets for trivial reasons. Some would prefer to keep their pets but need help with dog behavior issues or with finding a low-cost veterinarian in these times of shortage.

I staff the phones at Loving All Animals private animal shelter in Coachella. We are sometimes confused by callers with the Riverside County Coachella Valley Animal Campus. The calls became noticeably more desperate and sad for the animals in 2023. This year shows no relief for homeless animals and animals soon to lose their homes. The Coachella Valley has a lot of seniors and most of them have no plan for their pets should they become permanently unable to care for them or pass away. Some just assume "my kids will take them."

Here is phone call that came into LAA. "I'm in town for my mother's funeral. She left behind 3 cats and several dogs. Can you come and get them now? I'm leaving for the flight home in about 2 hours." No matter what your age, make a plan for your beloved pets. Ask friends and family members if they can take one of your pets and put some funds to cover their vet care in a pet trust. Maintain contact with them in case their situation changes. They might later marry someone who is allergic to cats and dogs.

Here is another call. "Can you take my dog? I'm 64 years old, my husband passed away and I've got a sweet 8-yr-old Spaniel named Benji. I met a wonderful man last month and he's making travel plans for us. He's not much of a dog person." Sometimes it's hard to be polite to some callers, but we rescuers are here for the animals. We do everything we can think of, and in years past when there were lots of foster's we would place Benji with people who deserve him. I refrain from telling her that dating is not what it was when she was 20 and Mr. Wonderful will probably be history after the first vacation.

You may have seen recent local news reports on KESQ and KMIR about the crisis of overpopulation in our public shelters. Shelters in many states and communities are simply out of kennel space and foster homes. Other columns covered the many reasons for this including the high cost and lack of available veterinary services for spaying and neutering. (Animal Action League is very low-cost vet mobile vet program and can be reached at 760-366-1100 for spay & neuter appointments). **HERE IS A LIST OF THINGS TO DO IF YOU ARE STRUGGLING TO KEEP YOUR BELOVED DOG OR CAT:**

BEHAVIOR ISSUES IN DOGS – This is one reason why some owners seek to relinquish or rehome a dog. House training issues can occur when one returns to work full time. It may bark loudly causing issues with neighbors and the HOA. It may be leash aggressive during neighborhood walks. It may constantly run away causing multiple trips to retrieve it from the county shelter. There is lots of free dog training assistance available online. Lower cost dog training classes are offered at Petco and PetSmart. Getting your dog spayed or neutered will reduce their aggression and limit the distance that unneutered males travel when escaping. Valerie Masi with Best Paw Forward is an expert local trainer who can help with a myriad of issues. Contact Valerie at (760) 885-9450.

LANDLORDS AND PETS – Many pet owners feel helpless when their landlord suddenly announces you can no longer have your beloved pet on the property. Just today I had a call from a young couple with a Doberman dog they were previously allowed to keep notified by the new property manager there is a new breed restriction. They were verbally told they had 3 days to relocate their pet. Tenants have considerable rights in California, and I referred them to an animal rights attorney especially considering they received no written notice. Big dogs are very difficult to place right now in the Coachella Valley. I referred them to the Doberman Rescue located in Southern California but warned that they are getting many calls.

LANDLORDS AND CATS – You may have more room to negotiate to have a cat since they don't bark, and they don't require walks. If you are a good tenant don't hesitate to negotiate. If they are concerned about cats clawing the carpet you can get little booties for them. I once had 2 cats in an apartment building that didn't allow them many years ago. I simply prevented them from sitting on the window ledges and no one knew they were there. Do this at your own risk. Adult cats are very hard to rehome.

ECONOMIC PROBLEMS – The cost of pet ownership has increased considerably in the past few years. The cost of pet food increased 35 percent in 2023. Did you know that food banks and senior centers usually carry free pet food? The Palm Springs Animal Shelter operates a wonderful pet food bank to help owners keep pets in their homes. Higher veterinary costs in the Coachella Valley make for heartbreaking decisions if your pet has serious medical issues. Some people travel to Los Angeles County and Mexico for more affordable care. Others make appointments in nearby Grand Terrace and Upland. Email me for specific suggestions.

HEALTH & AGING PROBLEMS – Our region has many older seniors and others with physical limitations making it difficult to care for an animal. You can hire a local teenager at less cost than a professional dog walker. Don't hesitate to reach out to a good friend for help with cleaning cat boxes or administering medications. Most would be more than happy to keep Fido and Fluffy happy. Everyone needs to have a plan of who will take your animal should you enter assisted living or pass away. A pet trust written by an attorney is highly recommended. Some people pass away leaving frightened animals alone in the house.

LONG WORK HOURS – Calls come in from people concerned and sometimes guilty that pets don't get enough attention because they work full time. There is a private animal rescue group based in San Diego that is reluctant to adopt one of their animals to people with full time outside employment. Yes, animals are thrilled when we are at home, but they also sleep away most of the day. There are also options of doggie day care and a quick trip home at lunch. A trusted neighbor might be delighted and to take your dog for a walk. All options are better than being in a crowded public shelter where your pet may catch an illness or not get adopted.

Someone reading this might be interested in adopting handsome 7-yr-old Cesar at the Coachella Valley Animal Campus. Drop by to meet dog ID#A 1394310 at 72-050 Pet Land Place in Thousand Palms, open 10am to 4pm Monday through Saturday. Ask staff to take him to a private visiting area.

Your pet is an important part of your life. To him you are his whole life while he waits for you to come home as soon as you leave.

Thanks to Cheryl Honts for photos!

Janetmcafee8@gmail.com CV

MEET LESTER

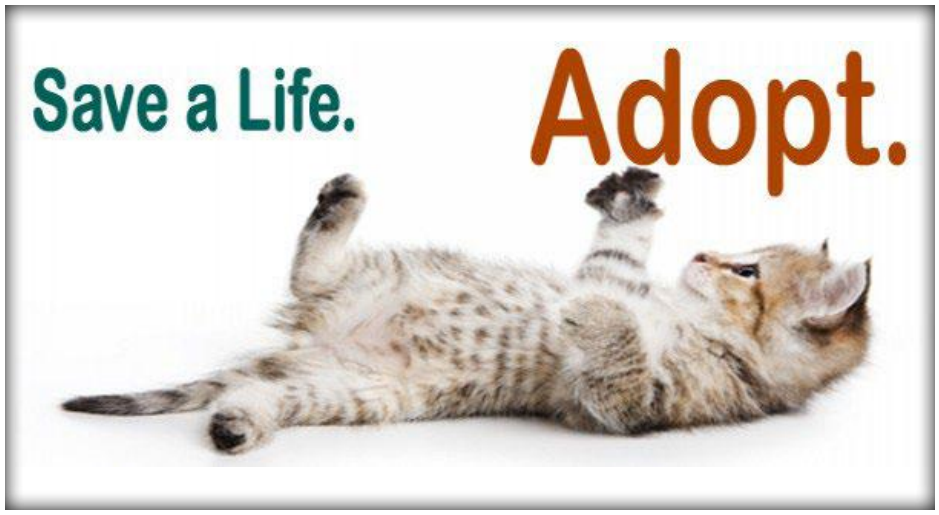
I'm a gorgeous blend of German Shepherd & Husky, just 1-yr-old and still full of puppy fun! I'm 60-lbs of doggie love. Come meet me at the Coachella Valley Animal Campus, 72-050 Pet Land Place, Thousand Palms, open 10am to 4pm Monday through Saturday. Ask to take dog ID#A1721762 to one of the large outdoor visiting areas where we can get acquainted. www.rcdas.org



MEET SCARLET

I'm a gorgeous female Siberian Husky waiting for a fabulous home! I'm only 1-yr-old, 60-lbs of doggie love, and very smart. Meet me the Coachella Valley Animal Campus, 72-050 Pet Land Place, Thousand Palms, open 10am to 4pm Mon through Sat. Ask to meet dog ID#A1784511 in a private visiting area and I might give you a welcome kiss. www.rcdas.org





Here is a partial list of animal shelters & rescues:

COACHELLA VALLEY ANIMAL CAMPUS – Open 10:00-4:00 Monday through Saturday. View animals online at all 4 county shelters www.rcdas.org, 72-050 Pet Land Place, Thousand Palms, Call (760) 343-3644. (Public)

PALM SPRINGS ANIMAL SHELTER – Open to the public, closed Tuesday. View animals online at www.psanimalsshelter.org and complete application for the one you want to meet, 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 for appointment (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)

CALIFORNIA PAWS RESCUE - Call for an appointment to adopt. Located at 73650 Dinah Shore, Palm Desert. View their animals at www.californiapawsrescue.com, (760) 656-3833. (Private)

HUMANE SOCIETY OF THE COACHELLA VALLEY – Fill out an application online www.orphanpet.com and call for an appointment. This shelter has dogs of all sizes and cats, Located at 17825 N. Indian Canyon, Palm Springs, (760) 329-0203. (Private)

KITTYLAND – Open to the public to adopt cats and kittens. Located at 67600 18th Avenue, Desert Hot Springs, www.kittylandrescue.org, (760) 251-2700. (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 Ave 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)

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

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

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

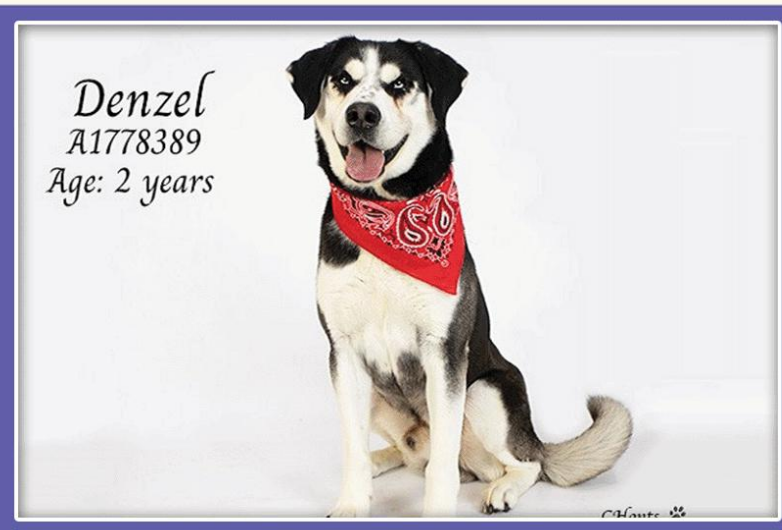
CITY OF BANNING ANIMAL SHELTER – Open daily 10am-6pm. Located at 2050 E. Charles Street, Banning. Many beautiful animals of all sizes. View animals at www.arerecue.org/banning. (951) 708-1280 Short staffed so don't always answer phones. (public)

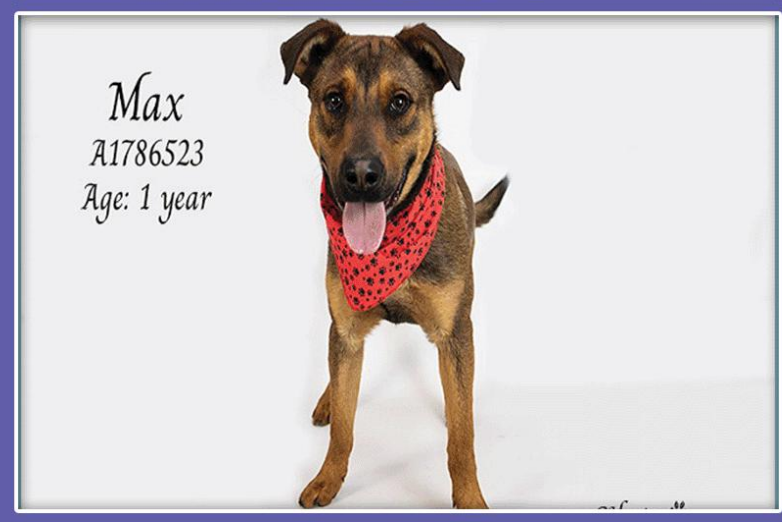
CITY OF SAN BERNARDINO ANIMAL SHELTER – Open 12:00 – 3pm Tues through Sat. Google "City of San Bernardino Animal Shelter" for website to view animals and get the ID number of the animal you want. Located at 333 Chandler Place, San Bernardino, (909) 384-1304 or (909) 384-7272. (Public)

SAN BERNARDINO COUNTY ANIMAL SHELTER AT DEVORE – Open 7 days a week. Call (909) 386-9280, www.sbcounty.gov/acc and get the ID number of animal you are interested in adopting, 19777 Shelter Way, San Bernardino (Public). CV

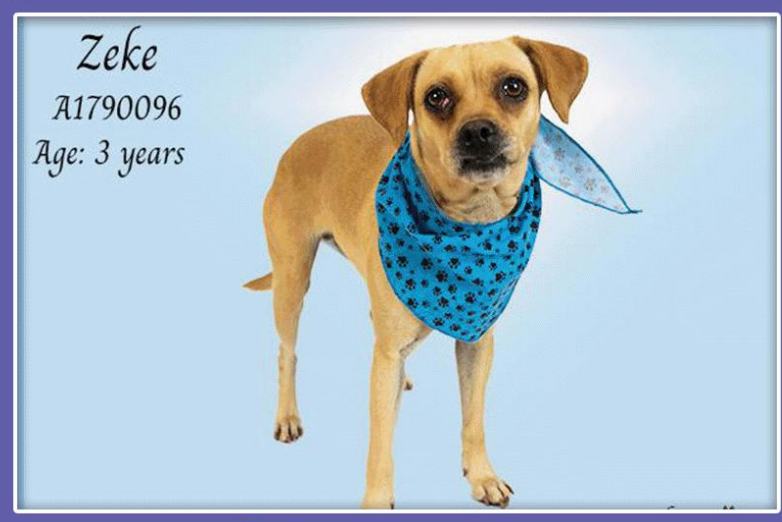


These friendly dogs are at the Coachella Valley Animal Campus waiting for homes. Come meet them at 72-050 Petland Place, Thousand Palms, and www.rcdas.org for more info.









RIVERSIDE COUNTY DEPARTMENT OF ANIMAL SERVICES

THE HIDDEN TAX

HADDON LIBBY



BY HADDON LIBBY

The FBI reports that a violent crime happens in the United States every 25 seconds. Property crimes happen every 4 seconds with a burglary every 23 seconds and a car stolen every 41 seconds. A rape happens every 4 minutes with a murder every 30 minutes.

According to Crimegrade.org, a crime occurs every 10 seconds in California. Force ranked against other states, California is in the 14th percentile in terms of safety. This means that 86% of the country is safer than the Golden State. This means that 78 of every 1,000 Californians will experience some form of crime in a year.

The most common crime in California is theft with 28 out of every 1,000 people experiencing one each year. Four in 1,000 have a car stolen while 5 in 1,000 have their homes broken into. Violent crimes equal 7.5 per 1,000 people with assault and robbery being the bulk of violent crimes. Roughly 1 in 2,000 Californias are raped, 1 in 3,000 are kidnapped and 1 in 20,000 murdered.

Of cities with at least 300,000 residents, Honolulu is the safest city. Some of the other safe cities include Virginia Beach, Henderson NV, El Paso, New York City, San Diego, Mesa, Charlotte, San Jose and Boston. Santa Ana ranked 13th.

If we look at cities with populations under 100,000, the safest is Naperville, Illinois. Sunnyvale, West Covina, Carmen IN, Glendale AZ, Meridian ID, Provo UT, Joliet IL, Jurupa Valley CA and Sugar Land TX round out the ten safest. El Monte, Rancho Cucamonga and Glendale in California all made the top 15.



The most dangerous city in the United States is St. Louis Missouri. On average, crime costs $8,457 per year per person in that city. Some of the other unsafe cities are Birmingham, Baltimore, Memphis, Detroit, Cleveland, New Orleans, Shreveport, Baton Rouge, Little Rock and Oakland, California.

While Honolulu may be the safest city, the cost of crime is lowest in Thousand Oaks at just $241 per person. Rounding out the top 5 are Fishers IN ($296), Pembroke Pines FL ($322), Pearland TX ($328) and Gilbert AZ ($356). Irvine is 6th at $364 with Simi Valley in 9th with $404, Elk Grove at $427 and Temecula at $461.

Looking at larger cities, Irvine is the safest in the US with a crime cost of $364 followed by Henderson NV ($673), Virginia Beach ($773), Honolulu ($832), El Paso ($983) and San Diego ($1,206).

When we look at the cost of crime, Birmingham, Alabama has the highest cost at $11,392 per person in that city. New Orleans and St. Louis are close at $11,094 and $11,055, respectively. In California, Oakland has the highest cost of crime at $5,710 followed closely by San Bernardino at $5,691.

Oakland also holds the distinction of being the worst city to drive in. Car insurance averages $3,680/year due to rampant theft rates. The city has one of the highest average gas prices in the nation along with the slowest commute times. In the downtown area, average speeds are 12 mph.

Looking at a safe place like Thousand Oaks, the cost of crime equals $30 million annually. Crime in Irvine costs $113 million with Simi Valley at $51 million, Elk Grove at $77 million and Temecula at $51.5 million.

Criminal activity is far too high in this country. While our police departments do their best to maintain law and order, many are hamstrung by District Attorney offices that are understaffed for the sheer number of crimes going on. As a result, many criminal cases are dismissed.

Crime is a hidden tax on all of us that must be addressed.

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

WINSLOW DRAKE
INVESTMENT MANAGEMENT

HOLD UP STAGECOACH VICTIM?

DALE GRIBOW ON THE LAW

LEGAL REPRESENTATION OF THE INJURED & CRIMINALLY ACCUSED



HOLDUP is defined as Postpone, Delay, Detain, Frustrate, A Situation That Causes Delay, Trouble, Traffic Jam, Bottleneck, Gridlock, Congestion and Waiting Period. If you attended Stagecoach or Coachella in 2024 you probably experienced all of these, from the congested 10 Freeway gridlock, to the parking frustration and dealing with the wind, blowing sand and Bands that were late getting on stage.

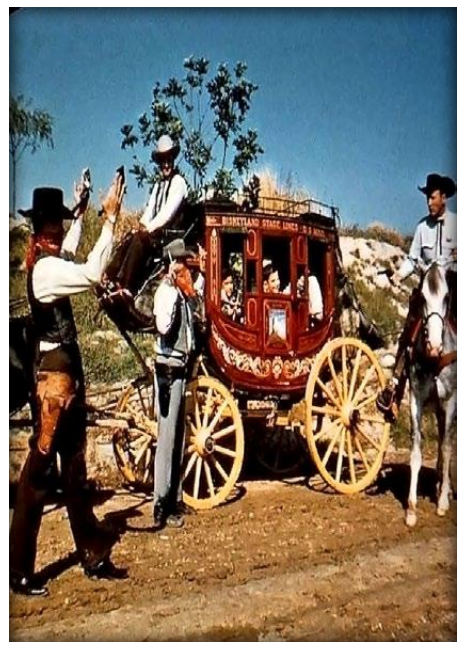
Of course, with Stagecoach comes guests arrested for Possession, False ID, Underage Drinking etc. During the first weekend of Coachella someone was arrested for being in possession of 100 "lost cell" phones. Of course, the most common arrest is DUI's. That coupled with unfortunate Accidents, can make what should have been a memorable weekend, memorable for the wrong reason.

Whether you are dealing with the need for an Accident or PI lawyer, you should always retain a Local Lawyer. Going home and retaining a lawyer from LA, Orange County or Northern California is always a bad idea. There are a few potential reasons why you might want to hire a local lawyer to handle your PI/DUI case:

1. Familiarity with local laws and courts: A local lawyer will be familiar with the laws and court procedures, which could be beneficial in your case.

2. Convenience: Hiring a local lawyer will likely be more convenient for locals. It is easier to request and receiving permission to appear on behalf of the client on local misdemeanors.

3. Established reputation: A local lawyer who has been practicing in the area for a while may have an established reputation within the legal community, which could be helpful in negotiations or in court. On most cases you do not need the best trial lawyer in the greater Palm Springs community, but rather a lawyer with contacts.



4. Personalized attention: A local lawyer may be able to give you personalized attention and focus on your case, as they are not juggling a large number of cases in various locations.

Ultimately, the most important factor when hiring a PI/DUI lawyer, is finding someone who has the experience and expertise to effectively represent you and achieve the best possible outcome in your case.

There are a few potential defenses that might be used in a DUI case, depending on the specific circumstances of the case. Some common **defenses** to a DUI charge include:

1. Lack of probable cause: If the officer did not have a valid reason for stopping your vehicle (e.g. speeding, swerving, etc.), any evidence obtained as a result of the stop may be deemed inadmissible in court.

2. Improper administration of field sobriety tests: Field sobriety tests, (which are optional), can be subjective and may be administered improperly or evaluated unfairly. An attorney may be able to challenge the results of these tests.

3. Malfunctioning or improperly calibrated breathalyzer: If the breathalyzer used to test your blood alcohol content was not functioning properly, or was not calibrated correctly, the results of the test may be called into question.

4. Medications or medical conditions: If you were taking medications or had a medical condition that could have affected your ability to drive safely, this could be used as a defense.

5. Illegal search and seizure: If the police violated your Fourth Amendment rights by searching your vehicle or seizing evidence without probable cause, this could be used as a defense.

It is important to note that each DUI case is unique, and the best defense will depend on the specific circumstances of the case. An experienced DUI attorney will be able to review the facts of your case and advise you on the best defense strategy.

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Upon advice of my attorney, Dale Gribow, I exercise my right to **remain silent** until you contact him at (760) 837-7500 or dale@dalegribowlaw.com for an OK.

My attorney has advised me the **VOLUNTARY** FIELD SOBRIETY (FST) AND BREATH TEST, at the scene, are **OPTIONAL** (unless one is on probation). Thus I elect not to take them. I want to cooperate and am happy to take a BLOOD TEST.

DALE GRIBOW is a "Boutique Concierge" PI/DUI firm with 25+ TOP LAWYER awards, 9 Man of the Year recognitions, 4 Dale Gribow Days, and awarded "Mr. Charity". He has represented the CV's seriously injured and criminally accused for 30 years. The limited caseload allows calls to be answered and returned the "Old Fashioned" way…by Dale. "Whether I accept your case or not, if you take the time to call, I will personally direct you." CV

HOW TO CONVINCE SOMEONE TO GET HELP FOR THEIR MENTAL HEALTH

HEALTH

BY STAN POPOVICH



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

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

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

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

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

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

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

5. Find someone who understands: Try to find someone who used to struggle with their mental health for their advice. For example, a person who used drugs and alcohol in the past could use their past experiences and insights to convince the individual to seek treatment. A person who used to struggle with addiction or their mental health may be better able to relate to the person who is struggling.

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

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

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

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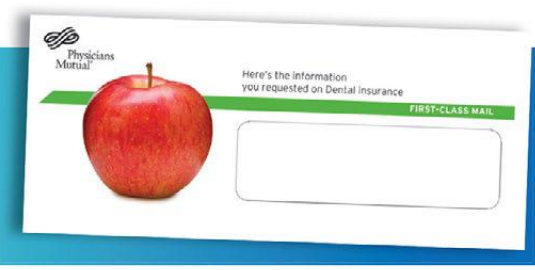
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HEALTH

BY MICHELLE BORTHWICK



IS CARB ADDICTION REAL?

Ever wonder why carbs are so addictive? It has to do with chemicals that travel from the stomach to the part of the brain where you produce dopamine, a hormone and neurotransmitter that affects the brain's pleasure and reward centers. Once these areas of the brain are stimulated, you'll keep wanting more of the addictive substance, whether it's alcohol, drugs or carbs.

Too many refined carbs are simply toxic for your body. They're often responsible for visceral fat, the dangerous fat you can carry around your middle that inhibits your body's ability to make insulin, which makes you more prone to diabetes. Carbs also increase your risk for cardiovascular disease and even cancer.

The building blocks of everything that is good in this world and that we crave is muffins, croissants, cakes, cookies, pies, tortilla chips, pizza, pasta, breads … all carbs. All amazing! It's easy to be addicted. It's everywhere.

So, we know most of this right. It's becoming common knowledge that too many carbs do not really work for optimal health. So why is it so hard to lay off the carbs? Why aren't more people cutting back on carbs? Well quite frankly it's because carbohydrates are so addictive, and the cravings are real.

So, if we are carb addicted is the decision to swap out the daily breakfast bagel with some eggs and avocado easier said than done, due to the incredibly potent addictive cravings like those of an alcoholic or a drug addict? The answer is yes!

So, here's a new perspective. We often associate overeating with a simple lack of discipline. Why can't someone just eat less carbs—as if it were that simple? Would you put an alcoholic in a room full of booze and then judge them harshly for opening a bottle? There is an understanding that some addictions are difficult to break and require more than just willpower alone. Are carb cravings any different?

It's complicated. Overeating carbs is much less dangerous in the short term (but definitely not in the long term) than some other addictive vices. We've all had major carb benders and survived. The problem with refined sugars and carbs is that every single eatery or supermarket is basically the Vegas of sugar. How do you realistically avoid a temptation that is seemingly everywhere? You can't avoid it. We live in a carb-laden world.

So, do we throw our hands up in the air and give in to carb cravings? I wouldn't recommend it.

There are Solutions… Start Paying Attention to Carbs.

Start taking a realistic look at your carb consumption so you have an idea how many carbs a day you are eating. Track your carbs there are many great apps for this. Then step it down until you reach about 75 grams of carbs a day with a final goal to 50. (The average American has between 200-300 grams of carbs per day or more). The scale will start going in the right direction and that puffy feeling will go away just by cutting carbs. It's that simple.

You also want to keep in mind that all carbs are not the same. You may not want to avoid carbs altogether but at least avoid anything that is heavily processed. Refined carbs will be far more addictive, as they cause



higher spikes and corresponding steeper drops in blood sugar and are less nutrient dense—two key factors that make food more addictive. Get your carbs from veggies and nutrient dense foods.

For those of you reading this… it can stop NOW. We all have a limit where we know we are done!

Remove artificial sweeteners and sugar: Remove aspartame, maltodextrin, dextrose or sucralose. These are common in low-carb or diet foods. They react in our body the same as sugar and contribute to our weight gain. Start using sweeteners that don't raise your glycemic index such as monk fruit, stevia and erythritol.

Read Labels: Start reading all your labels to look for hidden sugars and carb count.

Stop the mindless eating: I challenge you to identify your mindless and stress eating that is contributing to your weight gain and adding in too many carbs.

Have patience with yourself. We didn't get where we are overnight, and it takes time to make changes. Enjoy the process (both the setbacks and the successes) and celebrate every step in the direction of your commitment to cutting carbs.

Make sure you are getting enough sleep. Studies show that increased sleep helps decrease the levels of ghrelin in your body, which is the hormone responsible for making you feel hungry and crave those yummy carbs for increased energy.

You may also want to give Keto a try. While there isn't a dietary approach that works for everyone, adopting a low carb/high fat, or Ketogenic, diet can help regulate hunger hormones (you won't be hungry), you'll have more energy, lose weight and the foods are delicious. If I can help you with Keto or a low-carb lifestyle and you'd like a free consult please book it on my web at ketoiseasycoach.com. We'll talk about all things carbs, keto and I can help you make an action plan to start cutting carbs.

About Michelle:

Michelle Borthwick, known more widely as Michelle Keto, is the foremost expert in living the Keto lifestyle and the go-to coach for Keto women. She loves the CA lifestyle and spends time between San Diego and Palm Springs, CA. Her 1:1 coaching, and group programs have helped hundreds of women from 25 states and 4 countries lose over 7,500 pounds while eating foods they love. This foodie's motto, and business name, is "Keto is Easy" and she's one of the only Keto leaders who promotes full customization for long term success. For a complimentary 30-minute coaching call please schedule at: ketoiseasycoach.com. CV









ROB BREZSNY'S freewill ASTROLOGY

WEEK OF MAY 2

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ARIES (March 21-April 19): The world's record for jumping rope in six inches of mud is held by an Aries. Are you surprised? I'm not. So is the world's record for consecutive wallops administered to a plastic inflatable punching doll. Other top accomplishments performed by Aries people: longest distance walking on one's hands; number of curse words uttered in two minutes; and most push-ups with three bulldogs sitting on one's back. As impressive as these feats are, I hope you will channel your drive for excellence in more constructive directions during the coming weeks. Astrologically speaking, you are primed to be a star wherever you focus your ambition on high-minded goals. Be as intense as you want to be while having maximum fun giving your best gifts.

TAURUS (April 20-May 20): I don't casually invoke the terms "marvels," "splendors," and "miracles." Though I am a mystic, I also place a high value on rational thinking and skeptical proof. If someone tells me a marvel, splendor, or miracle has occurred, I will thoroughly analyze the evidence. Having said that, though, I want you to know that during the coming weeks, marvels, splendors, and miracles are far more likely than usual to occur in your vicinity—even more so if you have faith that they will. I will make a similar prediction about magnificence, sublimity, and resplendence. They are headed your way. Are you ready for blessed excess? For best results, welcome them all generously and share them lavishly.

GEMINI (May 21-June 20): In accordance with astrological omens, I recommend you enjoy a celebratory purge sometime soon. You could call it a Cleansing Jubilee, or a Gleeful Festival of Purification, or a Jamboree of Cathartic Healing. This would be a fun holiday that lasted for at least a day and maybe as long as two weeks. During this liberating revel, you would discard anything associated with histories you want to stop repeating. You'd get rid of garbage and excess. You may even thrive by jettisoning perfectly good stuff that you no longer have any use for.

CANCER (June 21-July 22): Graduation day will soon arrive. Congrats, Cancerian! You have mostly excelled in navigating through a labyrinthine system that once upon a time discombobulated you. With panache and skill, you have wrangled chaos into submission and gathered a useful set of resources. So are you ready to welcome your big rewards? Prepared to collect your graduation presents? I hope so. Don't allow lingering fears of success to cheat you out of your well-deserved harvest. Don't let shyness prevent you from beaming like a champion in the winner's circle. PS: I encourage you to meditate on the likelihood that your new bounty will transform your life almost as much as did your struggle to earn it.

LEO (July 23-Aug. 22): Ritualist and author Sobonfu Somé was born in Burkina Faso but spent many years teaching around the world. According to her philosophy, we should periodically ask ourselves two questions: 1. "What masks have been imposed on us by our culture and loved ones?" 2. "What masks have we chosen for ourselves to wear?" According to my astrological projections, the coming months will be an excellent time for you to ruminate on these inquiries—and take action in response. Are you willing to remove your disguises to reveal the hidden or unappreciated beauty that lies beneath? Can you visualize how your life may change if you will intensify your devotion to expressing your deepest, most authentic self?

VIRGO (Aug. 23-Sept. 22): If human culture were organized according to my principles, there would be over eight billion religions—one for every person alive. Eight billion altars. Eight billion saviors. If anyone wanted to enlist priestesses, gurus, and other spiritual intermediaries to help them out in their worship, they would be encouraged. And we would all borrow beliefs and rituals from each other. There would be an extensive trade of clues and tricks about the art of achieving ecstatic union with the Great Mystery. I bring this up, Virgo, because the coming weeks will be an ideal time for you to craft your own personalized and idiosyncratic religious path.

LIBRA (Sept. 23-Oct. 22): Hidden agendas and simmering secrets will soon leak into view. Intimate mysteries will become even more intimate and more mysterious. Questions that have been half-suppressed will become pressing and productive. Can you handle this much intrigue, Libra? Are you willing to wander through the amazing maze of emotional teases to gather clues about the provocative riddles? I think you will have the poise and grace to do these things. If I'm right, you can expect deep revelations to appear and long-lost connections to re-emerge. Intriguing new connections are also possible. Be on high alert for subtle revelations and nuanced intuitions.

SCORPIO (Oct. 23-Nov. 21): It's fun and easy to love people for their magnificent qualities and the pleasure you feel when they're nice to you. What's more challenging is to love the way they disappoint you. Now pause a moment and make sure you register what I just said. I didn't assert that you should love them *even if* they disappoint you. Rather, I invited you to love them BECAUSE they disappoint you. In other words, use your disappointment to expand your understanding of who they really are, and thereby develop a more inclusive and realistic love for them. Regard your disappointment as an opportunity to deepen your compassion—and as a motivation to become wiser and more patient. (PS: In general, now is a time when so-called "negative" feelings can lead to creative breakthroughs and a deepening of love.)

SAGITTARIUS (Nov. 22-Dec. 21): I assure you that you don't need "allies" who encourage you to indulge in delusions or excesses. Nor do I recommend that you seek counsel from people who think you're perfect. But you could benefit from colleagues who offer you judicious feedback. Do you know any respectful and perceptive observers who can provide advice about possible course corrections you could make? If not, I will fill the role as best as I can. Here's one suggestion: Consider phasing out a mild pleasure and a small goal so you can better pursue an extra fine pleasure and a major goal.

CAPRICORN (Dec. 22-Jan. 19): I invite you to take an inventory of what gives you pleasure, bliss, and rapture. It's an excellent time to identify the thrills that you love most. When you have made a master list of the fun and games that enhance your intelligence and drive you half-wild with joy, devise a master plan to ensure you will experience them as much as you need to—not just in the coming weeks, but forever. As you do, experiment with this theory: By stimulating delight and glee, you boost your physical, emotional, and spiritual health.

AQUARIUS (Jan. 20-Feb. 18): Aquarian author Lewis Carroll said, "You know what the issue is with this world? Everyone wants some magical solution to their problem, and everyone refuses to believe in magic." In my astrological opinion, this won't be an operative theme for you in the coming weeks, Aquarius. I suspect you will be inclined to believe fervently in magic, which will ensure that you attract and create a magical solution to at least one of your problems—and probably more.

PISCES (Feb. 19-March 20): Which would you prefer in the coming weeks: lots of itches, prickles, twitches, and stings? Or, instead, lots of tingles, quivers, shimmers, and soothings? To ensure the latter types of experiences predominate, all you need to do is cultivate moods of surrender, relaxation, welcome, and forgiveness. You will be plagued with the aggravating sensations only if you resist, hinder, impede, and engage in combat. Your assignment is to explore new frontiers of elegant and graceful receptivity.

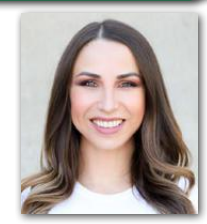
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LET'S TALK ABOUT THE "ALL OR NOTHING" MENTALITY WHEN IT COMES DOWN TO EATING "HEALTHY"

SEND ME A TRAINER





BY COACH NADIA POPOVA

When trying to start eating healthy to get healthier and more fit, lose fat, or build muscle, it's easy to fall into the trap of all-or-nothing thinking.

Such a mindset inevitably leads to disappointments, feelings of guilt, and frustration when you veer off the course.

To succeed in your wellness and fitness journey, you should accept that there is no such thing as "perfect nutrition" and live guilt-free while aiming to make healthy choices most of the time.

Of course, it's easier said than done, but I have a few tips for you:

1. Stop labeling food: You should stop dividing food into "good" or "bad". In my opinion, it is possible to fit all foods into a healthy diet if you eat them in moderation. Completely eliminating treats, you are more likely to have cravings leading to unplanned cheat meals and binge eating. Without strict restrictions, you'll be less likely to feel deprived and more likely to stick to your healthy eating plan in the long run.

2. Practice Self-Compassion: There is no point in guilt-tripping yourself over occasional slip-ups. One or two "unhealthy" meals or snacks a week won't derail your progress and beating yourself up will only spoil your attitude towards your fitness journey. Treat yourself as you would treat your friend - with compassion.

3. Listen to what your body says: Be attentive to your body cues. It will tell you when it's hungry, when full. These signals will help you identify real hunger from boredom hunger and stay on track without too much effort.

4. Make most of your meals dense in nutrients: To feel full and have energy for longer, aim to make your meals full with nutrient-dense foods, i.e. lean protein-rich foods such as chicken breasts, Greek yogurt, etc., fiber-rich foods such as vegetables, fruits, complex carbs such as whole grains, etc.

5. Plan and prep: When you have your meals planned or even prepped for a week, you are much more likely to make healthy choices for most of the time as tiredness and any unexpected plan changes won't interfere with healthy food cooking.

I hope these tips will help you eat healthy without guilt when you indulge yourself with your favorite treats and make healthy choices easier.

Remember that healthy living isn't about perfection, it's about moderation and it's a lifelong process rather than a competition.

If you need help with being accountable to a Coach, Team SMAT is here to help!

Schedule your Free Consultation by texting or calling (760)880-9904.

We are looking forward to hearing from you! CV



HOW TO OPTIMIZE CBD FOR PAIN RELIEF

CANNABIS CORNER



BY RUTH HILL R.N.

By Billee Sharp

Cannabis has been a prescribed treatment for migraines, digestive disorders, menstrual cramps, and more for thousands of years. In China, the very first mention of cannabis for pain relief dates back to 2500 BC, when it was combined with Datura a strong narcotic plant, for chronic pain, during surgery and surgical recovery. Today medical cannabis follows in the footsteps of these ancient traditions, with the added benefit of science decoding just how cannabinoids work in the human body.

A recent Forbes Health survey, conducted by OnePoll, looked at Cannabidiol (CBD) usage in a study of 2000 randomized US citizens aged between 18-85 years. CBD for pain relief was cited by 60% of the participants, just behind the 62% citing stress reduction.

Both CBD and tetrahydrocannabinol (THC), in a 1:1 ratio, are in many cannabis medications. The rationale is that THC works for pain relief and CBD works on reducing inflammation, which also alleviates pain. There hasn't been a great deal of research into precisely how CBD helps alleviate chronic and unmanageable pain, but that is about to change as 50 research studies into CBD for pain relief are currently registered at clinicaltrials.gov.

This new interest in CBD for pain follows the widespread anecdotal successes of patients treating chronic symptoms and being able to reduce their intake of opiate pain-killers and many other pharmaceuticals.



As a provider of cannabis medicine, Synergy Wellness, has had a bird's eye perspective of this. Beginning 5 or so years ago, when providers such as Kaiser began to refuse chronic pain patients their legitimate pain relief prescriptions, there were few options for these patients.

Though a cruel travesty at the time, many were able to transition, using THC as the bridge, to a combination therapy of THC:CBD or CBD alone. It was an amazing and healthful transformation. Sadly, the team efforts of willing patients, knowledgeable doctor's and medically curated product providers is a rare find. Synergy Wellness is glad to continue sharing what they know and have learned from this honorable experience and hope more people will discover this potentially healthier & happier option to opioids.

Acute vs Chronic

While opioid painkillers are effective for acute pain and trauma, they do have significant side-effects, atop chronic constipation, foggy thinking and a sometimes, dangerous loss of coordination. There is a significant addiction risk when opioids are prescribed for long-term conditions. Since endocannabinoid receptors act as opioid receptors the overlap of actions can be used as leverage in successfully weaning off opioids. Nabiximols [an oromucosal tincture with 2.7 mg THC and 2.5 mg CBD per spray] has also been shown to reduce pain and allodynia in neuropathic pain patients, with improvements maintained for an entire year.

As with all medicine, dosage is the key factor in successful treatment and protocol starting with low doses and titrating up will reveal the optimum dose for each individual. From chronic pain management, diabetic and chemotherapy-related neuropathy, IBS and gastrointestinal issues, arthritis and auto-immune pain syndromes, CBD has shown positive results.

The wonderful thing about CBD is that the side effects are all positive: when the human endocannabinoid system (ECS) is working efficiently, our healthy functioning improves as receptors activate, meditative actions flow through our bodies regulating and creating homeostatic balance.

Suggested Products from Synergy Wellness:

- Topicals 1:1 Synergy Salve, Super Strength Synergy Salve, Synergy Alcohol Roll-On
- Tinctures 24:1 CBD tincture 4:1 CBD:THC tincture
- Edibles CBD triple ginger cookies CBD chocolate cookies
- Vapes & Flower 24:1 4:1
- Raw Flower Capsules

Choosing the right delivery method for CBD pain relief is the first step and it is useful to have several different CBD medications to address pain as it arises. When preparing a molecule of active ingredient for absorption, what it is encased in (aka the inactive ingredient) is arguably as important as what the molecule is. If you use a compound that enhances absorption, then you're going to have a much more effective treatment. Sesame oil has a molecular size compatible with crossing the blood-brain barrier. Synergy Wellness and Healing Essence use sesame oil.

Send questions, comments to cannaangel16@gmail.com. CV


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