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WEEKLY

FEBRUARY 2-4, 2024



TASTE OF JALISCO FESTIVAL

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CATHEDRAL CITY TOWN SQUARE PARK & FESTIVAL LAWN



Passion 4 Pinot pg5

iViva Zarzuela! pg5

Michael Bolton pg7

Son Of The Velvet Rat pg8

Olive Crest pg12

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Publisher & Editor

Tracy Dietlin

Art Director

Robert Chance

Sales Team

Kirby, Kathy Bates, Raymond Bill

Club Crawler Nightlife Editor

Phil Lacombe

Head Music Writer

Esther Sanchez

Head Feature Writer

Crystal Harrell

Feature Writers

Lisa Morgan, Rich Henrich, Heidi Simmons

Noe Gutierrez, Tricia Witkower,

Marissa Willman

Writers/Contributors:

Eleni P. Austin, Janet McAfee, Haddon Libby,

Rick Riozza, Sam DiGiovanna, Dale Gribow,

Rob Breznsy, Craig Michaels, Dee Jae Cox,

Denise Ortuno Neil, Lynne Tucker,

Aimee Mosco, Ed Heethuis, Ruth Hill,

Madeline Zuckerman, Daniel Paris,

Michelle Borthwick, Nadia Popova,

Dennis Shelly, DeAnn Lubell

Photographers

Robert Chance, Laura Hunt Little,

Chris Miller, Esther Sanchez

Videographer

Kurt Schawacker

Website Editor

Bobby Taffolla

Distribution

Phil Lacombe, William Westley

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TASTE OF JALISCO FESTIVAL RETURNS TO CATHEDRAL CITY

BY CRYSTAL HARRELL



Celebrate the sights, sounds, and tastes of the state of Jalisco, Mexico at the 8th Annual Taste of Jalisco Festival on February 2 through 4 in downtown Cathedral City, presented by Agua Caliente Casinos. The weekend of fun includes a family-friendly carnival, artisan craft vendor market, tequila tasting competition, and daily entertainment.

Now in its eighth year, Taste of Jalisco Festival celebrates Cathedral City's Sister City relationship with the City of Tequila in the state of Jalisco, Mexico. The festival honors this relationship through music, fashion, culture, spirits, and cuisine. The Sister City relationship was first established in 1996 when the two cities entered into a formal Sister Cities agreement. Since then, exchanges between the Cities included art, culture, governmental best-practices, youth-focused educational opportunities, donation of firefighting equipment, and firefighter training, among others.

"The Taste of Jalisco Festival celebrates the sister city relationship between Tequila Mexico and Cathedral City formed over 25 years ago. There are hints of tradition while celebrating the focus on families and fun over three days. It is hard for me to pick just one



favorite aspect of the festival, but my kids' favorite part is tied between the carnival rides and the Lucha Libre Wrestling. Although my favorite part of the festival may be the food and tequila," said Steve Clayton, President of Soundskilz and executive producer for Taste of Jalisco Festival.

Festivities kick off Friday, February 2, beginning at 5 p.m. and feature the raising of the flags by Cathedral City Mayor Mark Carnavale, followed by live entertainment with Outlaw Mariachi, plus the opening of the artisan market and carnival. In addition to a giant Ferris wheel offering views of the entire city and surrounding area, the three-day carnival also will feature rides, amusements, and games for all ages, on the festival lawn in front of City Hall.

Attendees will enjoy assorted crafts from a variety of artisans, and a mix of gourmet food trucks. Those 21 and older can enjoy the tequila garden with the official tequila tasting competition taking place on Friday at 7 p.m. A highlight of the weekend will be live wrestling – Legends of Lucha Libre on Saturday and Sunday evenings, followed by popular tribute bands – Dreaming of You Selena, and Carlos Santana Savor the Band.

The festival headliners, Legends of Lucha Libre, take the stage at 6 p.m. on both Saturday and Sunday nights. Lucha Libre has played an important role in Mexican culture since the late 1950s. The sport became famous mainly due to its masked wrestlers, who incorporated their own family traditions, beliefs and fears into the design of their masks, transforming an ordinary person into a fearless character. Since the mid-1990s, Lucha Libre has become a global phenomenon with Lucha stars in every major wrestling company on the planet.

Neighboring Agua Caliente Casino Cathedral City will be the site of additional Taste of Jalisco fun. They are hosting the Friday night after-party which begins at 9

p.m. and features the popular Nacho Bustillos accompanied by a full mariachi band. On Sunday, they will host the free car show in the parking lot, which will feature more than 40 cars and trucks from 8 a.m. to 5 p.m.

"This year, with the help of our very generous presenting Sponsor, Agua Caliente Casinos, the festival has doubled its footprint. The carnival has grown by 30-40% with all new rides and the unlimited ride wristbands. Although we do expect lines, we expect to be able to serve more guests," stated Clayton.

Admission to the festival is pre-sale \$4 per person—available online, and \$5 at the door (children 5 and under are free). Carnival rides, wrestling show, and food and drink are additional fees. Unlimited carnival ride wristbands start at \$25 each and "Legends of Lucha Libre" tickets start at \$26. VIP tickets which include exclusive access, premium seating, meet and greet, and other benefits are also available. Tickets for all activities are available at tasteofjalisco.com. Cathedral City residents receive free admission on Friday with a valid driver's license and utility bill.

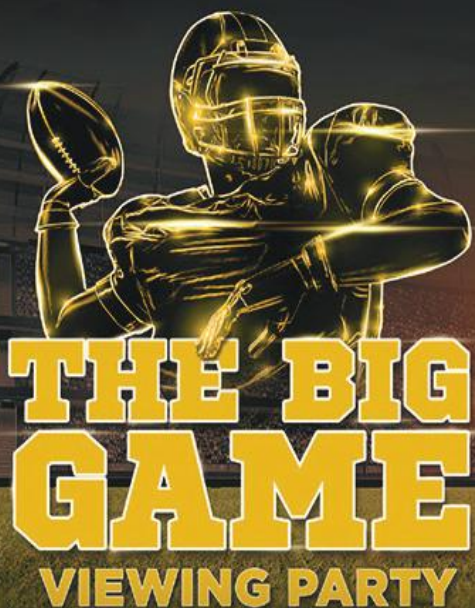
"My favorite part of this job is seeing the outcome and the smiles on the faces of the guests who attend. They are residents and visitors. They are families and single patrons. They are kids and adults. They come to have fun and celebrate. Doing this for them makes it worth it! We hope to be blessed to be able to serve this community. We hope that the festival continues to grow and expand its presence regionally as a premier festival to kick off the year," revealed Clayton.

Festival hours are Friday from 5 to 11 p.m., Saturday noon to 11 p.m., and Sunday noon to 9 p.m. with the carnival starting at 1 p.m. on both Saturday and Sunday. Festivities take place in downtown Cathedral City, at 68600 East Palm Canyon Drive. Parking is free. For tickets and more information about the Taste of Jalisco Festival visit tasteofjalisco.com.



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DON'T MISS THE FOURTH ANNUAL PALM SPRINGS PINOT NOIR FESTIVAL THIS SATURDAY, FEBRUARY 3

EVENTS



Now in its fourth year, the Palm Springs Pinot Noir Festival – aka “A Passion 4 Pinot” – will take place this coming Saturday, February 3. A Passion 4 Pinot is the largest Pinot Noir tasting event in Southern California, drawing attendees from all over the United States.

The event takes place at the Westin Rancho Mirage Golf Resort and Spa. The ambiance is set for an extraordinary experience as you feel the rhythm of the sounds from guitarist Todd Ashley, while savoring tasty bites – adding an extra layer

of excitement to your Pinot Noir adventure. A souvenir Crystal logo wine glass is yours to take home and enjoy.

With 80 notable California Pinot Noir-producing wineries pouring more than 225 top-tier Pinot Noir wines, the festival showcases the varietal as well as the artists and craft behind it.

Pinot Noir is a wine varietal that has developed a dedicated following over the years. The festival will showcase brilliant and talented winemakers, vineyards, grapes, and the often-bewitching process of transforming

the noble Pinot grape into premier wine.

“These wineries have achieved a stellar reputation for producing truly outstanding and highly sought-after Pinot Noir,” said Fresh Eddie Productions Event Producer, David Frascetti. “They will be pouring their amazing cult classic collectible wines and educating guests – from wine lovers to novices alike – about the labor of love that is winemaking.”


There are two types of tickets available for the festival’s Grand Tasting event. The Early Entry ticket gets you in an hour earlier

than General Admission, so you can begin your tasting journey at 2:00 p.m. General Admission ticket holders can enter at 3:00 p.m. The festival will conclude at 5:30 p.m. Attendees are encouraged to use a transportation service like Uber, Lyft, a taxi, or a designated driver when traveling to and from the festival.

This festival is a uniquely engaging experience where enthusiasts can interact with wine makers and winery owners by asking questions and learning the stories behind what goes into making great California Pinot Noir. Sophisticated casual dress is suggested for this upscale event.

The beneficiary of the proceeds from the online silent auction will be Fresh Eddie Futures, which provides scholarships to students majoring in the fields of Enology and Viticulture.

Early Entry tickets are \$165 per person, and General Admission tickets are \$135 per person. CV Weekly readers can receive \$25 off Early Entry tickets, which gets you Early Entry for the same price as General Admission. Simply enter promo code CVWEEKLY when you process your ticket order on the website.

For a complete list of events and participating wineries, and to purchase tickets, visit PalmSpringsPinotFest.com. 

PALM SPRINGS OPERA GUILD PRESENTS “¡VIVA ZARZUELA!” FEB 21

THEATRE

Featuring soprano Oriana Falla and tenor Xavier Prado.

7pm at the Rancho Mirage Library & Observatory.

Free community performance.

On Wednesday, February 21 (7:00 PM) the Palm Springs Opera Guild will present ¡Viva Zarzuela!, an hour-long program highlighting the lush, romantic music from some of the world’s most popular zarzuelas. This much beloved art form originated in Spain and quickly spread throughout the Spanish-speaking world. Zarzuela combines beautiful music with spoken dialogue and is akin to operetta, light opera or classic music theater. In this program, soprano Oriana Falla and tenor Xavier Prado will sing arias and duets accompanied by Dr. John Ballerino on piano. Ballerino, a scholar of the art form, will give some history and context of each selection.

The program will feature music including “No puede ser,” popularized by tenors including Plácido Domingo and José Carreras, as well as selections from Luisa Fernanda and La Marchenera by Federico Moreno Torroba; Los gavilanes and La rosa del azafrán by Jacinto Guerrero; La Tempranica by Gerónimo Giménez; El Niño Judío by Pablo Luna; and El Caserío by Jesús Guridi.

Opera Guild member Josie Gomez provided special funding for this program.

Introducing the Artists

“We are thrilled to present three amazing artists,” says Executive Director Laurie Baldwin, “They will bring this amazing music to life for our audiences and demonstrate the power and passion of zarzuela.” Tenor Xavier Prado is familiar to local audiences through his appearances at the Guild’s Opera in the Park concert (2023) and his award-

winning performance in this year’s Palm Springs Vocal Competition. He is a two-time Accademia Rossiniana Alberto Zedda alumnus, a finalist and grant recipient at the Loren L. Zachary Vocal Competition, and Giulio Gari Vocal Competition finalist. He has performed at The Rossini Opera Festival in Italy, Sarasota Opera, Opera Southwest, and Opera San Jose. This season he will perform the title role in Hector Armienta’s Zorro with Opera Santa Barbara.

Born and raised in Los Angeles, Colombian-American soprano Oriana Falla has been praised by Opera News for singing with «palpable purity» and by LA Opus for her «large, lovely, and vibrant voice.” This season she sings the role of Ana Maria in Zorro for Opera Santa Barbara and sing the soprano solo in Orff’s Carmina Burana. Other recent roles include Mrs. Anderssen in Sondheim’s A Little Night Music at the Pasadena Playhouse, Adina in Donizetti’s L’elisir d’amore (Pacific Opera Project and Opera in the Heights), and Mimi in Pacific Opera Project’s drive-in performance of La bohème. Oriana also had the privilege of recording for the soundtrack of Disney’s film Encanto.

Dr. John Ballerino grew up in Guadalajara, Mexico. He holds a DMA in Collaborative Arts from the University of Southern California, where he also studied Spanish and Latin American literature as part of his doctoral program. He is an accomplished speaker and performer of Spanish and Latin American music and has lectured and performed this repertoire throughout the United States and the Caribbean. He has been the principal coach and Assistant Music Director for ten different Zarzuela productions at the Jarvis Conservatory in Napa, California and has also served as a Spanish diction coach for productions by the Los Angeles Opera and



the Los Angeles Master Chorale. In 2007, John was on staff at Los Angeles Opera for the Zarzuela Luisa Fernanda, featuring Plácido Domingo in the lead role. In 2010 John was the assistant conductor and Spanish coach for Rio de Sangre, a world premier opera by Don Davis that was produced by the Florentine Opera (Milwaukee).

About the Guild - More than 50 years of artistic excellence and community engagement has earned the Palm Springs Opera Guild a major role in shaping the national cultural reputation of Palm Springs. In recent years, the company’s commitment to community engagement, artistic collaborations, innovative performances

and programming, audience development, education, fiscally responsible management, and support for emerging artists have dramatically advanced and expanded the mission of the Palm Springs Opera Guild.

• ¡Viva Zarzuela! has one performance on Wednesday February 21, 2024 at 7:00 PM at the Rancho Mirage Library & Observatory (71-100 CA-111, Rancho Mirage, CA 92270)

• LIMITED SEATING; Tickets are free, doors open at 6:00 PM. For further information visit: palmspringsoperaguild.org

• Questions and Information: laurie@palmspringsoperaguild.org 760-325-6107

SOLAR PANEL DOCTORS: IT'S AS FLAT AS A PANCAKE

LOCAL BUSINESS

So, the earth is flat? It's a subject that has been debated for centuries. Although lately, sizeable numbers of folks are starting to believe that the earth is not a globe, and that we are not living within an endless universe filled with other planets and solar systems. Here's the part in the article where if we could play music it would sound like ... Tada, Daaaa!

Statistically and factually speaking, there are almost one billion people across the world who now believe the earth is flat. One-third of Americans likewise believe it is flat, and these numbers are growing daily. But why?

People began doubting the authenticity of the poor-quality video footage of astronauts landing on the moon. Was it filmed in a studio or desert somewhere on earth? If that is true then this means no man or woman has ever set foot upon the moon. The controversy surrounding this belief is further supported by more recent video footage of reporter, Brad Sibrel. Brad traveled around the country asking several prominent astronauts including, Buzz Aldren if the video of the moon landing was staged. When Brad met for an interview with Buzz in Beverly Hills, he asked him to swear upon the Holy Bible, that he and his fellow-astronaut crew members did in fact land and walk upon the moon. Buzz refused to swear upon the Bible and was kindled with rage over the question, and in such proceeded to punch Brad square in the face. Buzz was seventy-two-years-old at the time.

To add yet more fuel to rockets that curve across the sky from Florida's Cape Canaveral displaying a fiery arc trail, as rocket debris falls into the murky waters of the 'mysterious' Bermuda Triangle ... Or, could it be that the entire rocket plummets into the notorious Bermuda Triangle, and not just layers of the rocket being shed as we are told? Modern-day NASA scientist and astronauts now tell the world that they cannot go back to the

moon because they have lost the technology to do so – in the year 2024!

If our world truly is a globe as we have been taught, then the ground beneath our feet should, according to science, drop or rise depending upon where we are standing, sixteen-feet, every six miles. This means that if you place a video camera capable of zooming in and out at high ratios on a flat surface and point it straight-level forward, then you should not be able to see a person standing six miles away according to scientific facts. However, this has been proven wrong. There are many videos that have been posted online discrediting far distances that we are not supposed to see. Of the many, is a video posted and titled on *YouTube*; The Farthest Recorded Video Distance [recorded in the book of *Guinness World Records*], in which a young man can be seen head-to-toe more than thirteen miles away from his video camera. Has science been defied once again?

Considering the above, and pondering the "theory" that the world is a globe hurdling through space, revolves around the sun, the sun is billions of miles away, and that the rotation of the earth is necessary for the planet to function and not tumble into chaos, why didn't this happen in the Holy Bible, in The Book of Joshua, Chapter 10, Verse 13? In this chapter, God stops the sun and moon from moving for an entire day. Don't believe in the Holy Bible? Well, that "stopping" of the sun incident was observed, recorded, and acknowledged by an astronomer who made a discovery that earth's history is missing precisely [twenty-four-hours]. This fact was documented in a book by Professor C.A. Totten of *Yale*, published in 1690.

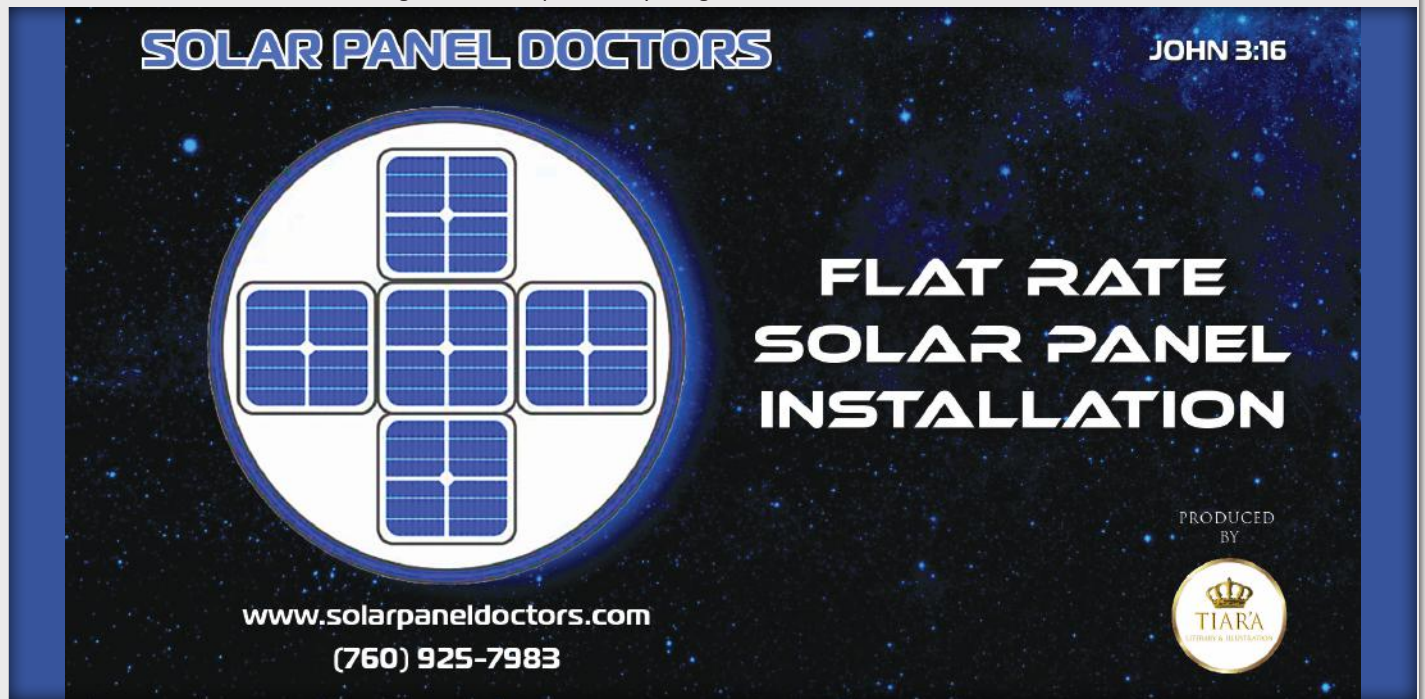
Now that we've indulged the *Tiar'a Literary & Illustration* insert of this article, let us continue the topic of other things that are flat, like *SOLAR PANEL DOCTORS* flat-rate for solar panel array design.

PRODUCED BY TIAR'A LITERARY & ILLUSTRATION

Unlike the larger solar companies that charge a cost to the moon and back in ever-changing solar sales commissions, *Solar Panel Doctors* rate for design of solar panel arrays of \$1000 will never fluctuate due to the fact they do not charge sales commissions. What's more, *Solar Panel Doctors* service and maintenance division guarantee that so long as the sun is shining, your solar panels will absorb more solar energy, saving you more money.

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Did you know smooth jazz has certain health benefits? Along with it reported to lowering blood pressure, it is reported to stimulate the brain, help with chronic pain and illness and not to mention its great music for the soul bit.ly/3Rzr7Lw

So why wouldn't you want to give the gift and love and well-being with a romantic weekend get-away at one of the most beautiful places in the Coachella Valley, at the Westin Rancho Mirage Golf Resort and Spa for you and that special person. A well deserved "staycation" with great food, golf, spa, and smooth jazz.

Don't miss a beat with your heart and your rhythm at the Grooves Jazz series with Peter White, Spencer Day and Greg Karukas on Saturday February 17th, 2024. Imagine your loved one's reaction when they receive the gift of love and health with this relaxing get-away.



BY FIRE CHIEF SAM DIGIOVANNA

It's the perfect gift as February is Healthy Heart Month and Smooth Jazz music can reduce stress which can help lower your blood pressure. As you know, if left untreated, high blood pressure can lead to a number of dangerous complications, including, Heart attack and stroke reminds Fire Chief Sam DiGiovanna. Lowering your stress is one important factor in reducing heart disease.

So, take the stress down. Share the idea with family and friends for a well deserved post hectic holiday season. Go big, and live large because you deserve it. Why not get several shows at WWW.TIX.COM and REALLY surprise that love in your life.

Location: Westin Rancho Mirage Golf Resort and Spa. 71-333 Dinah Shore Dr. Rancho Mirage, CA 92270 760-328-5955. Show starts at 7:00 p.m. Come early and enjoy a delicious dinner and drinks at Pinzimini restaurant!

Fire Chief Sam DiGiovanna 

MICHAEL BOLTON IS BRINGING HIS GREATEST HITS AND HOLIDAY FAVORITES TO FANTASY SPRINGS RESORT CASINO ON DECEMBER 14, 2024

Multi-Grammy Award-winning Singer/Songwriter and Emmy-nominated performer Michael Bolton is bringing his Greatest Hits and Holiday Favorites to the stage at the Special Events Center at Fantasy Springs Resort Casino on Saturday, December 14, 2024, at 8 p.m. Tickets start at \$59 and are on sale now at the Fantasy Springs Box Office, via phone (800) 827-2946 or online at www.FantasySpringsResort.com.

Known for his incredible vocal prowess and chart-topping hits, Michael Bolton is set to deliver a night of timeless classics and holiday favorites that everyone will enjoy. With a vocal range that covers four octaves, he has delighted audiences for decades.

During the course of his storied career, Michael has received multiple Grammy's for Best Pop Male Vocalist, earned 24 BMI & ASCAP Awards, including Songwriter of the Year, 9 Million-Air Awards, the Hitmakers Award from the Songwriters Hall of Fame, and has sold over 65 million records globally with 9

#1 singles and 9 Top Ten studio albums.

His legacy transcends genres and generations of fans, including collaborations with icons as diverse as Luciano Pavarotti, Bob Dylan, Ray Charles, Barbra Streisand, Cher, KISS, Kenny Rogers and Lady Gaga. Michael's love of music is parallel to his penchant for humor, shining through Film and TV appearances, digital viral videos and commercial campaigns.

Michael Bolton's soulful voice has earned him a special place in the hearts of music enthusiasts. Throughout his career he has delivered hit after hit, including "How Am I Supposed to Live Without You," "Said I Loved You... But I Lied," and "Time, Love and Tenderness."


In 2023, Bolton released a holiday album called, Michael Bolton Christmas Time, which featured a timeless collection of Christmas songs including a brand-new original song "Christmas Isn't Christmas featuring Mickey Guyton." The song was co-written by Bolton,



Morgan Taylor Reid, Zac Poor and Ameerah Roelants.

This show will be a perfect mix of all the hits and the holiday classics. Tickets to see Michael Bolton on December 14th start at just

\$59 and are on sale now.

For ticket information and to purchase tickets, visit the Fantasy Springs Resort Casino Box Office or go online to www.FantasySpringsResort.com. 

VIDEO CALLS FREEZING? COMMON ISSUES AND POSSIBLE SOLUTIONS



Video chat services have become a huge part of our lives. Video conferencing (VC) offers numerous benefits, such as quicker decisions, collaborative work, and working remotely more effectively. However, it can be frustrating when video calls freeze, causing technical issues and communication barriers. There are several reasons why your video calls may freeze, but the user can solve some of the common issues. One frequent problem is a lack of sufficient bandwidth, which can lead to screen freeze, jerkiness, and loss of audio-video sync. This can be caused by a slow internet connection, inadequate WiFi coverage, or using mobile internet. Some issues such as outdated network and system hardware, lack of cooling systems, or a lack of system requirements can also cause video freezing. It's important to ensure that the device and the network are well-equipped to handle the demands of the video call to prevent freezing and interruptions.

In this article, we will explore common issues that cause video calls to freeze and provide some possible solutions.

Video Calls Keep Freezing?

A slow internet connection is often the biggest cause of video call freezing. Video conference calls require a significant amount of internet and network bandwidth, both for uploading and downloading data. If your internet connection or network is slow, it can lead to freezing issues. Poor Wi-Fi coverage can also contribute to video call freezing. Distance from the Wi-Fi router and obstructions can affect the signal strength.

Memory issues - There are several reasons why your video calls may freeze. Insufficient memory space can be one of the culprits. Internet calls utilize RAM, so it's important to check the RAM and physical space on your device. If either is low, clearing some space by stopping other applications and deleting unnecessary files and

apps can help.

Using multiple apps simultaneously

Another common issue is the use of other applications or programs simultaneously. Running multiple video-calling software instances can cause conflicts and video freezing. It's best to use one video-calling software at a time and ensure that no other applications are running in the foreground. If the problem persists, check if any third-party apps are running in the background and uninstall them if necessary.

Network Issues and Requirements

Bandwidth and Connection Speed: Insufficient bandwidth can cause video conferencing issues. Video conferencing requires about 1-2 Mbps download and 0.75-1.4 Mbps upload speeds as a minimum for a single video conference call. Most internet plans offer speeds greater than the minimum bandwidth needed for a video conference meeting. You can use a bandwidth checker to determine your average connection speed.

Packet Loss and Delay: Video and audio packets are transmitted through the network and over the internet connection, and due to the complexity of the internet, including copper wires, fiber cables, routers, and servers, can cause these packets to get lost and delayed. Video conferencing software tries to compensate, but real-time communication leaves little time for adjustments. This can result in jitter, freezes, and audio-video sync issues.

Wi-Fi Interference: Wi-Fi signals can be affected by various devices in your home, including microwaves, wireless speakers, baby monitors, cordless phones, and even your neighbor's Wi-Fi. Walls and metal objects can also interfere with Wi-Fi signals. Use a Wi-Fi analyzer to identify and mitigate interference, consider using wired connections instead of

Wi-Fi, and make sure your router is optimally positioned.

Too Many Devices: Having multiple devices connected to your network, such as laptops, phones, smart speakers, and smart TVs, can strain your bandwidth. Consider turning off unnecessary devices during video calls, scheduling calls during off-peak times, load-balancing devices on different access points, or using a mobile hotspot with a good data allowance.

Can't hear the audio during a video call?

There could be several reasons why others cannot hear you during a video call. Here are a few possible explanations based on the given document data:

Microphone Issues: If you are using a built-in microphone on your laptop, it may not be of good quality and have limited range. This can result in sound cutting out completely when you move out of range. Consider investing in a better microphone or headset for clearer audio.

Software Permissions: Check your video calling software for video permissions. It may require permission to output video through the application. Make sure the necessary permissions are granted. If you are using a browser-based video call, check your browser settings as well.

Tips for Improving Wi-Fi Signal and Video Conferencing

Check for Interference: Avoid placing your router near electrical devices, such as TVs and fridges, as they can interfere with the Wi-Fi signal. Christmas tree lights can also cause interference. If you're experiencing glitches in video conferences, try turning off recently installed devices one by one.

Consider Wired Connections: Most routers support wired connections in addition to Wi-Fi. Using a connected device can help eliminate Wi-Fi-related issues. If your router is in a different room, you can use Powerline units to create a wired connection through your mains power wiring.

Proactive Maintenance: Turn off your laptop occasionally to let it rest. Position your router at waist height with a clear line of sight to the devices using it. Avoid overloading your internet connection by turning off unnecessary devices during important video calls.

Make a Plan: Prepare for potential connection issues during video conferences.

CYBER CORNER



BY DENNIS SHELLY

Switching to audio-only, exchanging phone numbers for communication, and agreeing on alternative video conferencing apps can help mitigate problems. Having a backup plan is essential for a smooth experience.


Consider Wi-Fi Boosting Solutions: If you have a large house or office or need to extend Wi-Fi coverage, consider using a Wi-Fi repeater or a mesh network. These devices can help improve signal strength and coverage.

Types of Video Call Services

There are several video call services available, each with its pros and cons. Some popular options include such as Microsoft Teams, Zoom, Google Meet, or Skype. Microsoft Teams offers seamless integration with other Microsoft products, while Zoom is known for its user-friendly interface. Google Meet is a reliable option for those already using Google services. Consider the specific features and requirements for each service to choose the one that best suits your needs.

To Conclude - Video call freezing can be frustrating, but by addressing common issues such as insufficient memory space, conflicting applications, and network problems, you can improve the quality of your video calls. Additionally, understanding the pros and cons of different video call services can help you choose the right video conferencing platform for your needs. Remember to optimize your device and network settings to ensure a smooth and uninterrupted video calling experience.

Addressing certain video conference call quality and network connectivity issues can be difficult to do on your own and without some additional professional assistance. That's where we can help. Our Eggsperts are **eggcellent** in diagnosing video conferencing and network connectivity issues. Please contact us by visiting our website at www.eggheadit.com, by calling (760) 205-0105, or by emailing us at tech@eggheadit.com with your questions or suggestions for our next article.

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SON OF THE VELVET RAT "GHOST RANCH" (FLUFF & GRAVY RECORDS)

CONSIDER THIS

Son Of the Velvet Rat is throwing a party and you're invited. The High Desert denizens are playing a show at Spaghetti Western on Saturday, February 3rd, celebrating the upcoming release of their new album, *Ghost Ranch*. The band, which centers around the duo of Georg Altziebler and Heike Binder first formed in Austria at the turn of the 21st century. But their sound is suffused with the dusty and desolate ambience of their Joshua Tree environs.

Coming of age in Austria, Georg was inspired by a surfeit of musical genres, equal parts sophisticated (Jaques Brel, George Brassens) and primitive ('60s Garage Rock, '70s Punk). He held a special affection for the Arcane Country-Punk of Portland, Oregon's Dead Moon and Paisley Underground favorites, Green On Red.

He cycled through a series of bands before meeting Heike, who was gaining a reputation as a talented artist. Georg was in the process of forming SOTVR with bassist Albrecht Klinger and drummer Muck Wildman. All the puzzle pieces came together when Heike joined the line-up, adding vocals, keys and accordion. Their sound, much like the band moniker, split the difference between mysterious and memorable. A densely intricate cross-pollination of influences that simply defied categorization.

Over the next few years, they recorded and toured at a furious clip, releasing four EPs and nine long-players. Critical acclaim was swift and effusive. Folk-Laureate Lucinda Williams caught the band playing at Hotel Café in Los Angeles and began singing SOTVR's praises.

Nearly a decade ago, Georg and Heike relocated to California, settling in Joshua Tree. For more than a half a century, The High Desert enclave has been a destination for artists and musicians. Early trailblazers included British Folk-Rocker Donovan, Cosmic American Music pioneer Gram Parsons and British Invasion Blues-belter Eric Burdon. In the early '90s, celebrated singer-songwriters Victoria Williams and Mark Olson took up residence, along with L.A. transplants Fred Drake (original owner of Rancho de la Luna recording studio) and Teddy Quinn (affectionately known as the honorary musical mayor of Joshua Tree).

Like Bloomsbury at the dawn of the 20th century, Paris in the Roaring '20s or Laurel Canyon in the '60s, this small town at the edge of a National Monument has provided respite for creative folk burned out from the claustrophobic sprawl of life in the big city. The arid landscape immediately informed SOTVR's next effort, the brooding, sepia-toned *Dorado*. Produced by Joe Henry (Ani DiFranco, Solomon Burke, Aimee Mann, Loudon Wainwright III, Bonnie Raitt). It landed on a plethora of critics' Top 10 lists. The band quickly followed up with a live set, *The Late Show*, in 2018.

Their 10th album, *Solitary Company* first took shape at Gar Robertson's Red Barn Recorders, just before the Covid pandemic went into effect. Overdubs happened in Georg and Heike's garage and the effort was completed in Graz, Austria. Released in 2021, it was richly evocative record bathed in shadow and light as Graz gravitas gave way to California sunshine. Now, they've returned with *Ghost Ranch*.

The opening two cuts are swathed in mystery and intrigue. "Bewildering b/w Moments Captured On Trail Cams" shudders to life with the faraway sound of clanky carousel music. Soon enough, high lonesome harmonica sidles between strummy guitars,



swirly Hammond B3, thrumming bass and a rattle-trap beat. Georg's world-weary croon wraps around the notion that apocrypha and truth can quietly coexist: "There's no such thing as a false prophet, there's no such thing as wrong or right, you may be listening to a liar, but it may get you through the night." The tempo downshifts on the break, cascading guitar notes line up with flinty harmonica and purring keys. The final verse offers a brittle mea culpa: "There's no such thing as a hopeless sinner, there's no such thing as a love untrue, I was you at heart, I was just a beginner, I never meant to sadden you/Is it just bewildering black & white moments captured on trail cams that you see, or maybe just some long gone, kind of twisted series of memories."

Barbed acoustic guitar washes over fleet electric fretwork, wily bass, shivery harmonium and brushed percussion on "Are The Angels Pretty." A mordant meditation on the hereafter, it begins with a chance encounter: "Kick my feet against the counter, see the patrons and the saints, and I see you through the smoke of my cigarette, is it true that we deserve what we're gonna get? And are the angels pretty?" On the break, the guitar drifts from moody to splintery and prickly, reflecting the beautiful disarray.

There's a cerulean tinge to both "Southbound Plane" and "Deeper Shade Of Blue," surrounding each song in sky and sea, sadness and sangfroid. Sun-dappled acoustic guitars and woozy Hammond B3 give way to searing electric riffs. Freightened with emotional baggage, Georg seeks to lighten his load, noting "All god's creatures are getting restless...and there's a stillness in my mind that I can't explain, angry men and women in their family vans, spreading the gospel, but I've got a ticket for a window seat on a southbound plane." The spiritual fog seems to lift and there are "blue, blue skies for as far as my eyes can see."

The latter is a dusty and desolate chanson. Sugary acoustic guitar partners with shimmering electric notes, mercurial keys, slinky bass and a chunky backbeat. Georg's phlegmatic delivery is shaded by Heike and Jolie Holland's pliant polyphony. A restless quest for peace of mind

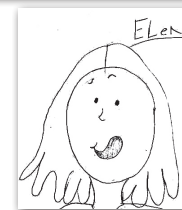
is momentarily achieved: "I am surrounded by the seaside, and I pay for a sea view, but all I see is a deeper shade of blue, watching the waves roll in from the ocean watching the sun go down over the beach, I can have it all, I can see it coming, all I have to do is reach. Since SOTVR usually zags where they're expected to zig, it feels wholly apropos that the instrumental break isn't dominated by a thick guitar solo, but instead, a lone whistle echoes the plaintive Blue Yodel that dotted Jimmie Rodgers' music.

The record's most compelling tracks feature additional vocals from Jolie Holland. The Texas native is an acclaimed singer-songwriter in her own right, who first received critical hosannas as part of The Be Good Tanyas in the late '90s. She made one album with the trio before embarking on a richly rewarding solo career. On the buoyant "Beautiful Day," tart piano chords collide with twangy mandolin, roiling bass, jangly guitar and a jittery beat. Jolie and Heike's harmonies orbit Georg's vocals much like the earth spiraling the sun. Surprisingly sunshiny lyrics like "Beautiful day- you may see me walking on solid air, I got my Sunday suit and a ticket for the county fair," are the antithesis of SOTVR's typically pensive mien. But the skittery, skronky guitars that bookend each verse seem to foreshadow a more permanent (and less happy-go-lucky) destination: "Beautiful day- stretching into infinity, never going to fade, ghost train coming for one and all at the Penny Arcade."

Despite the title, the lunar soundscape on "Kindness Of The Moon" feels dark and foreboding. A skewed Kettle drum beat is matched by lowing bass, prowling guitars and a processed violin that sounds spooky and sepulchral. As a gypsy violin see-saws through the mix, cryptic lyrics oscillate between parallel tableaux: "From the flash boulevard to the burial ground, from the underpass to the merry-go-round, sand in the pockets of the camouflage guise, saltwater wind in their hands and the kindness of the moon in their eyes."

Finally, the aching "Rosary" is powered by knockabout percussion, willowy violin, spectral bass, reedy theremin and gritty

BY ELENI
P. AUSTIN



guitars. Trenchant lyrics revisit the pain and pleasures of childhood, where solitude and camaraderie ebb and flow: "...today even the bullies are trying to be nice to me, if I had a friend I know he would agree, justice will be done eventually, I even saw it written on St. Anthony's marquee and Daddy's gonna take me to the shooting range for my birthday and Mama's gonna give me a rosary." Piquant guitar licks dart through the mix mirroring the angst, ennui and anticipation at the precipice of adolescence.

Other interesting tracks include "New Frontier," "The Golden Gate" and "The Waterlily And The Dragonfly." A bare-bones affair, "New Frontier" is just Georg and burnished acoustic guitar. Something of an anxious adieu, lyrics address a former adversary, as antipathy has been replaced by kindness: "You've been my enemy for so many years, a vessel for my sympathy, a face for all my fears...all the places we used to go, I don't go there anymore, I see the pale blue light in the afterglow of a long-forgotten war."

Heike's whispery harmonies lattice Georg on the slightly more expansive "Golden Gate." A tender encomium to enduring love, this poignant couplet says it all: "You don't need to give me directions, I'll just follow you, follow your delicate lotus tattoo, nothing but skin between me and you, and a dream to live up to."

If "Waterlily..." seems familiar, that's because a more austere version appeared on *Solitary Company*. This time around the naked emotions are cocooned by a tumbling back beat, spidery guitars, quavery Omnichord, loose-limbed bass and forlorn harmonica. Languid and intimate, this song pulls you in and holds you close. The record ends with "Cicadas." A courtly instrumental anchored by fleet filigrees as the chirping Hemiptera provide a decidedly cicadian rhythm.

This album was produced by Georg, recorded and co-produced by Gar Robertson at Red Barn Recorders. Heike and Georg handled vocals, Omnichord, percussion, theremin, acoustic and electric guitars, respectively. They also relied on a wolfpack of talented musicians including Jay Bellerose and Danny Frankel on drums, Janie Cowan and Jennifer Condos on acoustic and electric bass, the legendary Bob Furgo on violin, sui generis guitar god Marc Ribot on electric guitar and Tony Patler on Hammond B3. Gar added mandolin and piano and Jolie whistled and played processed violin.

Ghost Ranch is a hauntingly beautiful record. By turns, rough-hewn and hypnotic, sly and seductive. Nuanced narratives brush up against moody, melancholy melodies. The symbiotic connection between Georg and Heike is the album's through-line. The pair are fully present in the moment, completely in-tune with each other. That's a rarity in this era of instant gratification and short attention spans.

Son Of the Velvet Rat will host an album pre-release show, performing at Spaghetti Western, 50048 29 Palms Highway, Morongo Valley. www.eventbrite.com/e/son-of-the-velvet-rat-at-spaghetti-western-pre-release-show-tickets-767687422747.

CLUB CRAWLER NIGHTLIFE

THURSDAY, FEBRUARY 1

Babaloo Lounge – Piano Bar – 4-7pm, Hotwyre – 7pm
Bart Lounge – Danza de Luna – 8pm
Casuelas Café – Avenida – 6pm
Chef George's – Marc Antonelli – 6:30pm
Coachella Valley Brewery – Open Mic – 6pm
Desert Beer Co. – Morgan and Johnny Carmona – 6-8pm
Indian Wells Resort Hotel – Christine Love – 6pm
Jazzville – Nicolas Bearde & Quartet – 6pm
Kiki's – Derek Jordan Gregg – 4:30pm
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'Caïne's – Ken O'Malley – 6pm
Old Town Artisan Studios – Art of Music/Chambers, Ruben Alejandro, Mother War, Karla Anderson and the Sieve and the Saddle – 8pm
Pappy and Harriet's – The Third Mind – 8pm
Plan B Live Entertainment and Cocktails – Acoustic Music Showcase w/ Courtney Chambers, Ruben Alejandro, Mother War, Karla Anderson and the Sieve and the Saddle – 8pm
Pretty Faces Nightclub – Latina Night w/ DJ LF – 9pm
Purple Room – Sharon Sills – 6:30pm
Sandbar – Bill Baker – 6pm
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
The Village – DJ Cranberry – 9pm
Wildest – Mikey Reyes – 6pm

FRIDAY, FEBRUARY 2

Babaloo Lounge – Piano Bar – 4-7pm, Crimson Crow – 7pm
Bart Lounge – "Confessions" w/ Zuko and Friends – 8pm
Casuelas Café – The Myx – 6:30pm
Chef George's – Lizann Warner – 6:30pm
Coachella Valley Brewery – Acustica Noches w/ Mario Figueroa and Las Tias – 7:30pm
Indian Wells Resort Hotel – Marc Antonelli – 6pm
Kitchen 86 – DJ Tina Turntables – 9:30pm
Larkspur Grill – Will Donato "Art of Sax" – 7pm
Lavender Bistro – Scott Carter – Patio – 6pm, Jeff Bonds – Inside – 6pm
Lit @ Fantasy Springs – Dysfunkcion – 9pm
Mitch's on El Paseo – Alex Santana – 12-2:30pm
The Nest – Live Music – 6:30pm
O'Caïne's – California Celts – 6pm
Pappy and Harriet's – Dirtwire – 8:30pm
Plan B Live Entertainment & Cocktails – Red's Rockstar Karaoke – 9pm
Pretty Faces Nightclub – "Adventura Electronica" w/ DJs Martha Devonne, Lizz Castles, Dxsco and Fambam – 9pm
Purple Room – Broadway Barbara – 8pm
Ritz Carlton – Doug and Meg – 5:50pm
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
The Village – Rob & JB – 5:30pm, DJ Gio the Ace – 9pm, DJ Cranberry – 9pm
Wildest – Derek Jordan Gregg – 6pm

SATURDAY, FEBRUARY 3

Babaloo Lounge – Piano Bar – 4-7pm, Live Music – 7pm

SUNDAY, FEBRUARY 4

Babaloo Lounge – Tristen/Flamingo Guitar – 1pm

Bart Lounge – Latina Night w/ DJ LF – 8pm
Casuelas Café – Mariachi – 1pm, Voices Carrie – 5:30pm
Coachella Valley Brewery – Acoustic Afternoon w/ Kelsey Manning – 3:30pm
Fisherman's Market, PS – Live Music – 6pm
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
Pappy and Harriet's – Buck Meek – 8pm
Plan B Live Entertainment & Cocktails – LNA Karaoke – 7pm
Purple Room – The Judy Show – 7pm
Tommy Bahamas – Alex Santana – 5pm
The Village – Gio the Ace – 9pm
Wildest – Mikey Reyes – 6pm

MONDAY, FEBRUARY 5

Babaloo Lounge – Derek Jordan Gregg – 6:30pm
Casuelas Café – Shadows Band – 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
Pappy and Harriet's – Diggin Dirt – 7:30pm
Vicky's of Santa Fe – Richard "88 Fingers" Turner – 6:30pm
The Village – DJ Gio the Ace – 9pm

TUESDAY, FEBRUARY 6

Babaloo Lounge – Eric Frankson – 4pm, Derek Jordan Gregg – 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 – Neil Morrow – 7pm
The Nest – Live Music – 6:30pm
Purple Room – Rose Mallett – 6:30pm
Sandbar – Bill Baker – 6pm
Vicky's of Santa Fe – Slim Man Band – 6pm
The Village – DJ Erika Starr – 9pm

WEDNESDAY, FEBRUARY 7

Babaloo Lounge – Steven Sanders 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, Mark Guerrero – 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
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
Tack Room Tavern – T-Bone Karaoke – 7pm
Vicky's of Santa Fe – John Stanley King Cowboy Songs – 6pm
The Village – DJ Cranberry – 9pm, Banda Revolucion – 10pm
Wildest – Derek Jordan Gregg – 6pm



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Feb 11	7:00 PM	SUNDAY	SPAGHETTI WESTERN OPEN MIC
Feb 14	5:30 PM	WEDNESDAY	CASUELAS CAFE, PALM DESET
Feb 15	6:00 PM	THURSDAY	SHANGHAI RED'S, PALM SPRINGS
Feb 17	6:30 PM	SATURDAY	CASUELAS CAFE, PALM DESERT
Feb 18	7:00 PM	SUNDAY	SPAGHETTI WESTERN OPEN MIC
Feb 21	5:30 PM	WEDNESDAY	CASUELAS CAFE, PALM DESERT
Feb 25	7:00 PM	SUNDAY	SPAGHETTI WESTERN OPEN MIC
Feb 28	5:30 PM	WEDNESDAY	CASUELAS CAFE, PALM DESERT
Feb 29	5:00 PM	THURSDAY	PRIVATE EVENT

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ARTICLE & PHOTOS BY CRYSTAL HARRELL

TRIO BRINGS DELICIOUS FOOD AND COMMUNITY TO THE TABLE



Having recently commemorated a 14-year milestone with a full interior renovation, alongside a menu designed to energize a new culinary adventure, TRIO on North Palm Canyon Drive in Palm Springs is a culinary powerhouse of flavor and downtown fun.

When Tony Marchese opened TRIO in 2009, Palm Springs held a reputation as a seasonal vacationer's paradise for sun and fun. Fast forward to 2024, the city and the community have grown and evolved with more full-time residents, year-round tourism, and sophisticated hotels and restaurants.

"We really want to bring people back in connection to the table. For years, we all went to our phone, looked at the QR code and we weren't talking to each other. I really want to preserve that connection to the table with really good California cuisine and to just let guests have fun with each other," expressed Marchese.

Palm Springs is renowned as a haven for mid-century modern design, and TRIO is no exception. The notable building, with travertine exterior, was coined the Turonnet Building in 1953. It was designed by renowned midcentury modernists, and architects, John Porter Clark and Albert Frey. Later to become a bank, the original interior safe remains near the entrance.

With deference to a Modernism sensibility, the space has been restyled with the inclusion of light grey walls, warm woods, and contemporary lighting fixtures to reflect the design sensibility of the era. The ambience is not only what sets TRIO apart from other restaurants, but the choice to use local farm fresh ingredients.

"Not a lot of us in the community are buying local. We want to be one step ahead of everybody else," shared Marchese.

The heart and soul of TRIO's menu is firmly rooted in California, shining a light on the beautiful ingredients grown in the region's vibrant farm scene and the products found from land to sea across the state.

The menu is guided by Executive Chef Jeremy Loomis. A Michigan native, Jeremy moved to San Diego in 2011 where he spent the past eleven years. He worked with Chef Brian Malarkey (Seersucker, Herb & Wood), Top of the Market seafood restaurant, then as corporate chef for the six restaurants of Fish Market Restaurants Inc. Arriving to the Coachella Valley in 2022, Jeremy's cooking is focused on locality and seasonality to showcase the array of high-quality

ingredients gleaned from California's prolific ranchers, farmers, and fishermen. His vegetable forward menu reflects the great melting pot of the state's cultures and cuisines presented in a modern, yet approachable fashion.

"I was learning the ropes of a new city and the expectation when I moved from San Diego. I was really trying to figure out the taste and style and then after seeing my way through the first season, I realized that maybe it was time to create an evolution. So Tony and I talked about it and came to the result of where we're at now. We just rebranded and kind of relaunched in October," said Loomis.

Jeremy intends for dishes to be shared around the table to weave an interactive experience. The meal kicks off with starters like house made biscuits, Kampachi Crudo, A5 Beef Carpaccio, Crab Croquettes. Meat and seafood mains like the Tomahawk Pork Chop, Jidori Half Chicken, Scottish Salmon, Diver Scallops, and Wagyu NY Strip Steak, build the framework. House-made pastas and of-the-moment vegetables make complementary additions.

"As the year progresses, the menu is going to change with the season. When guests come and join us every couple of months, you're going to see something new. It's a new flavor experience every season," shared Loomis.

Coachella Valley Weekly got to partake in an evening dining experience at TRIO, served by the courteous and knowledgeable Dominic Peterson Holmes, whose recommendations guided the culinary journey for the night.

The Forever Marilyn signature cocktail provided a sweetly smooth compliment to the courses with a pep of Palm Springs-tinged strawberry vodka puree. The A5 Beef Carpaccio as an appetizer prepared the palate for a textured experience with seasonings blending together in perfect harmony. The Jidori Half Chicken packs a flavorful punch for a filling and satisfying entree.

And if you're looking for that picture-perfect first cut experience, the egg running out of the large single house-made raviolo filled with ricotta, spinach, brown butter, Grana Padano cheese and Italian black truffle is a colorful display of artful presentation.

TRIO restaurant hours are Sunday-Thursday from 4 p.m.-9 p.m., and Friday and Saturday from 4 p.m.-10 p.m. Happy Hour is offered daily from 4 p.m.-6 p.m. To make a reservation, call (760) 864-8746.



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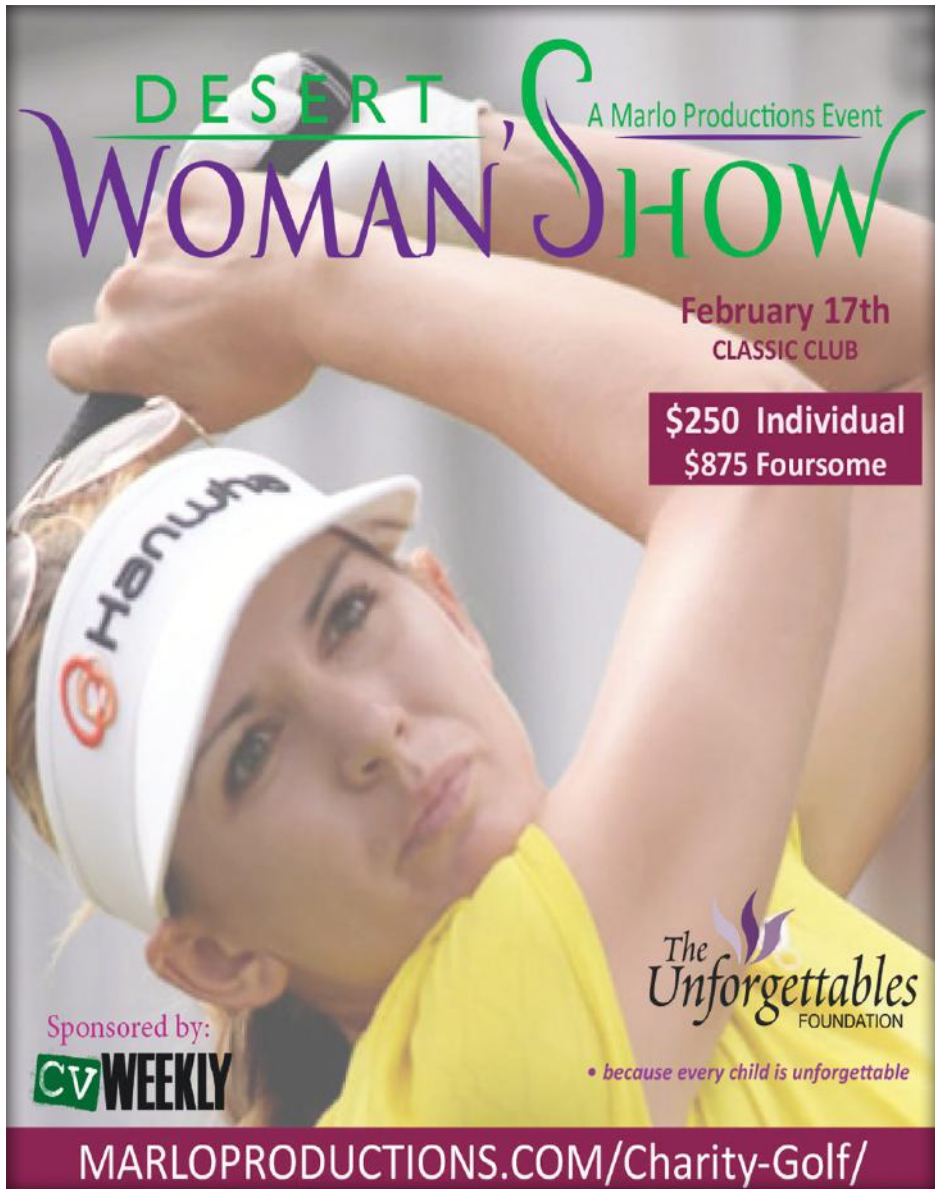
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OLIVE CREST CELEBRATES GRAND OPENING OF NEW CHILDREN'S AND FAMILY RESOURCE CENTER... A PLACE OF PREVENTION, HEALING, AND HOPE

SOCIETY SCENE



BY MADELINE ZUCKERMAN
PHOTOS BY MARK CIESLIKOWSKI

Olive Crest Desert Communities has announced the Grand Opening of its highly-anticipated new **Children's and Family Resource Center**, which took place on Tuesday, January 23, 2024 from 4:00 to 6:00 pm at the new campus located at 39820 Portola Avenue in Palm Desert. This was the culmination of a long-awaited and much-needed Olive Crest expansion within the Coachella Valley, where the organization's highly successful and impactful programs for at-risk youth and their families will be available for the very first time in one location on this comprehensive campus.

"In conjunction with Olive Crest's recent 50th Anniversary, our leadership team evaluated current and emergent needs for local families," said Tracy Fitzsimmons, Executive Director of Olive Crest Inland and Desert Communities. "It became evident that increased efforts should be placed in the Coachella Valley, with additional focus on the availability of mental health services, establishment of informal community supports for at-risk families, and continued educational opportunities for those in all walks of life. Recently, our services have grown by 500%, which really validates the importance in establishing our new Center."

The celebration began at 4:00 p.m. with a Grand Opening Reception which included tours of the new facility and a ribbon-cutting ceremony, emceed by KESQ News Channel 3 Anchor Karen Devine.

Distinguished Speakers during the Grand Opening included Tracy Fitzsimmons, Executive Director of Olive Crest Inland & Desert Communities, who since 2015 has led a rapid and successful expansion of services for the Coachella Valley community. Fitzsimmons during this celebration recognized Lead Donors including Connie & Bob Lurie, San Manuel Band of Mission Indians, Dr. James & Lorraine Brinton, Nancy & George DeVries, Leslie & Sean McGrath, and Dr. Natalie Driessen and Dr. Michael Messina.

Fitzsimmons also spoke about the impact this new Children's and Family Resource Center will have on this community.

Donald Verleur, CEO of Olive Crest, Victoria Perez for County Supervisor Manuel Perez, and the Honorable Mayor of Palm Desert Karina Quintanilla also spoke during the celebration.

For more than two decades, Olive Crest Desert Communities have been working to improve the lives and futures of at-risk children and their families. Here are some sobering statistics:

- There is a report of child made every 10 seconds in the United States.
- Five children die every day from child abuse.
- There are more than 400,000 children in the Child Welfare System at any given time.
- 41,000 allegations of abuse or neglect are made to the child abuse hotline annually here in Riverside County, of which 25% or 1 in 4 comes from here in the Coachella Valley.

• Olive Crest's vision is to reach 1.2 million children and families in crisis by 2030 through their Child Abuse Stops Here® strategic initiative.

The new Children's and Family Resource Center will bring together services into one facility that will also have space and resources to expand existing child-abuse prevention, counseling, and foster care programs, as well as support new efforts such as onsite Community partner offices, supplemental food pantry and urgent needs closet, and expanded mental health counseling services.

The Resource Center encompasses four distinct facilities -- Community Involvement Center, Counseling Center, Education and Training Center, and Family Resource Center.

The Community Involvement Center, funded by the San Manuel Band of Mission Indians, includes:

- The Volunteer Staging Hub where volunteers will engage in projects like monthly and holiday donations drives and sorting donated clothing

and food. Open offices and huddle rooms will also be available to Olive Crest team members to mentor, coach, and tutor kids in their care.

- Community Partner Rooms for local organizations to set up and provide financial, legal, and educational services and activities to Olive Crest clients in the community-at-large.

- The Food Pantry and Urgent Needs Closet will provide non-perishable groceries, personal and household items to families that visit the Center.

The Connie and Bob Lurie Counseling Center includes:

- Play Therapy Room and a Sensory Room for younger clients to provide nonverbal indication of trauma.

- Counseling Rooms for evaluation, consultation, individual and family counseling, case management, medication support, intensive care coordination, behavior modification, and crisis intervention.

The Brinton Education and Training Center includes:

- Training Room to offer Life Skills training classes such as financial literacy, parenting, fitness, nutrition, and more, as well as Continuing Education.

- Child and Family Team Meeting Rooms for critical mentoring from professional staff on rebuilding relationships with family and friends through in-person and virtual meetings.

- The Youth Drop-In Center and Learning Lab, which will have computer work stations and a comfortable environment with a refrigerator, laundry, food, and microwave access.

The Family Resource Center (Unnamed) includes:

- Family therapy rooms for client evaluation and discussion towards family preservation efforts.
- Huddle Rooms for "wraparound" meetings for discussion of treatment plans.
- Workspace for case managers and resource

specialists.

"After 22 years of serving the Coachella Valley, it is extremely satisfying that we can establish a permanent long-term location that solidifies our commitment to the community and enables us to provide ongoing 24/7 care for our community's most vulnerable population," said Tracy Fitzsimmons.

ABOUT OLIVE CREST

Since 1973, Olive Crest has transformed the lives of over 200,000 children and their families. We work tirelessly to meet the individual needs of kids in crisis by providing safe homes, counseling, and education for both youth and parents. Our many innovative programs reflect our conviction that strengthening the family is one of the most powerful ways to help heal children. Our 99% stability rate is a testament to the lifelong commitment and unwavering compassion that the Olive Crest family maintains to the children and families we serve, even after they have graduated from our programs.

Olive Crest expects to serve 800 Coachella Valley children and families in this coming year. Throughout the organization, Olive Crest serves 5,000 children and families each day throughout the Western United States.

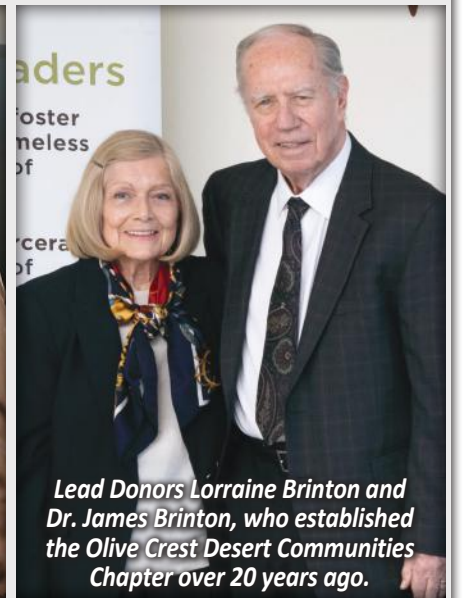
For information on this new Children's and Family Resource Center and all that Olive Crest is doing in the Coachella Valley, please call 1-800-550-CHILD (2445) or visit www.olivecrest.org/coachella-valley.



TOP ROW: (left to right): Joseph Maarango, Culture Seat Member of the Tribal Council, San Manuel Band of Mission Indians, Donald Verleur, CEO of Olive Crest; Walter Müller, Olive Crest Director of Development.
MIDDLE ROW: (left to right) Shawanna Nason, Strategic Philanthropy Program Officer San Manuel Band of Mission Indians, Tracy Fitzsimmons, Olive Crest Executive Director Inland & Desert Communities, Robin Alcantara, Sr. Public Relations Specialist San Manuel Band of Mission Indians, Alberto Jasso, Director of Strategic Philanthropy San Manuel Band of Mission Indians.
BOTTOM TWO: (left to right) - Monique Osorio, Strategic Philanthropy Program Officer San Manuel Band of Mission Indians, Shoshawna Covington, Deputy Chief of Staff, Culture Pillar, San Manuel Band of Mission Indians.



Lead Donors Sean & Leslie McGrath.



Lead Donors Lorraine Brinton and Dr. James Brinton, who established the Olive Crest Desert Communities Chapter over 20 years ago.



(left to right) Tracy Fitzsimmons, Executive Director of Olive Crest Inland & Desert Communities, Lead Donors Bob & Connie Lurie, Karen Devine, KESQ News Channel 3 Anchor, and Donald Verleur, CEO of Olive Crest.



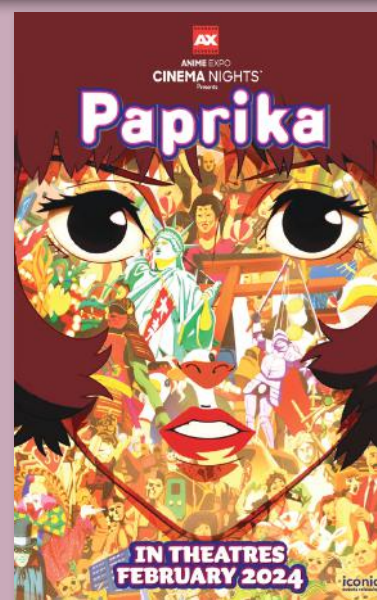
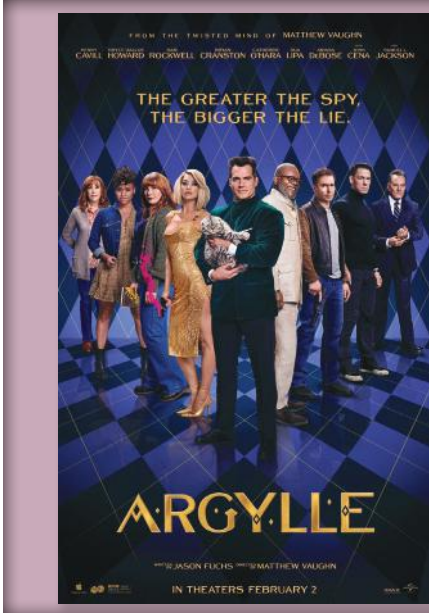
Karina Quintanilla, Mayor of Palm Desert, and Anabel Godoy, Program Director of Olive Crest's Wraparound Program.



Bill Seals, Olive Crest Associate Development Director, Lead Donor Nancy DeVries, Tracy Fitzsimmons, Executive Director of Olive Crest Inland & Desert Communities, and Walter Mueller, Olive Crest Director of Development.

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FILM



Argylle (2h 15m – Rated PG-13) Action, Thriller

Starring Henry Cavill, Bryce Dallas Howard, Sam Rockwell, Bryan Cranston, Catherine O’Hara, Dua Lipa, Ariana DeBose, John Cena, and Samuel L. Jackson.

Elly Conway, the reclusive author of a series of best-selling espionage novels, whose idea of bliss is a night at home with her computer and her cat, Alfie. But when the plots of Elly’s fictional books—which center on secret agent Argylle and his mission to unravel a global spy syndicate—begin to mirror the covert actions of a real-life spy organization, quiet evenings at home become a thing of the past.

The Chosen: Season 4 Episodes 1-3 (3h 27m – Not Rated) Drama

Starring Jonathan Roumie, Shahar Issac, Noah James, Liz Tabish, Paras Patel and George H.Xanthis.

Clashing kingdoms. Rival rulers. The enemies of Jesus are closing in while His followers are struggling to keep up, leaving him to carry the burden alone.

My Fair Lady 60th Anniversary (3h – Rated G) Drama, Family

Starring Audrey Hepburn and Rex Harrison.

Audrey Hepburn is willful, self-aware and ultimately self-reliant Eliza Doolittle and Rex Harrison is Professor Henry Higgins in this

splendid widescreen adaptation. This special 60th anniversary event includes exclusive insight from Leonard Maltin.

Anime Expo Cinema Night: Paprika (1h 31m – Rated R) Drama, Fantasy, Mystery

Starring Megumi Hayashibara, Akio Ootsuk, Torû Furuya.

Anime Expo Cinema Nights presents the last film ever made by visionary director Satoshi Kon with his mind-bending thriller PAPIKA, which has been restored in 4K for the first ever. When a machine that allows therapists to enter their patients’ dreams is stolen, all hell breaks loose. Only a young female therapist, Paprika, can stop it.

CV



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THE VINO VOICE

BY RICK RIOZZA



WINE AND ECO-DIAMONDS ARE FOREVER

We already know that diamonds are a girl's best friend. But here's an update: the publication *Her Campus* from the University of Connecticut, recently wrote, "Ten Reasons Why Wine Is A Girl's Best Friend."

And the publication's arguments seem to fall well in the diamonds/wine comparisons:

a) "Wine is always there for you"—diamonds too (yes—we've heard diamonds are forever.); (b) "wine can make you feel that you can conquer anything"—classy diamond rings, pendants, and earrings surely give women a presence and perhaps some gravitas as well; (c) "there's a wine for every occasion"—diamonds work that way too, weddings, birthdays & anniversaries; (d) "wine is portable"—ditto that with diamonds; and, (d) "wine makes everyone look classy and feel sophisticated"—and diamonds, well, throughout history, speak quite well for themselves.

Alright—there were more examples in the article but no need. We simply needed an eclectic intro to get to our coverage on the new exciting business that just opened on El Paseo in Palm Desert: **Eco Diamonds**.

The owner is one of my dear wine quaffing friends, **Michael Jacobs**. Actually, we share some similar characteristics: we both went to law school—although I practiced law and he became a business and real estate entrepreneur; we're both lifelong guitarists with guitar collections; we've recorded music; and, of course, we've had some great wine collections—and we continue to enjoy some wonderful vintage wine as well.

But now, more importantly, it's my pleasure to showcase his wonderful business & quest to rid the world of the terrible "blood diamond" trade by bringing eco-friendly diamonds to the responsibly informed and jewelry caring public.

Interested—read on. For starters, here's Eco Diamonds's PR: "Can you believe that diamonds are grown nearly 93-124 miles below the Earth's surface? During the creation process, a diamond is formed from high pressure and temperatures over an extended period. **At Eco Friendly Diamonds of Palm Desert, CA, we grow our diamonds in a lab.**

"These lab-grown gems are as accurate as the diamonds mined from the Earth. These gems have the same chemical, physical, and optical properties as mined diamonds. They also exhibit the same fire, scintillation, and spark you'd see with a traditionally grown diamond.

"At Affordable Eco-Diamonds, we work with lab-grown diamonds made in the USA. These diamonds are ethical and environmentally friendly. As mentioned above, they are identical to mined diamonds by DNA, chemical composition, and quality, except they are more affordable. They are available in all shapes, sizes, color, and clarity and they are backed by certifications from **GIA or IGI**.

"We offer engagement and wedding rings, loose diamonds, necklaces, bracelets, pendants, and diamond stud earrings.

If you'd like to learn more about our diamonds, call us at 760-296-7400."

In my last conversation with Micheal, I asked how he came to know about this "lab diamond process". He said he was won over immediately when he attended the **JCK**



Jewelry Trade Show in Las Vegas last year. Since Michael has owned jewelry stores on El Paseo in the past, he was able to attend, as the JCK is open to jewelry professionals exclusively.

At JCK he met with the "eco-diamond" scientists and learned about the process. Michael now says he's now in "education mode", wishing to inform new and previous jewelry clients to the new way of the diamond world. Michael, who is well versed in the diamond trade states: "the 'blood diamond trade needs to be eradicated immediately!'"

Michael has assured clients and professionals that these eco-friendly diamonds are the real thing. The Federal Trade Commission has stated that lab diamonds have the same—exact same, qualities of mined diamonds. Diamond professionals all agree that both diamonds are indistinguishable. "Eco-diamonds are indeed real diamonds.

The lab process is so interesting. Micheal tells me that the "lab", where the diamonds are processed, looks like a spaceship shuttle. There, pure carbon is pressurized and heated to immense numbers, to create diamonds that match the process that occurred on earth.

And here's the thing: the cost is a fraction of mined diamonds. Michael tells us that he can provide stellar diamond jewelry at astonishing low prices. Again, if you're so inclined and would like to learn more about the diamonds, call Micheal at **Eco Diamonds 760.296.7400. 73-200 El Paseo Ste 2E Palm Desert, CA 92260**

By the way—**wine is forever as well.** As written in the book of **Isaiah 25:6-8**, at the end of the age, and when the Lord's chosen is brought to heaven, He will throw a feast for all of his true followers—**a feast of the finest foods and the finest vintage wines.** Cheers to that!!

The last wine Michael and I shared was the **2019 The Estates Cabernet Sauvignon Oakville Reserve**. He loves Napa and Sonoma County Cabernets, and the 2019 Oakville Mondavi was **Wine Spectator's #6 Wine of 2022.**

I've heard that this wine is no longer available in stores!! But find it if you can: the aromas include ripe black plum, currant, ginger, vanilla, fennel, and nutmeg. The palate is a full-bodied perfectly structured wine with black plum, blackberry, licorice, and herbs. It paired beautifully with short rib risotto and steak salad.

Rick is your somm-about-town tasting at a venue near you. Contact him at winespectrum@aol.com.



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TRAINING TIPS FROM VALERIE MASI



BY JANET MCAFEE



training class, you see how avidly they pay attention to the trainer and enjoy every exercise. Daily structured walks help drain your pup's energy in a productive way. A regular feeding schedule and potty breaks help with house training. Involve everyone including children in the animal's care. Teach your dog that calm behavior gets the most attention.

EXERCISE – Just like us, dogs need physical exercise and mental stimulation. Daily walks are essential. A game of fetch in the back yard is great fun. Tell your dog to sit and stay before you throw the ball and shout "fetch" for him to bring it back and drop for you to toss again. This adds structure to a game of fetch and creates more fun. If you have an only dog, arrange a play date with a friend's dog. Pet stores carry creative toys that hide treats and create a challenge for Fido.

DAILY WALKS – This is a great way for both of you to exercise and meet new people in your neighborhood. Keep your dog in a "heel position" close to your side for the first part of the walk. At the walk's halfway point, release him from the firm heel position so he can explore and smell the flowers along the route. Keep him leashed as a dog should always respect the end of the leash for your and their safety. (Instructions for leash walking can be found online, though Val cautions on relying exclusively on online information for a well-trained pup).

HOUSE TRAINING – Puppies pee and poop quite often. Val does not recommend puppy pads as this trains them to go indoors, so they need frequent trips outside. A large crate may be used during your quick trips for errands. Puppies can be crated overnight, but never for more than 2-3 hours during the day. Adult dogs can be crated for 4 hours during the day. Initial success can be rewarded with treats but keep treats to a minimum later.

SEPERATION ANXIETY – This is often an issue when people return to the office after working at home. Begin by leaving the dog alone for short periods of time, then gradually extend the hours you are away. You may want to have a friend come by and walk Fido midday or take advantage of a doggie day care program. Sometimes adopting another dog friendly canine eases the loneliness and anxiety.

CHEWING – Puppy proof your home before the new canine arrives. Don't leave

your Armani designer shoes in the hallway. Don't ever use old slippers or socks as toys...Dogs don't know the difference. Bitter Apple spray from a pet store is a good deterrent to protect your valuables. Pupsicles frozen in small yogurt containers from salt free chicken bouillon and kibble can occupy them. Also good are hard rubber kongs with a dab of peanut butter inside and Dinosaur Nyla bones. Keep trash cans covered or out of reach.

GUESTS – Train them not to jump on people arriving by practicing with you. When they jump on you, move forward into the dog. If you turn your back you are giving them an invitation to be dominant. It's natural for dogs to bark when people enter their property but becomes annoying if they continue. Sound devices work with only some dogs. Spay bottles can be used to correct but be careful and do not spray a stream in their face.

Valerie advises, "Dogs use their bodies to communicate. They tell us many things if we carefully observe them. There is no cookie cutter approach to training. However, there is a distinction between the old fashion methods that incorrectly used punishment. In the past it was recommended you use a loud scary voice to train, but this can shut down a dog. Use a firm voice. Never hit a dog, but rather utilize positive reinforcement." Animals reflect the people around them. There is no training problem that can't be solved with love, skill, and patience.

You can contact Valerie Masi during business hours at (760) 885-9450. She can help with individual sessions, group classes, and boarding. Contact Loving All Animals for adoption information at (760) 834-7000 and lovingallanimals.org. A well-trained dog is a happy dog!

Janetmcafee8@gmail.com

Loving all Animals

Valerie Masi, owner and operator of Best Paw Forward, is one of the most outstanding dog trainers in Southern California. She can handle any size dog with any issue, but her passion is helping dogs who have suffered mistreatment. In addition to certification from the program at National K-9 School of Dog training, Valerie earned a degree in Exotic Animal Training and Management at Moorpark College. With over 35 years of experience, she has solved just about every training problem imaginable. She now has a part time contract with Loving All Animals to provide training to their volunteers, foster parents, staff, and shelter dogs. She helps owners of newly adopted pups to ensure success.

Getting a new dog is an exciting adventure, but it is more fun when you know how to train. My recent discussion with Val included the following training tips.

If you follow these steps, you will have a social, well-behaved and balanced dog that you can take everywhere, one that will be welcome in public, and one you can enjoy having by your side.

PLAN AHEAD – Everyone in the household needs to be on board adopting a new canine family member. Decide on some basic rules ahead of time. Do some research on various breeds. Mix breeds are more likely to have fewer health problems. Does a small, medium, or large dog best meet your housing situation? Puppies require extra time, activities, and potty training. Where will the dog sleep? Is your dog going to be allowed on the furniture? There may be an initial honeymoon period, and issues can appear later.

DOGS WANT STRUCTURE – Dogs thrive on consistency and structure, and everyone in the home needs to stick to the same rules. If you have ever had a dog in a

MEET MERRY

My name is Merry and that's what I'll make you if you adopt me! I am a happy beautiful 1-yr-old Shepherd girl waiting at the Coachella Valley Animal Campus, 72-050 Pet Land Place, Thousand Palms. The shelter is open 10am-4pm Mon through Sat, ask staff to take me to a visiting area and I will give you a kiss. I'm dog ID #A1770613, love people and other dogs. 951-358-7302. www.rcdas.org



MEET FRANK

I was brought to the Coachella Valley Animal Campus shelter with my sibling dogs when my human died. It's very crowded here so please come meet me at 72-050 Pet Land Place, 72-050 Pet Land Place, Thousand Palms, open 10am to 4pm Mon through Sat. I'm 1 1/2 years old, 38-lbs of doggie love, dog IDA1772229, a handsome Siberian Husky. Ask to meet me in a private visiting area and I will relax. (951)358-7387 www.rcdas.org.



Save a Life. Adopt.



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, (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 Avenue 51, Coachella, www.lovingallanimals.org, (760) 834-7000. (Private)

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

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)

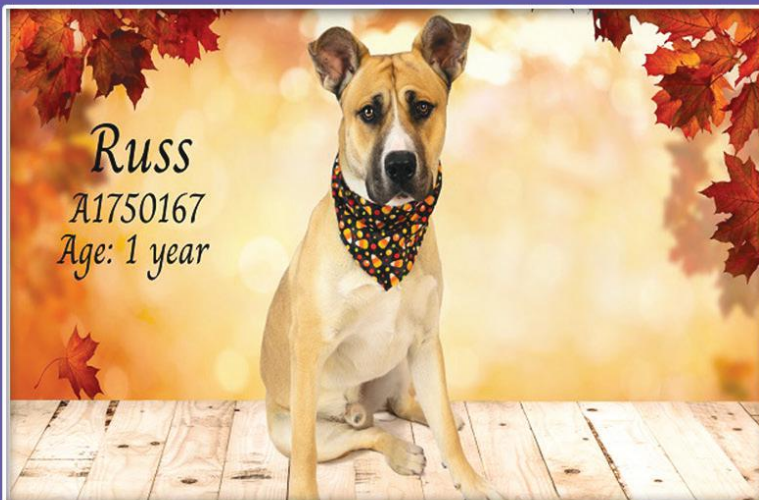
LIVING FREE ANIMAL SANCTUARY – Large outdoor shelter for dogs and cats up Hwy 74, Mountain Center, www.living-free.org, (951) 659-4687. (Private)

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.arerecure.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).

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




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FRIED GREEN TOOTHPICKS AND OTHER EDIBLES

HADDON LIBBY



BY HADDON LIBBY

People eat the strangest things. Anyone who has been to the South has heard of, if not tried, fried green tomatoes. In South Korea, people have taken to eating fried green toothpicks! The Ministry of Food and Drug Safety states that they have not tested toothpicks as a food and advise citizens to reconsider the snack.

This Tik-Tok-like trend came about as the country uses a starch-made toothpick versus the wooden or plastic ones that we use. People began frying the sweet potato or corn starch covered toothpicks in oil resulting in a 'treat' that curls and looks like a thin green cheese puff. Snackers then coat these fries in a cheesy powder.

Where South Korea warns against eating toothpicks, a hotel in Canada requires a health waiver to eat a hamburger.

The Hilton Hotel at the Toronto Airport in Canada recently required a visitor to sign a release form in case he became sick from

the food they served him. The issue came about as the diner ordered a medium-cooked burger meaning that it had a slightly pink center. Two bites into the burger, the server returned with a food waiver form that required the customer's signature to finish his burger. The diner did not sign the form but paid, left and posted the incident on Reddit.

In its defense, the Hilton stated that typically serve burgers that are well-done to avoid any food-borne illnesses that may come from the internal temperature of the meat being too low to kill bacteria. The liability waiver comes about as the Ontario province has laws on the books requiring eateries to prevent ecoli outbreaks. Most restaurants in province will not sell a burger that is not well done.

While medium-rare burgers are common in the United States, so too are a host of other novel foods.

During the late 1800s, Basque immigrants came to the United States and joined in the great migration west. With many becoming sheep herders, lamb fries were developed from the parts of the lamb that were not sold. Strips of lamb balls were breaded and fried like the Canadian dish, Rocky Mountain Oysters which come from bulls.

Down Louisiana or Florida way, people have takin' a hankering for alligator meat. Fried or grilled, the gator tail is considered the filet mignon of this reptile. If you are ever near the Everglades and want to try some gater, most eat the beast fried like catfish or chicken strips and served with fries. At the Oceana in the French Quarter of New Orleans, you can get gator tail bites fried or blackened and served with a Remoulade sauce.

Another local dish to Louisiana is Nutria meat aka river rats. A nutria looks a bit like a beaver-guinea pig-porcupine animal and

shares a genealogical tree as a rat. The Exotic Meat Market will sell you a pound of boneless nutria meat for \$50. Supposedly, the meat tastes like rabbit or a cross of turkey and pork. As far as I can tell, no restaurants serve this exotic meat.

The home of Colonel Sanders and Kentucky Fried Chicken is also known for its fried squirrel. Chef Paul Wedgewood says the meat has a "mellow, nutty" flavor.

In Alaska, you can order Akutaq. Also known as Eskimo Ice Cream, Akutaq can be a mix of virtually anything edible. Some can be dessert while other versions are more savory or downright bizarre. Ingredients range from various berries and lavender to whitefish eggs, seal or whale oil and fats from a caribou, moose, bear or muskox. Mixed with snow and sugar, you have Eskimo Ice Cream.

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



THE CV LEGALIZES J-WALKING!

DALE GRIBOW ON THE LAW

Did you know there was a new J Walking Law in 2023? Yes, now under certain circumstances, Jaywalking is legal not only in the Coachella Valley, but throughout California, because they relaxed Jaywalking laws. Under the new "Freedom to Walk Act", pedestrians will no longer be ticketed for jaywalking... unless they are crossing in a dangerous manner. This means that pedestrians will be able to cross the street outside of a crosswalk, as long as they do so safely.

The law was passed in response to concerns that the old law was too harsh, and disproportionately affected people of color. Studies have shown that Black and Hispanic pedestrians are more likely to be ticketed for Jaywalking than white pedestrians, even when they are crossing the street in the same way. I won't comment on my thoughts on this reasoning, but I did want to inform my CV Weekly readers of this major, and unexpected, change in the law. Who knows, maybe border issues can be addressed next.

It will now be easier for pedestrians to get around, especially in urban areas where there are often few crosswalks. However, it is important to note that pedestrians still have a responsibility to cross the street safely. They should always look both ways before crossing, and they should yield to oncoming traffic.

If you cross safely and get hit by a car, you need a local experienced lawyer. I recently had a client who was hit by an uninsured car

on El Paseo. They initially talked to another lawyer who rejected the case...that I now accepted.

Why did I accept the case when another local accident lawyer rejected it? It was because I asked one more question, "do you have auto insurance with Uninsured Motorist (UM) coverage? Even though they were not in their car, their UM would cover and protect them...without their insurance going up.

It was a non-chargeable accident because they were not at fault. The client was concerned about going and getting medical treatment, and not having a way to pay for the meds, until I assured them their auto coverage would pay, as if it were the insurance for the uninsured vehicle.

Like an auto v auto accident, the victim should seek a medical evaluation asap. An ambulance validates the injuries severity, and provides the information lawyers need to get you a maximum recovery. Victims are naturally concerned about spending money on the ambulance, ER or hospital. They don't realize they will get it back in SPADES when the case settles.

Talking to a defense lawyer, or adjuster, puts their accident lawyer at a disadvantage, as it provides INFORMATION to the defense. A client does not always remember what they told the adjuster, and it is not just what the victim said, but what the adjuster/attorney THOUGHT s/he heard them say.

I advise all PI clients to take down social



media, as it is the latest trick used by the insurance company and the DA in DUI's. They will Google an accident victim and check Facebook etc, to gather information on you. They may also contact your Facebook friends to get negative information.

For instance, IF you post you were just in an accident, and were late for golf or tennis, it arguably suggests you were not hurt that badly. If while treating, you post about playing a sport, going dancing, or on a ski vacation, this suggest to the insurance company who would argue to the jurors, that you were ok and faking your injuries. Obviously, one can be injured and still play tennis or golf, but with some pain.

The bottom line, "if you don't see a doctor asap, and regularly, the delay reduces the case value. that may be financially worthwhile for

LEGAL REPRESENTATION OF THE INJURED & CRIMINALLY ACCUSED



an attorney. In other words, the insurance company will argue if you were really injured you would have found a way to get medical care, and some lawyers would question continued representation."

Insurance companies believe most claims are false. They ponder whether you slipped and fell while running around the pool, or fell in your shower and then thought, "I will say it was from my recent accident." The bottom line is that adjusters are paid to downplay the severity of the accident and the amount to be paid to you.

Sooo, protect yourself and retain an experienced LOCAL PI/ACCIDENT lawyer!

Dale Gribow is a local distinguished "Boutique Concierge" PI/DUI firm, with over **25 "TOP LAWYER" AWARDS**; **4 "Dale Gribow Days"**; **8 "Man of the Year" Awards** (City of Palm Desert, City of Hope and California Senate)...and awarded "Mr. Charity." He limits the caseload allowing calls to be answered and returned, the "OLD FASHIONED" way...by Dale, not an assistant.

Future columns ideas, contact Dale Gribow 760-837-7500/ dale@dalegribowlaw.com. **CV**

21 MENTAL HEALTH FACTS THAT CAN HELP YOUR LOVED ONES

I dealt with fear and anxiety for over twenty years and there are 21 facts that I discovered during my mental health struggles that can help anyone who struggles with fear and anxiety.

Knowing these important mental health facts can save someone you know a lot of time and money in the long run.

1. Getting help for your mental health is the best thing you can do.
2. Ignoring your mental health issues will only prolong the problem.
3. Running away from your mental health issues does not work.
4. There is no such thing as a quick fix when it comes to your mental health.
5. There is nothing wrong in asking for assistance for your anxieties and stresses.
6. Your situation is not hopeless regardless of what you may think.
7. Focus on your recovery rather than trying to please others.
8. Go to the nearest hospital if you are experiencing a mental health crisis.
9. Your mental health is just as important as your physical health.
10. You have to make an effort in finding the answers to your mental health issues.
11. Focus on the facts of your situation rather than your fearful thoughts.
12. Joining a support group is a great way of finding people who can relate to you.
13. Follow the advice from the professionals, rather than your friends.
14. Do not try to manage your mental



15. Determine the source of your anxieties and then find ways to overcome them.
16. Do not make assumptions regarding your current mental health situation.
17. Do not underestimate the power of God when it comes to your mental health.
18. Learning from your past mental health experiences will help you in the present.
19. Drugs and alcohol are not the answers. They just make things worse.
20. It takes practice in managing your

health problems all by yourself.

mental health. Be patient but persistent.

21. Do not be afraid to ask questions when dealing with your mental health.


If you happen to struggle with fear, anxiety, or any other mental health related issues, it is important to admit that you have a problem and get some help.

Your doctor or other medical professionals in your area will know of some qualified mental health professionals who can give you some assistance.

The key to overcoming your mental health issues is to "learn" effective techniques to manage your anxieties and

stresses and "applying" these skills to your life. The best way to learn these techniques is by talking to a mental health professional.

Everyone deals with stress and anxiety sometime in their life. You are not alone and there is nothing wrong with asking someone for advice on how to deal with these mental health related issues.

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. 

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SWAG FOR THE SOUL

BY AIMEE MOSCO



SETTING SOUL SUPPORTING GOALS

It is common knowledge that the most effective way to create an outcome on purpose is to begin with a goal. Your goal charts a course for your creation and keeps you focused so you stay aligned with your intended outcome. Goals serve as motivators too, because they remind you of the rewards to be reaped should you choose to put forth the consistent effort required to achieve them.

The most obvious goals to express and work toward to elevate your experience are the ones that reflect your worldly desires. The goals that are not so obvious, but have a dramatic impact on outcomes, are the ones that speak to the longings of your soul. These underlying desires often sit outside the boundaries with which your ego is familiar, so such goals can be difficult to identify and express with clarity. Since your soul cravings support your spiritual growth, they are typically intangible. You must exercise a heightened degree of awareness to understand what these soul cravings are.

When you identify a worldly goal and make moves to achieve it without considering your soul plan for growth, you open yourself to the possibility of inner conflict blocking your passageway. This not only derails the manifestation of your intended outcome, but inner conflict feeds confusion and self-doubt. When you think you have done the right thing by staying focused and working hard to meet your goal, and it doesn't come to fruition, goal setting can feel fruitless and unproductive.

If you have goals that you have been unable to achieve even though you stayed true to the follow through, it is worth turning your focus inward with intent to explore the

aspirations of your soul. When you invite your inner spirit to speak clearly to you and convey your inner desires, this part of you responds to your request. As you open yourself to receive, your higher self will communicate to you which soul supporting goals to express and work toward. You may even find that your soul supporting goals, which serve as your underlying energetic foundation, inspire you to shift your worldly goals to align your outer self more fully with your inner self.

Harmonization of your inner and outer self will unearth new levels of creative success and accelerate your growth in this fast-approaching new era. Your higher soul studies in this new paradigm call for deep-seated, thoughtful goals that fortify soul growth and amplify your abilities. So, if it is in your worldly plan to exercise your most potent natural abilities to create at will, the time is now for you to identify and set some solid soul supporting goals.

In my pursuit to assist you in connecting with higher soul studies, I invite you to join my Telegram group **DIVINE PURPOSE Discussions**. Go to <https://t.me/+8XQ9bgCiF0A2Yzlx> and enjoy the light of this supportive community.

Aimee Mosco is an Author, Intuitive Channel, Spiritual Teacher and Co-Founder of Intentional Healing Systems, LLC. Aimee's desire to help others inspired her first book "*Gratitude + Forgiveness x (LOVE) = Happiness*". Aimee served global charity organization, World Game Changers, as vice-chair to their board and continues her charity work in the Coachella Valley. Find Aimee's Channeling page on Facebook with [@ihsaimeemosco](https://www.facebook.com/ihsaimeemosco) or visit Aimee at www.ihsunity.com.



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ROB BREZSNY'S
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WEEK OF FEBRUARY 1

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ARIES (March 21-April 19): "Happiness" is an amorphous term with a different meaning for everyone. What makes me feel happy may be unlike what works for you. Besides that, any kind of perfect happiness is impossible to achieve. However we define it, we are always a mix of being happy and unhappy. Nevertheless, I invite you to ruminate about the subject in the coming days. I believe you are primed to arrive at a realistic new understanding of your personal version of happiness—and raise your happiness levels by at least 15 percent. Maybe more! Now here are helpful clues from philosopher Friedrich Nietzsche: "Precisely the least thing, the gentlest, lightest thing, the rustling of a lizard, a breath, a whisk, a twinkling of the eye—what's *little* makes up the quality of the best happiness. Soft!"

TAURUS (April 20-May 20): I invite you to take an inventory of your taboos, inhibitions, and restrictions. Meditate on why you originally adopted them. Evaluate how well they have served you and whether they are still meaningful. If you find any of them have become unnecessary or even injurious, jettison them. And be excited and happy about being free of them. If you decide that some taboos, inhibitions, and restrictions are still wise for you to maintain, thank them for their service and honor the self-protection they provide.

GEMINI (May 21-June 20): Gemini novelist Gregory Maguire says there are a "thousand ways people shrink from life, as if chance and change are by their nature toxic and disfiguring." Your assignment in the coming weeks is to contradict his theory. I'm hoping you will interpret all chance and change as potentially expansive, redemptive, and interesting. You will never shrink from life, but will boldly meet challenges and embrace twists of fate as interesting opportunities. I have abundant faith in your ability to carry out this vigorous project!

CANCER (June 21-July 22): You could be a masterful eliminator of toxins and wastes in the coming weeks. Do it both for yourself and for those you care about. Start by purging nonessentials that obstruct the flow of the good life. These might include defunct fantasies, mistaken understandings, apathetic attitudes, and unloving approaches. Among the other dross or dreck you could root out is any clutter that's making familiar environments feel oppressive. By the way, fellow Cancerian, this should be .fun. If it's not, you're doing it wrong.

LEO (July 23-Aug. 22): My goals right now are to inspire you in the following three ways: 1. to be full of love for your daily life; 2. to adore yourself exactly as you are; 3. to shed any numbness or boredom you feel and replace them with alert aliveness. To help you in this exalted effort, I offer the inspiration of three quotes. 1. "The invariable mark of wisdom is to see the miraculous in the common." —Ralph Waldo Emerson. 2. "The universe is full of magical things patiently waiting for our wits to grow sharper." —Eden Phillpotts. 3. "I have the mysterious feeling of seeing for the first time something I have always known." —Bernardo Bertolucci.

VIRGO (Aug. 23-Sept. 22): In the coming weeks, I hope you avoid sucking up to egotistical manipulators. Please also refrain from being an unappreciated beast of burden and a half-willing pawn in boring games. If you are interested in paying off karmic debts, make sure they are yours, not anyone else's. If you plan to work hard to lay the foundation for a future liberation, get a guarantee that YOU will be one of the liberated people. PS: I'm fine with you doing unselfish things as long as they will also have selfish benefits.

LIBRA (Sept. 23-Oct. 22): One of the great maladies affecting modern people is the atrophy of the soul. It's related to another affliction: the apathy of the soul. A key contributor to these misfortunes is the entertainment industry. Its shallow and artificial stimuli are engineered to overfeed our egos, leaving our poor souls malnourished. Please note that I have no problem with our egos. They are an important part of our

make-up and are essential for healthy functioning. But it's a shame they hog all the glory and sustenance. Now here's my climactic message for you, Libra: It's high time to celebrate a holiday I call Nurture the Soul. Make it last at least three weeks. Homework: Identify three actions you will take to excite, cherish, and enhance your soul.

SCORPIO (Oct. 23-Nov. 21): In myth and legend, pregnancies don't always begin with two humans having sexual communion. The well-known story of the Virgin Mary tells us she was impregnated when the Holy Spirit, disguised as a dove, whispered in her ear. The Roman goddess Juno conceived her son Mars solely with the help of an enchanted lily flower. The Greek hero Attis germinated inside his virgin mother Nana after she placed a pomegranate in her lap. This might sound outlandish, but I foresee you having a metaphorically comparable experience. Do you believe in the possibility of being fertilized by miraculous magic or a divine spirit? Might you be dramatically awakened or inspired by a very subtle influence? I think it will happen even if you don't believe.

SAGITTARIUS (Nov. 22-Dec. 21): Sagittarian computer scientist Grace Hopper (1906–1992) wrote, "The most damaging phrase in the language is: 'It's always been done that way.'" I will expand on that wisdom. The most obvious meaning is that we risk ignoring our individualized needs and suppressing our creative inspirations if we mindlessly conform to the habits of society. But it's equally important not to mindlessly repeat our own longstanding ways of doing things. Maybe they were brilliant and appropriate in the past, but there's no guarantee they will always be so. In conclusion, Sagittarius, I recommend you rebel against your own personal "it's always been done that way" as well as everyone else's.

CAPRICORN (Dec. 22-Jan. 19): Being in love is as desirable for you Capricorns as it is for everyone else. You may be less open and dramatic than the rest of us in expressing your yearnings, but they are still a driving force. Here's an important point: Even if you are not constantly chattering to others about your urges to give and receive intimate care, it's crucial that you acknowledge them to yourself. To keep your soul healthy, you must be in close touch with this core fuel. You must love your need for love. Now is an excellent time to deepen your appreciation for these truths.

AQUARIUS (Jan. 20-Feb. 18): It's the fifth annual Brag Therapy Holiday—for you Aquarians only. During this celebration, we expect you—indeed we want you—to boast with panache. Tell us all in exquisite detail why you are such a marvelous creation. Explain how you have overcome seemingly insurmountable odds to transform yourself into a masterpiece of intuitive intelligence. Regale us with stories of your winsome qualities, your heroic triumphs, and your hilarious and poignant adventures on the edge of reality. Make sure we understand how educational and healing it can be to bask in your influence. Show us why we should regard you as a role model.

PISCES (Feb. 19-March 20): I invite you to resolve old business, draw unrewarding projects to a close, and finish your lessons at the School of Tough Love. You don't have to carry out my next proposal, but if you do, I will be glad: Politely and quietly scream, "Get out of my life" at anyone who doesn't give you the respect and kindness you deserve. I also recommend that you do a Wrap-It-Up Ritual. Start by making an altar that pleases you with its beauty. Take scraps of paper and write on each one a description of an influence or experience you want to purge from your life. As you rip each scrap into bits, say this: "I'm grateful for what I have learned from you, but now I am leaving you behind."

Homework: Read and hear free excerpts from my new book: <https://tinyurl.com/BraveBliss>

Rob Brezsnny - Free Will Astrology
freewillastrology@freewillastrology.com CV

HOW LONG SHOULD MY WORKOUTS BE TO GET STRONGER?

SEND ME A TRAINER

Today I want to talk about a topic that concerns a lot of fitness novices – how long should a single workout be if your goal is to become stronger?

The truth is, there's no one-size-fits-all answer, as several factors come into play. Let's talk about them and how you can tailor your sessions to maximize strength gains.

1. Opt for quality over quantity: You should always choose a quality shorter workout over a longer one done sloppily. To get the most out of each and every workout, focus on proper form, controlled movements, and targeted muscle engagement. If you are a newbie, it's best to get guided by a personal trainer who can teach you, control the execution, and choose the right weights to avoid injuries.

2. Favor higher intensity: A shorter but more intense workout yields more strength-building results. Combine it with proper technique and awareness of each and every muscle you are working on and you will see positive results in no time.

3. Listen to your body: Understanding your body and its responses is essential. Each person's physiology, recovery capacity, and lifestyle differ. Some individuals thrive on shorter, more frequent workouts, while others benefit from longer, less frequent sessions. Pay attention to how your body reacts to different durations and adjust accordingly. Listen to signals of fatigue, soreness, and progress.



4. Opt for tailored programs: We have already figured that there is no one-size-fits-all answer to strength gain, so it's only natural that the optimal results are achieved when a workout program is tailored specifically to your initial body composition and strength, your recovery rate, diet, time you can dedicate to workouts per week, and so on. You can learn all the intricacies on your own, but be ready to really delve into biology, nutrition, physiology, and so on. Or, you can turn for help to a certified trainer who has

already acquired the necessary skills and can facilitate your journey.

5. Do not neglect the need for recovery and proper nutrition: The duration of your workout is just one piece of the puzzle, recovery is equally crucial. Overtraining can slow down your progress and increase the risk of injury. Remember, during recovery the process of building your muscles that you have initiated with the training and nutrition continues. Respect your body's need for rest and prioritize recovery strategies such as

BY COACH
NADIA POPOVA



proper nutrition, hydration, and adequate sleep. In conclusion, I want to say that there's no magic duration that guarantees success in strength training. The key lies in a thoughtful, individual approach that considers all of the factors I've talked about earlier. Coachella's team of "Send Me a Trainer" led by Nadia Popova will happily help you succeed on your strength gaining, weight loss, mobility, or any other fitness journey you have embarked. Our personal trainers will tailor a workout and nutrition plan and help you stay consistent by assessing your progress and adjusting the program if needed. **CV**

Send Me a Trainer



CANNABIS FOR DUMMIES

CANNABIS CORNER



Are you wanting to use cannabis/marijuana and are afraid to try? This article is a conversation on how to use cannabis for medical conditions. When you pick up your prescription from the drugstore do you read the insert? I do not because most often it does not pertain to my particular issue. Anyway, it is generally too long to read. Very few individuals take a cannabis tincture, gummy, or tote and receive benefits immediately. The strength or mode of ingesting determines your body's response. Using any plant medicine is a journey demanding patience.

During my recent sojourn into Barnes & Noble in Palm Desert, CA, I found very few cannabis books. Amazon is no different. Local libraries are devoid of cannabis books also. So, let's say you don't have time to read a book and you want to try it on your own. Or your friend or relative brought you a product and encourages you to try using

but you are afraid. The package sits on your counter for weeks. Plus, you do not have time to read all that gobbledegook on science.

Your daughter still nags you to use, and you finally give in. What to do now? Do you remember when you took your first alcoholic drink? Did you on the first try, ingest a six-pack of beer all at once? Did you take shots of liquor or mix it with soda? It's the same with cannabis. Don't eat the whole bag of gummies and expect to be ok. You gradually try a small amount and determine your tolerance the same as when you started drinking alcohol.

My first golden rule is DO NOT BE AFRAID. Cannabis has been around for over 5000 years. In contrast to propaganda on the news, it does not kill you. Too much alcohol, cocaine, methamphetamines, ecstasy, and synthetic cannabis CAN kill you. Did you catch the word synthetic? Synthetic

cannabis is made in the lab not from a plant. The cannabis you grow yourself or purchase in a legal dispensary will NOT kill you.

Here is the only science you need to absorb. There are receptors on each of our cells, too numerous to count. Technicians need a computer to calculate. Our breathing is controlled by the receptors on our brain stem. Too many activated in that special place depress breathing. Alcohol, opiates, and other dangerous drugs can depress our breathing. If 911 is not called in time to reverse that depression, you die.

Drum roll everyone. rat-a-tat-tat, rat-a-tat-tat. There are NO receptors in the brain stem for cannabis. Eureka! No depression of your breathing. Δ^9 -tetrahydrocannabinol (THC) is the only psychoactive ingredient in cannabis that makes you high. Ingest too much THC and you have couch lock. However, when it wears off you wake up feeling fine, in contrast to having a hangover

BY RUTH
HILL R.N.




from being drunk. OK, enough of this preamble. It's time to try cannabis.

Using our alcohol metaphor, beer wine, or hard liquor all have different effects. Start low, adjust the dose slowly, and know your milligram dose and ratios. (80-proof alcohol or 90-proof THC). I always recommend tinctures for anyone new to cannabis. Start with 1-2mg twice a day of a tincture that has a ratio of 30 CBD to 1 THC. Stick with this dose for 2-3 days then increase by 1-2 mg daily. Slowly repeat this process until you obtain the desired benefit.

Most gummies have 5-10mg of THC. Cut the gummy in half with scissors the first time to determine your tolerance to THC. Cannabidiol (CBD) is the rescue for getting high on THC. For this reason, have high-dose CBD or peppercorns on hand. Peppercorns have beta-caryophyllene which is similar to CBD. A high from too much THC can always be reversed within 10-15 minutes with a rescue dose of CBD or peppercorns. Gummies taste great which can lead to gouging like candy. The two books I recommend are Bonnie Goldstein *Cannabis is Medicine* and Leonard Leinow's *CBD: A Patient's Guide to Medicinal Cannabis*. Patients who cannot tolerate THC will need a hemp product that has only 0.3% THC.

For more guidance on the self-administration of cannabis, contact cannaangel16@gmail.com. **CV**

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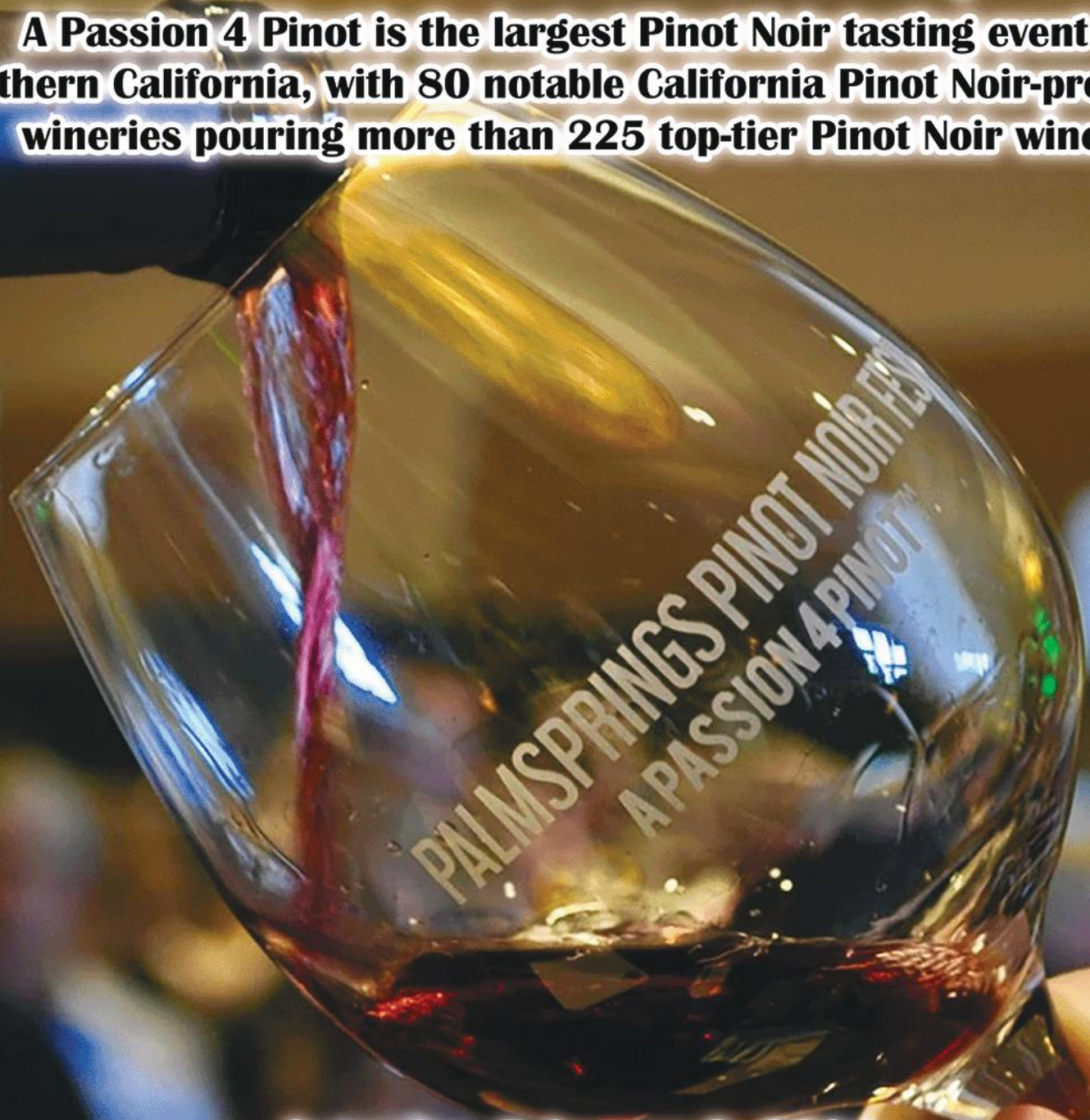


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