EVENTS • MUSIC • ART • FILMS • DINING • NEWS • COMMUNITY • LIFESTYLE • HEALTH • SPORTS • BUSINESS • ADVICE

coachellavalleyweekly.com • July 11 to July 18, 2024 Vol.13 No.18

CV WEEKLY



Sunny Sounds
Recording Studio
&
"World Famous"
REPAIRLAND
GRAND OPENING
Thursday, July 11, 2024
6-8 p.m.
45250 Smurr St., Suite 12
Indio, CA 92203
Exclusive Launch of Signature Line with Music Nomad
Exciting Giveaways
Live Recording Session

Stuft Pizza 10 Year Anniversary pg3
Dezart Performs pg5
The Dinah pg7
Bell Biv DaVoe pg7
Janet Marie pg21


SUNDAY AUGUST 4TH
PRESENTED BY
PAPPY + HARRIET'S
DOORS AT 8PM
PAPPY + HARRIET'S
NIÑA COYOTE
ETA
CHICO TORNADO
WAXY

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GET READY TO ROCK: 'WORLD FAMOUS' REPAIRLAND AND SUNNY SOUNDS STUDIO OPEN THEIR DOORS IN INDIO!

GRAND OPENING SET FOR JULY 11, 2024, FROM 6-8 P.M.

The City of Indio is excited to welcome a new business to Downtown Indio with the grand opening of "World Famous" Repairland and Sunny Sounds Recording Studio. Attendees can look forward to a ribbon cutting ceremony, the launch of a first-ever signature line of guitar tools and cleaning products in collaboration with the international brand, Music Nomad, exciting giveaways from 10 different businesses, and a live recording session.

Event Details:

- Date: Thursday, July 11, 2024
- Start Time: 6:00-8:00 p.m.
- Location: 45250 Smurr St., Ste 12, Indio, CA

About "World Famous" Repairland and Sunny Sounds Recording Studio: "World Famous" Repairland is an instrument repair shop and broadcast-quality recording studio that serves the Coachella Valley and beyond. Known for its unique repair and restoration videos that have garnered over 6 million views on social media, Repairland services everyone from local schools to international music stars. Instruments and in-house recordings from Sunny Sounds Studio have been featured on channels like Fox, HBO, Cartoon Network, The NFL, and more. CV





STUFT PIZZA CELEBRATES 10TH ANNIVERSARY IN PALM DESERT





Stuft Pizza will celebrate its 10th Anniversary at the Palm Desert location on Friday, July 12. The event will feature an all-day $10 menu and fun giveaways. The business will be recognized at a special celebration at 4pm, when the City of Palm Desert and the Palm Desert Chamber of Commerce honor Stuft for their legacy and community service. The daylong celebration rocks on through the evening when The John Stanley King Band will perform live from 6:30 p.m. to 9:30 p.m.

Jack Bertram and his wife, Pat, opened the first Stuft Pizza in Cerritos, California in 1976. Jack experimented for close to 9 months, developing the recipe for the delicious pizza we have today. Although the small store did only pizza and was take-out only, its emphasis on the highest quality product led to its success. Jack and Pat opened their second store two years later in Whittier. The original over-the-counter concept kept growing, and in 1986, Stuft Pizza became a franchise.

Unlike the franchisee owned stores, which can be found outside the Coachella Valley, both Stuft Pizza Bar & Grill locations in the desert are unique. The Bertram Family owns and operates both the Old Town La Quinta and the Shops of Palm Desert.

The idea was to take the original "pizzeria" and put a fun spin on it. What brought people to Stuft Pizza more than 45 years ago is still what brings people through its doors today. Under second generation leadership, John Bertram and his team are eager to deliver an extraordinary culinary experience, everyday. For our meat lovers, Prime Rib, and Pork Chops are 2 favorites. Salmon and Ahi Tuna delight with wine pairings that deliver healthy and fresh options this summer. And the Classic house pizza is a must have. Visit www.stuftpizza.com. CV


STEVIE NICKS
ILLUSION
A STEVIE NICKS TRIBUTE
One Night Only!
Saturday July 20, 2024
Showtime 7PM
HUNTERS
Nightclub
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Complimentary Entry
Limited Space
Register at Eventbrite to Assure Enterance
FOR MORE INFORMATION & TABLE RESERVATIONS CALL 760.323.0700


Come Celebrate
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LED-ZEPPELIVE
A Tribute to Led Zeppelin
Saturday
July 13, 2024
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WORLD FAMOUS
BAR & GRILL
Palm Canyon
ROADHOUSE
Vip Party 8PM-9PM
General Public 9PM
For advance Tickets Go to Eventbrite
GET YOUR PRE-SALE TICKETS WHILE THEY LAST!

AWARD-WINNING DEZART PERFORMS ANNOUNCES SEASON 17

THEATRE

2022 PULITZER PRIZE-WINNER, TONY AWARD-WINNING MUSICAL AND AWARD-WINNING PLAYWRIGHT HIGHLIGHT 2024/25 SEASON





Dezart Performs continues to build on its past successes of fearless, provocative, and inspiring theatre with Season 17. The Season opens with the 2019 Broadway political dark comedy **HILLARY AND CLINTON** by Lucas Hnath (November 15 - 24, 2024). Next is the 2022 Pulitzer Prize winner **FAT HAM**, a modern-day Hamlet by James Ijames (January 17 - 26, 2025). The season continues with the Off-Broadway hit drama **GRAND CONCOURSE** by award-winning playwright Heidi Schreck (February 28 - March 9, 2025). Finishing the season is the Tony Award-winning musical **FALSETTOS** (April 18-27, 2025), written by William Finn and James Lapine with music and lyrics by Finn. Performances at The Pearl McManus Theater (at the historic Palm Springs Woman's Club), 314 S. Cahuilla Road, Downtown Palm Springs. Showtimes are Fridays at 7:00 pm (NEW TIME); Saturdays at 2:00 pm and 7:00 pm (NEW TIME); Sundays at 2:00 pm and 7:00 pm with an after-show wine and dessert Meet & Greet Opening Night. Tickets: www.dezartperforms.org, or call (760) 322-0179.

"I am thrilled about the upcoming 2024/25 season as it promises to offer a diverse range of experiences, from moments of laughter and intense drama to introspective reflection and impactful storytelling," expresses **Michael Shaw, the Artistic Director of Dezart Performs**. "After a successful past season where we saw a significant number of first-time attendees, we eagerly look forward to sharing these exceptional performances with our dedicated longtime supporters and newly welcomed audience members."

Season 17 appropriately kicks off with the 2019 Broadway political dark comedy **HILLARY AND CLINTON by Lucas Hnath (November 15 - 24, 2024)**. In an alternate universe, light-years away from our own is a planet called Earth. It looks a lot like our Earth, except it's slightly different. And living on this other Earth is a woman named Hillary. Hillary is trying to become the president of a country called the United States of America. It's 2008, and she's campaigning in a state called New Hampshire. She's not doing very well in the polls. She needs more money to keep the campaign going, so she calls her husband for help. He offers her a tough deal, but when she gets his help, she gets more than she bargained for. You may think you know where this story is going, but you don't. After all, the play takes place in an alternate universe where anything can happen.

The 2022 Pulitzer Prize winner and five-time Tony Award nominated **FAT HAM** is a modern-day reinvention of William Shakespeare's Hamlet by **James Ijames (January 17 - 26, 2025)**. In this delectable comedy, an uproarious family barbecue instigates a compelling examination of love and loss, pain and joy. FAT HAM is about a Black, queer discovery of self, softness, and resilience. Your typical Southern family cookout just got anything but. Juicy gets a visit from his father's ghost seeking revenge for his death by his brother - now married to his mother! Sound familiar? This Pulitzer Prize winner is as profound as it is funny. Pass the napkins because things are about to get messy…

Award-winning playwright Heidi Schreck brings us to a Bronx, New York soup kitchen with **GRAND CONCOURSE (February 28 - March 9, 2025)**. Having dedicated her life to religious service, Shelley runs a Bronx soup kitchen with unsentimental efficiency, but lately her heart's not quite in it. Her brisk nature masks an unsettling fear that her efforts are meaningless. When Emma, an idealistic but confused college dropout, arrives to volunteer, her reckless mix of generosity and self-involvement pushes Shelley to the breaking point. With keen humor and startling compassion, Heidi Schreck's play navigates the mystery of faith, the limits of forgiveness, and the pursuit of something resembling joy.

The hilarious, heartbreaking and utterly unique **FALSETTOS (April 18-27, 2025)**, written by William Finn and James Lapine with music and lyrics by Finn, is a Tony Award-winning contemporary musical about family, relationships, bar mitzvahs, baseball, and AIDS. When Marvin leaves his wife Trina and son Jason to be with his lover Whizzer, tempers flare, problems escalate, and everyone learns to grow up.

New Season subscriptions go on sale July 26, 2024; Individual ticket purchases go on sale September 13, 2024.

All performances take place at the Pearl McManus Theater (at the historic Palm Springs Woman's Club), 314 S. Cahuilla Road, Downtown Palm Springs. Ticket prices are $57 – $66 (including service fees) and may be purchased online at www.dezartperforms.org or by calling (760) 322-0179. Showtimes are Fridays at 7:00 pm (NEW TIME); Saturdays at 2:00 pm and 7:00 pm (NEW TIME), Sundays at 2:00 pm and 7:00 pm. The Opening Night performance includes an after-show wine and dessert reception where audience members may meet the performers.

Dezart Performs, one of the Coachella Valley's preeminent theatre companies, recognizes that the performing arts enrich the life and culture of a community, promote greater understanding, and provoke insightful discussion. As a 501(c)(3) non-profit theatre company, its mission is to provide an artistic home for bold and cutting–edge plays, creating an atmosphere of artistic growth for actors, writers, and directors who uniquely contribute to the diverse theatrical environment in the Coachella Valley.

In December 2023, Dezart Performs announced plans for a new space to be called the Dezart Playhouse, located in Cathedral City. The new Dezart Playhouse will have versatile, movable seating for up to 125, including the flexibility for proscenium, thrust, theatre-in-the-round, or cabaret-style formats. A modern, warm, and inviting lobby with a full bar and patio area will be available during performances and other non-theatrical events. The design includes expanded dressing rooms, backstage areas, and a designated box office. Besides being used by Dezart Performs, the venue will also welcome other businesses and non-profit organizations in the community to make use of the space. The Dezart Playhouse will be ready for the 2025 / 2026 Season based on the current plan. The campaign has been in the silent phase for over a year, with the goal to raise $ 2,200,000 to convert the former retail space into a state-of-the-art Equity Theater. In addition, the campaign seeks another $200,000 per year over five years to help sustain program and operation costs.

Dezart Performs' Season 17 Event Listing:

HILLARY AND CLINTON - A political dark comedy written by Lucas Hnath. November 15-24, 2024

"An audacious, whip-smart, highly entertaining piece of writing." - Chicago Tribune

"A cogent, snappy and perceptive about political and emotional realities." - TimeOut

FAT HAM - A modern-day dramatic comedy adaptation of Shakespeare's Hamlet written by James Ijames. January 17 - 26, 2025 2022. Pulitzer Prize for Drama. 2023 Nominated for five Tony Awards, including Best Play

"For all that Ijames dismantles in Shakespeare's original text, he builds it back up into something that's more tragic but also more joyous, more comedic, more political, more contemporary." - The New York Times

"...a vicious critique of masculinity and violence infused with a much-needed hilarity. Ijames crafts a tender story on being queer, Black and "soft" in the American south." - The Guardian

GRAND CONCOURSE - The Off-Broadway hit drama written by Heidi Schreck. February 28 - March 9, 2025

"Grand Concourse may well break your heart. You may need tissues by the end." - The New York Post

"Insightful with a moving, even shocking epiphany." - Chicago On the Aisle

"Heidi Schreck's beautiful tragicomedy of life… reminds you of why you go to the theater in the first place.." - The Chicago Sun Times

FALSETTOS - A dramatic musical written by William Finn and James Lapine with music and lyrics by Finn April 18 - 27, 2025. 1992 Tony Award winner for Best Book of a Musical and Best Original Score 2017 Nominated for five Tony Awards, including Best Revival of a Musical.

"Exhilarating and heartbreaking." - The New York Times

"The lyrics make you constantly marvel at the ability to combine clever humor, complex phrasing and searing tenderness." - The Hollywood Reporter

"There's no shortage of laughs, from tuneful one-liners, to entire numbers. And act two is a work of lyrical comic genius." - Entertainment Weekly CV

LOCAL BUSINESS

"RECOUP, RECOVER, RECHARGE" CLARK'S NUTRITION & NATURAL FOODS MARKET SHOWS YOU HOW

PRODUCED BY TIAR'A LITERARY & ILLUSTRATION



Did you know that every action you take, including thinking, requires energy and excursion. Whether you get out of bed in the morning and walk to the kitchen and drink a glass of water, lift weights, or engage in manual labor in the great outdoors. Each of these activities, and a multitude of others will tax your bodies resources to get the job done.

When it comes to sports and exercise, the body is forced to dig a lot deeper into its reserves to fuel a workout or movement. Depending upon the amount of excursion required will determine the duration of your recovery. If you lift heavy weights intensely, it may take your energy reserves and muscles days to recover entirely. So, the question begs, what can we provide our bodies that will help them repair and recover quicker, and what is a safest, and of course, most legal option?

BCAA's (Branch Chain Amino Acids) is a term used to describe essential amino acids. These are valine, leucine, and isoleucine. But before we delve into the topic of BCAA's and how they help anyone recuperate from exercise or day-to-day-living, let's define the amino acid.

Amino acids are molecules that combine within the body to form proteins. If you are not aware, amino acids and proteins are the building blocks of life. Without them, we would simply cease to exist. When proteins are digested in the body, amino acids become their result. The body then uses amino acids to make proteins to help the body break down food.

Amino Acids are metabolized by the body and used as a source of muscle energy. The reason they are referred to as, *"Branch Chain Amino Acids"* is due to their molecular structure and the fact that they include branches.

BCAA's can be found in food sources such as meat, legumes (beans, lentils), and dairy. The BCAA's stimulate the building of protein in muscle, hence, they are vitally important to anyone who works out or plays sports regularly. During activities such as weight lifting and sports, muscle tissue is taxed and broken down extensively. BCAA's have been more recently identified as very important to muscle, since they are found in large quantities specifically within muscle protein.

So, now you are more familiar with what an amino acid and BCCA's are, and how they are important to your recovery, and muscle building goals. The beauty of these supplements is that they are legal, and are amply available.

At *Clark's Nutrtion & Natural Foods Market*, you will discover the finest BCAA supplements, as well as other supplements and vitamins available on the current U.S. market. *Clark's* takes pride in sourcing from vendors who hold a high-standard of quality. Therefore, rest or "recovery" easy knowing that when you shop at *Clark's*, you are shopping at the best health market in Southern California.

Clark's is located at: 34175 Monterey Avenue, Rancho Mirage, CA 92270; Tel (760) 324-4626. www.clarksnutrition.com

Local, family owned and operated since 1972. CV

SAFETY TIPS



BY FIRE CHIEF SAM DIGIOVANNA

WATER INTO WINE, WINE INTO MUSIC, MUSIC INTO CHARITY

The Temecula Wine & Music Festival will be held on Saturday July 13th. The festival has been one of the most popular festival events in the Temecula Valley for the last 18 years. Its main goal has been to promote the lifestyle of the valley and support local charities.

Throughout the years Michael & Terri Paulo have supported numerous organizations such as the Shriners Hospital for children, the Boy and Girls Club, All from the Heart supporting military veterans and more. This year they will be benefitting Michelles Place a 501C3 nonprofit organization. In 2001, Michelle's Place was founded by Michelle Watson's friends and family to ensure no one faces cancer alone. Michelle's Place offers over 23 different programs more than 51 times a month. All programs and services are free to the community.

Also, for the third year the National Association of Music Angels nonprofit donating music instrument for kids in need. Last year they donated over 20 thousand to these charities through their fundraising activities.

The festival is a concert and wine tasting event with gourmet food trucks and other alcohol and beverage options. Come and experience music and wine tasting all day long at the beautiful Monteleone Meadows Ranch located just off the 15 and 215 freeways. The festival is always fun, relaxing and all for a good cause helping local charities. They offer live and silent auction items during the event. One hundred percent of all proceeds go to charity.

Go to **Temeculawineandmusicfestival.com** or call 951-696-0184 for more info.

Fire Chief Sam DiGiovanna CV

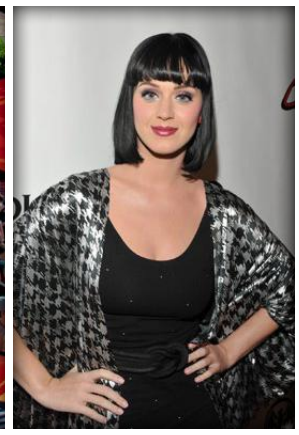




THE DINAH 2024 — SEPTEMBER 25TH TO 29TH

EVENTS









Mariah Hanson is the founder and producer of **The Dinah -** largest & longest-running LGBTQ+ event & Music Festival for queer women in the world.

Turning 33 this year, The Dinah is a unique invitation to revel in the sense of unity and community that permeates the event and embark on a journey into a world of empowerment and inclusivity where true selves are celebrated.

A celebration that is completed and heightened each year by the incredible line up of talents headlining the event.

And if the past two decades have seen The Dinah take a commanding place in the music festival market, it is all thanks to the event's founder and producer, Mariah Hanson – the creative mind fueling the magic.

Hanson has provided for over 3 decades a safe space for queer women to live out loud and be free to be their authentic selves.

The growth and longevity of the event is all the more astonishing and remarkable at a time when lesbian bars, LGBTQ+ spaces, festivals and publications are rampantly vanishing all across the country.

Queer spaces are sadly disappearing because they are not supported.

In many cities, bars are the only spaces where LGBTQ+ people can come together, but for queer women, these spaces are now almost nonexistent, leaving an already isolated community even more alone. In the face of the current political climate and in this crucial election year, LGBTQ+ people will find it important to have places where they can be with other LGBTQ people.

Events like The Dinah are essential to recharge and reconnect the community.

With an impressive repertoire featuring some of the past three decades' most influential superstars (Lady Gaga, Katy Perry, Bebe Rexha, Iggy Azalea & Meghan Trainor among others), not to mention prominent spots on hugely popular TV shows including Showtime's The L Word, ABC's Jeopardy!, Hulu's Planet Sex with Cara Delevingne and more recently, Netflix's The Ultimatum: Queer Love, The Dinah has certainly assured its place in the pop culture canon.

Exactly like nothing else!

The event continues to make history making phenomenal strides on LGBTQ+ representation, capturing year after year the vibrant, bold, and outspoken queer artists part of a new generation who celebrate queerness unfiltered and in a stentorian way.

And this year is no different with **Lauren Jauregui, Iniko, KiNG MALA, Lauren Sanderson, Whitney Peyton, Lucy & La Mer, and Sherrelle Holmes** headlining.

For the past 33 years, Mariah Hanson has continuously managed to elicit an authentic expression of the LGBTQ+ community perfectly capturing the alchemy and enduring beauty of the queer community's individuality and diversity and set The Dinah as the quintessential rite of passage for queer women.

And most importantly, The Dinah has been providing the LGBTQ community a safe space to come together.

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CV

LEGENDARY R&B GROUP BELL BIV DEVOE WITH SPECIAL GUEST REV RUN FROM RUN DMC ARE COMING TO FANTASY SPRINGS RESORT CASINO ON SATURDAY, DEC. 14, 2024

MUSIC

Bell Biv DeVoe, the band best known for their debut album, the multi-platinum selling *Poison* and one of the most iconic figures in music, Rev Run of RUN DMC are headed to Fantasy Springs Resort Casino on Saturday, Dec. 14. Tickets for the 8 p.m. show go on sale at 10 a.m. on Wednesday, July 3 at the Fantasy Springs Box Office, via phone at (760) 342-5000 or online at FantasySpringsResort.com.

Bell Biv DeVoe, known for their pioneering sound that blends "hip-hop smoothed out on the R&B tip with a pop-feel-appeal to it," emerged as a breakout act from the iconic New Edition following the group's tour in support of their 1988 album, "Heart Break." The trio—Ricky Bell, Michael Bivins, and Ronnie DeVoe, all original members of New Edition—formed on the advice of producers Jimmy Jam and Terry Lewis to explore a more street-oriented approach to contemporary R&B.

Michael Bivins also cultivated the East Coast Family during this time, achieving mainstream success with debut albums from Another Bad Creation and Boyz II Men. In 1992, BBD collaborated with Ralph Tresvant on the number one R&B/hip-hop single "The Best Things in Life Are Free" with Luther Vandross and Janet Jackson for the "Mo' Money" soundtrack. The group released their second album, *Hootie Mack* in 1993. After a hiatus and the reunion of New Edition, BBD returned in 2001 with the album *BBD*.



Celebrating New Edition's 30th anniversary in 2011, they received a Soul Train Lifetime Achievement Award the following year. In 2017, coinciding with the BET mini-series "The New Edition Story," BBD released *Three Stripes*.

Despite producing only four albums of original material over 31 years, Bell Biv DeVoe has maintained a strong presence, headlining arenas, fairs, festivals, and joining New Edition reunion tours. Recently, they won an Emmy Award for their documentary "BBD @ Fenway" in 2023, performed with The Boston Pops at the NHL's Winter Classic, released the first single. "Act Like You Know" from the soundtrack of Mike Bivin's No.1 streamed docufilm "The Hustle of @617Mikebiv," and performed in the iconic Macy's Thanksgiving Day Parade

Rev Run is front man of seminal hip-hop group RUN DMC. Rev has sold tens of millions of records worldwide and is widely credited for ushering rap music into mainstream culture.

An inductee of the Rock & Roll Hall of Fame, RUN DMC, was named the greatest hip-hop artist of all-time by both MTV and VH1. Describing his considerable impact, Rolling Stone writes, [Run] took hardcore hip-hop from an underground street sensation to a pop-culture phenomenon…It was [Run] that introduced hats, gold chains, and untied sneakers to youth culture in the process, [Run] helped change the course of popular music, paving the way for rap's second generation.

With his trademark Adidas sneakers, black track suits, and gold chains, Run has long been a global fashion influencer.

Run remains a dynamic figure in entertainment today. His hit MTV show, "Run's House," aired for six seasons and became one of the most widely viewed shows on cable television. Subsequent to that, Run created and starred in "Rev Run's Sunday Suppers" (Food Network), "Rev Runs Around the World" (Travel Channel), "Rev Run's Home Renovation" (HGTV) and "All About the Washingtons" (Netflix). This past year, Run starred in "The Hip Hop Nutcracker" (Disney+) and Disney's "Christmas Holiday Show" (ABC).

He has authored numerous books, has been a spokesperson for many products, and is in great demand as a celebrity DJ.

Tickets to see Bell Biv DeVoe and Rev Run go on sale at 10 a.m. on Wednesday, July 3 at the Fantasy Springs Box Office, via phone at (760) 342-5000 or online at FantasySpringsResort.com. CV

THE dB'S "STANDS FOR DECIBELS" (PROPELLER SOUND RECORDINGS)

CONSIDER THIS

BY ELENI P. AUSTIN



The loathsome phrase "If you know, you know," consistently irks the shit out of me. It truly should be banned from the lexicon. But in the case of The dB's, it feels wholly apropos. The Winston-Salem band never dominated the air waves or topped the charts, but their music wound up influencing a plethora of popular and critically acclaimed acts.

The sonic architects of The dB's, Peter Holsapple and Chris Stamey became pals back in the early '60s. Peter was born in Greenwich, Connecticut in 1956, but his family relocated to Winston-Salem, North Carolina, just in time elementary school. He picked up the guitar at age eight, but spent his adolescence attending a boarding school back east. Although Chris was born in Chapel Hill, North Carolina in 1954, he grew up in Winston Salem. He displayed an affinity for music at an early age, and by 1963, he was making primitive recordings in his basement.

It was around this time that Peter and Chris first crossed paths. Once Peter was away at Phillips-Exeter Academy (forging a lasting friendship with future Tom Petty Heartbreaker, Benmont Tench), Chris was making his bones in a series of high school bands. He was already playing bass, cello and guitar as well as soaking up the rudiments of production from musician/producer Mitch Easter.

Peter and Chris reconnected when then the former returned to North Carolina and joined forces with Mitch under the musical moniker Rittenhouse Square. The trio recorded an exuberant EP before recruiting former schoolmate Will Rigby to play drums. They briefly became Little Diesel and recorded a locally-released 8-Track. Sloppy, shambolic and slightly anarchic, it was a quintessential slab of Garage Rock/Power-Pop. It also opened the door for their most lasting and beloved musical endeavor, The dB's.

When Chris, Will and bassist Gene Holder pulled up stakes and relocated to New York City to pursue fame and fortune as The dB's, Peter was still in Winston-Salem fronting a band called The H-Bombs. When that situation imploded, he split for NYC and the final piece of The dB's' puzzle fell into place. They quickly signed with the British label Albion and their debut, *Stands For deciBels,* was released in 1981. The cognoscenti caught on almost immediately, showering the band with praise. Soon enough, the four-piece hit the road, opening for like-minded bands like Bongos, The Fleshtones and Bush Tetras.

A year later, they doubled down on the winning formula of their debut with *Repercussion.* More critical acclaim followed, and their fan base was increasing incrementally. But at that point, Chris quit the band and embarked on a solo career. The dB's soldiered on as a three-piece and recorded their third effort, 1984's *Like This.* The band floundered a bit, adding and subtracting members and enduring the usual record company tsuris. By the late '80s, they signed with respected indie label, I.R.S.

1987 saw the release of their most accessible album to date, *Sound Of Music.* The band seemed to be firing on all cylinders, even receiving some superstar assists from Benmont Tench, Jane Scarpatoni, Van Dyke Parks, Lisa Germano and sultry chanteuse, Syd Straw. They gained worldwide exposure when newly minted hitmakers R.E.M. invited the band to be the opening act for the Athens Georgia band's *Document* tour. But the album never broke through commercially, and The dB's amicably called it quits the following year.

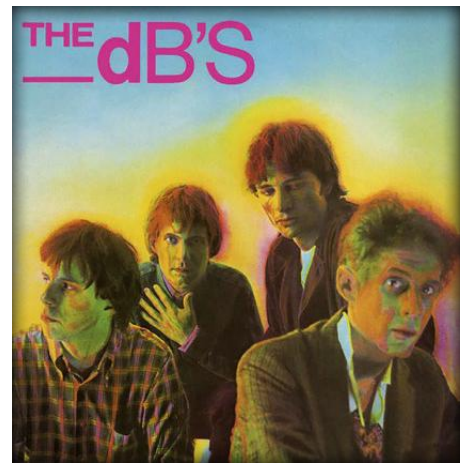
In the ensuing years, Peter has toggled between working as a touring and session musician, playing with heavy-hitters like R.E.M., Hootie & The Blowfish, N.R.B.Q. and the reunited Bangles. In the '90s, he formed the Continental Drifters, a ragged but right super-group that included ex-Dream Syndicate bassist Mark Walton, ex-Bnagles guitarist/vocalist Vicki Peterson, New Orleans natives Carlo Nuccio and Ray Ganucheau and the spiky and sublime Susan Cowsill. He also released a couple of solo albums.

Chris carved out an intriguing solo career and also opened Modern Recording, a studio in Chapel Hill, working with everyone from Marshall Crenshaw and Whiskeytown to Yo La Tengo. Peter and Chris paired up in 1991 as Holsapple & Stamey, recording their debut album, *Mavericks* and then reconvening in 2009 for a second effort, *hERE & nOW.* Will Rigby has pivoted between making solo music and pounding the kit for Steve Earle, Murray Attaway, Freedy Johnston and Matthew Sweet. Meanwhile, Gene moved over to the production side, working with artists like Pylon, Luna and Whiskeytown The band even reunited in 2012 to create their glorious fifth long-player, *Faling From The Sky.* In the midst of the pandemic, Peter and Chris released *Our Back Pages,* an album that revisited a few of their dB's favorites giving the songs more of an acoustic flavor. Now, the cool kids at Propeller Sound Recordings have re-released The dB's long out-of-print debut, *Stands For deciBels.*

The record opens with the one-two punch of *"Black And White"* and *"Dynamite."* The former careens out of the speakers as stuttery, strumming rhythm riffs, vroom-y bass and jangly lead guitar coalesce around a ticking time bomb beat. High-pitched vocals mirror the song's adolescent angst. Meanwhile, laconic lyrics dispense with diplomacy, getting right to the point: *"Oh, we are finished, as of a long time ago, as of a long time ago, I stopped, I don't enjoy you anymore/Well, I guess I just don't enjoy you any more, well, I guess it's all laid out in black and white you don't like it al all, you don't like it at all."* The monochromatic emotions are buoyed by a kaleidoscopic solo that ping-pongs through the break. Spiky and succinct, it straddles the line between passionate and phlegmatic.

The latter is no less querulous. Shivery vocals line up next to boinging bass, coiled guitars, roller-rink keys and a knockabout beat. Cryptic lyrics allude to a carnal conquest: *"Dynamite, late last night, jet face white, so polite, dyna-dyna dynamite."* Brisk guitars shimmy and shake on the break before a final Farfisa flourish closes out the song.

Although The dB's debut arrived just as the primitive cool of Punk was being supplanted by the shinier, happier, synth-ier style of New Wave, their sound defied easy categorization. They took inspiration from disparate sources like The Move, The Kinks



The Flamin' Groovies, Mott The Hoople, The MC-5 and Big Star. Their music was all over the map, but in a good way.

Take the sprightly *"Big Brown Eyes"* which practically screams "hit single." Winsome harmonies cocoon infectious guitar licks, concentric bass lines, a thunking beat and a hint of cowbell. Lyrics coyly hedge bets, kinda-sorta confessing an attraction: *"Every time I look into your big brown eyes, I get paralyzed, paralyzed, every time you take a step down, every time I think about the thousand guys, who want you, I realize every time I take a step down."* But the swoony, hook-filled chorus throws caution to the wind: *"You give me something to think about, I'll give you something to live without and you give me something to take the day away."* A sparkly guitar solo unfurls on the break, magnifying the lovesick intensity.

They flip the script on *"The Fight,"* executing a stylistic 180. Squally, fractious guitars are matched by snarly vocals, tensile bass and a see-saw beat. Staccato vocals sketch out a pithy portrait of domestic discord: *"Oh well, I woke up in bed it was the middle of the night, and we were still involved in a great big fight, she said I'll give you five minutes to get out of here, I said I'll give you five minutes just to change your mind, she said don't hold your breath, it won't happen this time."* Oscillating guitars quiver and quake on the break, reflecting the conjugal consternation.

Then there's the syncopated anarchy of *"Cycles Per Second."* The barbed melody is anchored by a locomotive backbeat, search-and-destroy bass lines, skronky keys and scabrous guitars. Lyrics limn the scatterbrain sensation that comes with *"gorging a neurotic appetite."* On the break, mad scientist keys dart through the break as guitars rev and retreat.

If The dB's had ever made it onto Top 40 radio, *"Bad Reputation"* would sandwich nicely between The Cars' *"Dangerous Type"* and Gary Newman's *"Cars."* Slashing guitars collide with swirly keys, serpentine bass lines, a snappy beat and growly vocals. Lyrics offer caustic take on sexual hypocrisy: *"She sleeps around so they say, so do they of course, but she's got a bad reputation/They say you've got a bad reputation, but I say it's their imagination, you're an angel, they say you get off on frustration, but I know you've got an explanation, you're an angel."* The calibrated chaos of the break is powered by Fuzz-crusted guitars and cacophonous toy piano notes.

The action slows on a couple of tracks. *"She's Not Worried"* exudes a gossamer grace that echoes *Pet Sounds* era Beach Boys and *Odessey and Oracle* era Zombies. Airy harmonies are tethered to fluttery keys, hypnotic bass runs, squiggly guitars and a rat-a-tat beat. Lyrics pay homage to an uncomplicated girl that makes no demands: *"Sometimes I don't say the silly words she wants to hear, but you know they're always on my mind and it's so fine."* The break is a bit of a Baroque hoedown, as thready keys lattice shuddery guitars and a ticklish beat.

Then there's the gauzy soundscape of *"Moving In Your Sleep."* Descending piano notes envelope slinky guitars. corkscrew bass and a tumbling backbeat. The vocals shapeshift between Doo-Wop grandeur and Big Star-style melancholia. Happiness proves elusive: *"I tried to call you, but I couldn't reach you, and I tried and I tried and I tried and I tried and I tried, there may come a day when you'll remember me, remember me, now I'm leaving tomorrow for parts unknown, there may come a day when I must go away from here, remember me, remember me."* A Sitar-iffic guitar and plaintive piano execute a restless pas de deux on the break.

Other interesting tracks include the caffeinated crunch of *"I'm In Love,"* and the staticky stealth of *"Espionage."* The record's magnum opus is *"Jerkin' The Tears."* Vibrato keys partner with rumbling bass, percolating percussion, sidewinder guitars and a jittery beat. Bellicose lyrics split the difference between a sideways homage to onanism and combative declaration of love: *"Are the boys gonna cry now? Yeah, they're jerkin' the tears, and you've made up your mind, you're gonna be yours, lots of things gonna change now… Now they're moving in circles, are they dancing in spheres? And we've made up my mind, we're gonna be ours, lots of things are deranged now, lots of things looking strange now."*

The album closes with the tender mea culpa, *"Judy."* Burnished guitars connect with angular bass lines, and a heartbreak beat. But it's all too little, too late: *"And now I know what I did to you was less than fair, and once hearts are broken they can't be repaired, Judy, Judy, I didn't know what I was looking for until I lost you, now all I do here anymore is sit by the phone and listen to the door, and hope it's you and we can be like we were before, but I blew it and I knew it and I know it, still you'll always be my Judy, Judy."* A sunshiny guitar solo on the break nearly washes away the ache. It's a bittersweet finish to a brilliant debut.

Revisiting this revolutionary record 40 years on, it clearly drafts off innovative trailblazers like The Beatles and Big Star. But there are also trace elements of angular aggressors like Television and The Feelies. It even presages the idiosyncrasies of Robyn Hitchcock's solo career and the assured ascendence of R.E.M.

It's no surprise that *Stands For DeciBels* made it into the record collections of future hit-makers like The Smithereens, Matthew Sweet and the Fountains Of Wayne. The dB's were always ahead of the curve, crafting a crackling set of concise classics that feel ripe for rediscovery. CV

CLUB CRAWLER NIGHTLIFE

THURSDAY, JULY 11

Babaloo Lounge – Steven Sanders Piano Bar – 4-7pm, Live Music – 6:30pm

Bart Lounge – Trappea Thursdays – 8pm

Chef George's – Marc Antonelli – 6:30pm

Coachella Valley Brewery – Open Mic Hosted by Kelsey Manning – 6pm

DJ's Sports Bar and Grill – Throwbacks w/ DJ Rapmarz – 9pm

Indian Wells Resort Hotel – Christine Love – 6pm

Kitchen 86 – Electric Feel – 7pm

Larkspur Grill – Johnny Meza and Co. – 6pm

The Nest – Live Music – 6:30pm

Plan B Live Entertainment and Cocktails – Daytime Moon – 8pm

Shadow Mountain Golf Club – Open Mic – 4-7pm

Twelve @ Fantasy Springs – HWY 111 – 8pm

FRIDAY, JULY 12

Babaloo Lounge – Eric Frankson Piano Bar – 4-7pm, Woody and the Retros – 7pm

Bart Lounge – DJ – 8pm

Chef George's – Lizann Warner – 6:30pm

Coachella Valley Brewery – "Laughs and Drafts" – 8pm

DJ's Sports Bar and Grill – TBA – 8pm, DJ Rapmarz – 11pm

Indian Wells Resort Hotel – Marc Antonelli – 6pm

Kitchen 86 – DJ Tina Turntables – 9:30pm

La Quinta Brewery – Karaoke – 8pm

Larkspur Grill – Will Donato "Art of Sax" – 7pm

Lit @ Fantasy Springs – Dudes of San Diego – 9pm

The Nest – Live Music – 6:30pm

Plan B Live Entertainment & Cocktails – Red's Rockstar Karaoke – 9pm

Pretty Faces Nightclub – DJ – 8pm

Rockyard @ Fantasy Springs – Vitalogy and Nirvanish (Pearl Jam and Nirvana Tribute) – 7:30pm

Tommy Bahamas – TBA – 5pm

Twelve @ Fantasy Springs – Moonchild – 7pm, Steel Rod – 10:30pm

Wildest – Derek Jordan Gregg – 6pm

SATURDAY, JULY 13

Babaloo Lounge – Eric Frankson Piano Bar – 4-6:30pm, Off Da Cuff – 7pm

Bart Lounge – DJ – 8pm

Chef George's – Michael D'Angelo and Jimmy Street – 6:30pm

Coachella Valley Brewery – Taproom Grooves w/ Machete and Rick Shelley – 8pm

DJ's Sports Bar and Grill – DJ Rapmarz – 9pm

Hotel Zoso – Flamingo Pool Party w/ DJ – 12-5pm

Indian Wells Resort Hotel – Marc Antonelli – 6pm

Jimmy B's – Nikki Dickinson – 10:30pm

Larkspur Grill – Desert Crows – 7pm

Lit @ Fantasy Springs – Dudes of San Diego – 9pm

Kitchen 86 – DJ Tina Turntables – 9:30pm

Margaritaville – Michael Keeth – 7pm

Mitch's on El Paseo – TBA – 12-2:30pm

The Nest – Live Music – 6:30pm

Plan B Live Entertainment & Cocktails – Red's Rockstar Karaoke – 9pm

Pretty Faces Nightclub – Emo Nite – 9pm

Rockyard @ Fantasy Springs – The Chicago Experience (Chicago Tribute) and Steel Rod – 7:30pm

Tommy Bahamas – Michael Keeth – 12pm

Twelve @ Fantasy Springs – Moonchild – 7pm, Steel Rod – 10:30pm

Wildest – Derek Jordan Gregg – 6pm

SUNDAY, JULY 14

Babaloo Lounge – Judy Wolman Piano Bar - 4pm, Woody and the Retros – 6pm

Bart Lounge – DJ LF – 8pm

Coachella Valley Brewery – Acoustic Afternoon w/ The Sieve and the Saddle and Mario Quintero – 3:30pm

DJ's Sports Bar and Grill – DJ Rapmarz – 9pm

Fisherman's Market, PS – Live Music – 6pm

Jimmy B's – Nikki Dickinson – 10:30pm

Melvyn's – Mikael Healey – 3:30-7:30pm

The Nest – Live Music – 6:30pm

Plan B Live Entertainment & Cocktails – LNA Karaoke – 7pm

Tommy Bahamas – Alex Santana – 5pm

MONDAY, JULY 15

DJ's Sports Bar and Grill – Karaoke – 9pm, DJ Rapmarz – 11pm

Indian Wells Resort Hotel – Sharon Sills – 6pm

The Nest – Live Music – 6:30pm

Shadow Mountain Golf Club – Phil and Lorie – 3:30pm

Tommy Bahamas – Michael Keeth – 12pm

TUESDAY, JULY 16

Babaloo Lounge – Judy Wolman Piano Bar – 4pm, Hotwyre – 6:30pm

Chef George's – Lizann Warner – 6:30pm

DJ's Sports Bar and Grill – Banda Night – 9pm

Fireside Lounge – Red's Rockstar Karaoke – 9pm

Indian Wells Resort Hotel – Kristi King – 6pm

Larkspur Grill – Scott Carter – 7pm

Lit @Fantasy Springs – Shotgun Jefferson – 7pm

The Nest – Live Music – 6:30pm

Shadow Mountain Golf Club – Game Night – 4-6pm

Tommy Bahamas – Michael Keeth – 5pm

WEDNESDAY, JULY 17

Babaloo Lounge – Steven Sanders Piano Bar – 4pm, Mariachi Band – 6:30pm

Chef George's – Tim Burleson – 6:30pm

Coachella Valley Brewing Co. – Trivia Night – 7pm

DJ's Sports Bar and Grill – Country Night w/ DJ Big John – 9pm

Indian Wells Resort Hotel – Patrice Morris – 6pm

Larkspur Grill – Slim Man and Chase Huna: "Rat Pack Duo" – 6pm

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

Shadow Mountain Golf Club – Doug McDonald Trio – 5:30pm

Tack Room Tavern – T-Bone Karaoke – 7pm

Wildest – Derek Jordan Gregg – 6pm

CV





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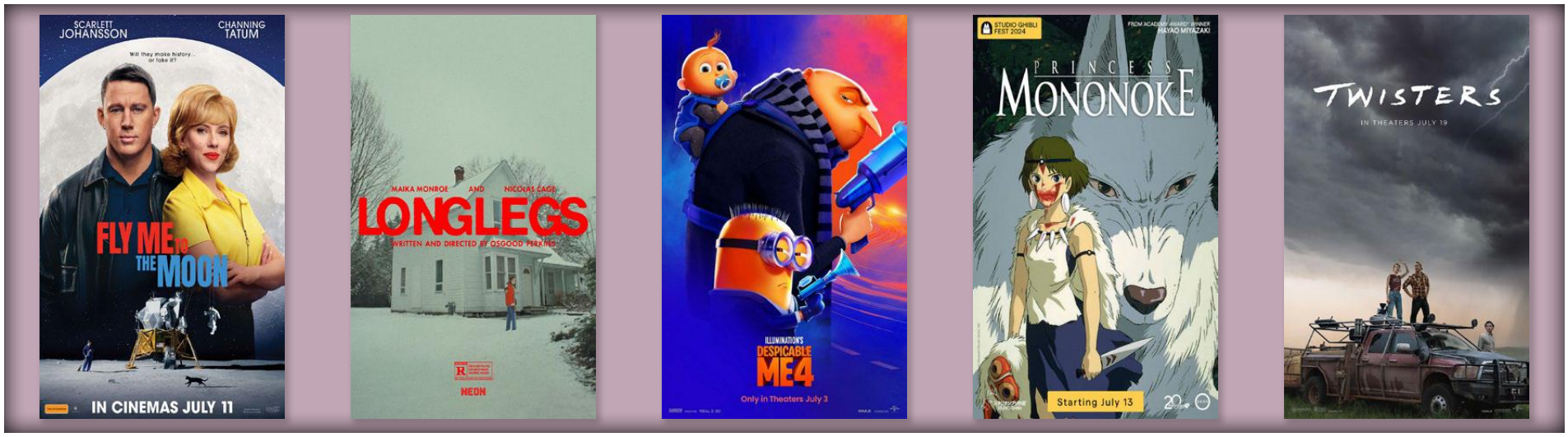






PLAYING THE WEEK OF JULY 12TH AT THE MARY PICKFORD

FILM



Fly Me to the Moon *(2h 12m – Rated PG-13) Comedy, Romance. Starring Scarlett Johansson and Channing Tatum*

FLY ME TO THE MOON is a sharp, stylish comedy-drama set against the high-stakes backdrop of NASA's historic Apollo 11 moon landing. Brought in to fix NASA's public image, sparks fly in all directions as marketing maven Kelly Jones wreaks havoc on launch director Cole Davis's already difficult task. When the White House deems the mission too important to fail, Jones is directed to stage a fake moon landing as back-up and the countdown truly begins…

Longlegs *(1h 41m – Rated R) Horror, Thriller. Starring Maika Monroe and Nicolas Cage*

FBI Agent Lee Harker is assigned to an unsolved serial killer case that takes unexpected turns, revealing evidence of the occult. Harker discovers a personal connection to the killer and must stop him before he strikes again.

Despicable Me 4 *(1h 34m – Rated PG) Adventure, Animation, Family. Starring Steve Carell, Pierre Coffin, Kristen Wiig, Miranda Cosgrove, Dana Gaier, Madison Polan, Steve Coogan, Joey King, Will Ferrell, Sofía Vergara, Chris Renaud, Chloe Fineman and Stephen Colbert.*

Gru, the world's favorite supervillain-turned-Anti-Villain League-agent, returns for an exciting, bold new era of Minions mayhem in Illumination's Despicable Me 4. EXPERIENCE IT IN OUR NEW 270-DEGREE SCREENX AUDITORIUM!

Princess Mononoke: Studio Ghibli Fest 2024 *(2h 25m – Rated PG-13) Adventure, Anime, Fantasy. Starring Gillian Anderson, Billy Crudup, Claire Danes, Jada Pinkett Smith and Billy Bob Thornton.*

From the legendary Studio Ghibli and Academy Award®-winning director Hayao Miyazaki comes an epic masterpiece that has dazzled audiences worldwide with its breathtaking imagination, exhilarating battles, and deep humanity. Inflicted with a deadly curse, the young warrior Ashitaka heads west in search of a cure. There, he stumbles into a bitter conflict between Lady Eboshi, the proud people of Iron Town, and the enigmatic Princess Mononoke, a young girl raised by wolves, who will stop at nothing to prevent the humans from destroying her home and the forest spirits and animal gods who live there.

Twisters *(2h 2m – Rated PG-13) Action, Adventure, Thriller. Early Access Screening in ScreenX. Starring Daisy Edgar-Jones and Glen Powell l*

Kate Cooper is a former storm chaser haunted by a devastating encounter with a tornado during her college years who now studies storm patterns on screens safely in New York City. She is lured back to the open plains by her friend, Javi to test a groundbreaking new tracking system. There, she crosses paths with Tyler Owens, the charming and reckless social-media superstar who thrives on posting his storm-chasing adventures with his raucous crew, the more dangerous the better. As storm season intensifies, terrifying phenomena never seen before are unleashed, and Kate, Tyler and their competing teams find themselves squarely in the paths of multiple storm systems converging over central Oklahoma in the fight of their lives.

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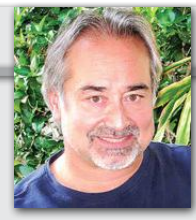
CV





THE VINO VOICE

BY RICK RIOZZA



ITALIAN EFFERVESCENCE!

In the midst of a long and very hot summer here in the desert, we are going to leave our seasonal popular Italian red article to a later time and offer our readers a quick look of what Italy has going for it when it comes to elegant refreshing sparkling wine.

Italy's fantastic **Franciacorta** wine quite surprises the staunch French Champagne lover as it always rivals Champagne as to quality and flavor, and sells for so much less.

This wine region in Lombardy, is only about an hour's drive east of Milano, making it a good day trip and a great stopover on the way to another Italian destination. The area's rolling hills surround the south of Lake Iseo and offer some scenic splendor alongside the easy drive to many of the close wineries, restaurants, and hotels.

We'll recommend some great deals below. For those so interested and/or you nerdy types, here is a quick study of the bubbly:

Franciacorta is made with Chardonnay, Pinot Nero and Pinot Bianco, with up to 50% of this latter allowed. However a new grape, Erbamat, has recently been in the mix: It's known for late ripening and is high in acidity. "They" are saying that this addition keeps the wine fresh, in view of climate change. We'll see how that explanation goes in the next few years—stay tuned to that one.

Maximum yields allowed in Franciacorta vineyards are 10 tons of grapes per hectare. The harvest must be done by hand and generally takes place from the first ten days of August to the first ten days of September, depending on the vintage.

The sparkling wine is made using the traditional method, the same as for Champagne, with the secondary fermentation taking place in the bottle. Contrastingly, Prosecco is made using the Charmat or Marinotti method, where the secondary fermentation takes place in stainless steel tanks before bottling—i.e., shooting CO2 gas into the process.

That fact brings us to the usual explanation: Franciacorta, Champagne and Cava are all *classic method wines* produced in different countries, respectively Italy, France and Spain; and, their main difference is the length of the second fermentation, the wine fermenting on its own lees. Franciacorta has a minimum of 18 months, Champagne a minimum of 12 and Cava 9 months for Non-Vintage wines. The longer the second fermentation, the better, the more elegant, with a softer bubble, is the wine—that's why we find the Franciacorta fabulous!

Franciacorta can be non-vintage and Vintage /Millesimato; in these two cases all grapes used must be from the vintage on the label. Franciacorta can also be Rosé with at least 35% of Pinot Nero, Satèn is the Blanc de blancs with only the use of Chardonnay and Pinot Bianco permitted and Riserva, fermented for at least 5 years or 60 months on its own lees.

And now: some fantastic Franciacorta for your fancy:

Berlucchi NV Cuvée Imperiale Brut Franciacorta *($35)* Easy and nice light aromas of melon, white peach and almond skin. This polished sparkler shows green apple, pear, citrus, brioche, toast, and almonds that delivers nice acidity and long persistence of fine bubbles.



Berlucchi '61 Rosé Brut Franciacorta DOCG *($40)*. This is a non-vintage sparkler made from 70% Pinot Noir and 30% Chardonnay. A few hours' maceration of the Pinot Noir on the skins—rosé maceration, to emphasize the aromas and hue of the grape give this wine a wonderful palate. 12.5% ABV.

We love this wine a bunch! The bubbly is bright, savory, and refreshing with aromas of juicy raspberry, wild cherry, baking spice and a whiff of bread crust. The palate is full of fresh red fruits with a tangy candied nectarine note closes the finish. Exceptional acidity and full-bodied. What else can you ask for with this premium sparkler at the price?

It's perfect as an aperitif; it will pair well with a summer platter of cold meats and charcuterie, full-flavor first courses, and matured cheeses. Delish!

Abrami Elisabetta NV Franciacorta Brut (*$25) 91 Points.* Pale straw with golden tinges. Fruity notes of apple and nectarine are complemented by white flowers and hints of vanilla. Bright and savory on entry, then more fruity in the middle with hints of white peach and jasmine. The slightly creamy finish features a repeating savoriness and medium acidity. Lovely entry-level Francicorta.

Villa Crespia NV Brolese Extra Brut Rosé (*$33) 93 points.* Made with Chardonnay and Pinot Nero, this offers delicate scents of wildflowers, orchard fruit and a whiff of baking spice. Racy, linear and refreshing, the crisp dry palate delivers Rennet apple, nectarine and a hint of ginger, while a graphite note adds depth. It's elegant, with small, continuous bubbles.

Ferghettina 2019 Brut Rosé (*$63) 92 Points* Savory and vibrant, this bright polished sparkler delivers aromas and flavors of red cherry, crushed raspberry, Rennet apple, tangy nectarine and bread crust. Refreshing acidity and a lively, refined bubbles lift the finish.

2019 Bellavista Satèn (*$54) 91 Points*. Enticing scents of white spring blossoms and yellow stone fruit waft out of the glass. The bright creamy palate delivers Golden Delicious apple, juicy citrus zest, white almond and white peach flavors alongside elegant sparkles. *Saluti!*

Rick is your somm-about-town tasting at your favorite venues. You can reach him at winespectrum@aol.com. CV

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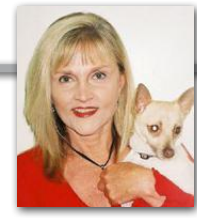
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PET PLACE

OVERCOMING OBESITY IN PETS





BY JANET McAFEE

Many Americans still struggle with maintaining "social distancing" from their refrigerators after isolation during the pandemic. They may also be tempted to grab another comforting treat for their pet, giving in to those pleading looks. It becomes too easy to grab another pet treat while we indulge on snack food for ourselves.

Obesity in pets is a serious problem in this country. Experts estimate as many as 35% of the domestic pets in the United States are overweight. **VETRINARIANS REPORT THAT OBESITY IS THE MOST COMMON HEATH THREAT TO OUR PETS**. Denial leads many people to be shocked when their vet tells them their picture-perfect pet needs to lose weight. In a nation where over half the human population is overweight, it is not surprising that denial is a typical reaction to being told Fluffy or Fido needs to go on a diet. Typical responses may include, "My husband doesn't listen to me about how much to feed" or "It keeps my dog happy to get lots of treats!"

Most people who over feed their pets love their animals. However, some are victims of neglect, such as Annie pictured here. This stray Terrier was brought to Loving All Animals by a Good Samaritan who found her wandering the streets, badly matted and struggling to walk from excessive weight. Shockingly, when her owner was located they made it clear they no longer wanted Annie and suggested she be "put to sleep". Loving All Animals had a different plan, and Annie was groomed, vetted, put on dog weight loss food, and readied for adoption. Several months later, a much slimmer Annie was spotted happily marching in the Animal Samaritans' Walk for the Animals with her wonderful new mom. Susan and Annie promote the joy of activities and exercising together.

There are life threatening consequences to overweight dogs and cats. These include increased risk of diabetes, arthritis, hypertension, heart disease, tumors, and cancer. They are prone to orthopedic problems such as intervertebral disc disease, particularly true of long backed breeds such as Dachshunds. This condition can result in paralysis. Just like people, overweight animals are more prone to body inflammation, high cholesterol, pancreatitis, torn ligaments, knee problems, and many other conditions.

This summer while we spend more time indoors is a good time to set goals for a better diet and more exercise for you, Fido, and Fluffy. We need to repay them for their love and loyalty with more time and attention. Better health for them also means fewer veterinary bills for us. Overweight animals are more likely to become diabetic, have weaker knees, and many more ailments. Play fetch or tag with them in your backyard. Take a walk with Fido on a leash to a new location or pet friendly venue. Find some videos online about practicing yoga with your dog (called doga). There is a new walking calculator app called "Workout Your Walkies" that tells you if your pup is getting enough walking for its age and breed.

Get a wire cat toy with a feather on the end available at all pet stores and enjoy Fluffy's antics. Cats enjoy playing with empty cardboard boxes. They can play endlessly with balls made out of tin foil.

Hold firm pet parents and don't give in to the sad begging face under the dining room table. Research healthy weight loss diets. The staff at local shops Bones and Scones and Pet Oasis can help you select nutritious pet foods that can help them lose weight. Figure out a way to stop Grandma from giving your pet too many treats while you are at work. Don't FREE FEED leaving excess food available all day. Feed your animals once in the morning and once at dinner time. Slowly reduce portions. Remember that obese pets live an average of 2 years less than those of average weight. Keeping them fit and healthy makes you both healthy and happy!

If you are currently "dogless" or seeking a special purring feline, the list of Inland Empire animal shelters and rescue groups is a great guide for your search. The largest public shelter here is the Coachella Valley Animal Campus in Thousand Palms, www.rcdas.org. If you seek a particular breed of a rescue animal pet, check out www.petfinder.com. Enjoy the companionship and blessings cats and dogs give us every day!

Janetmcafee8@gmail.com



MEET KEN

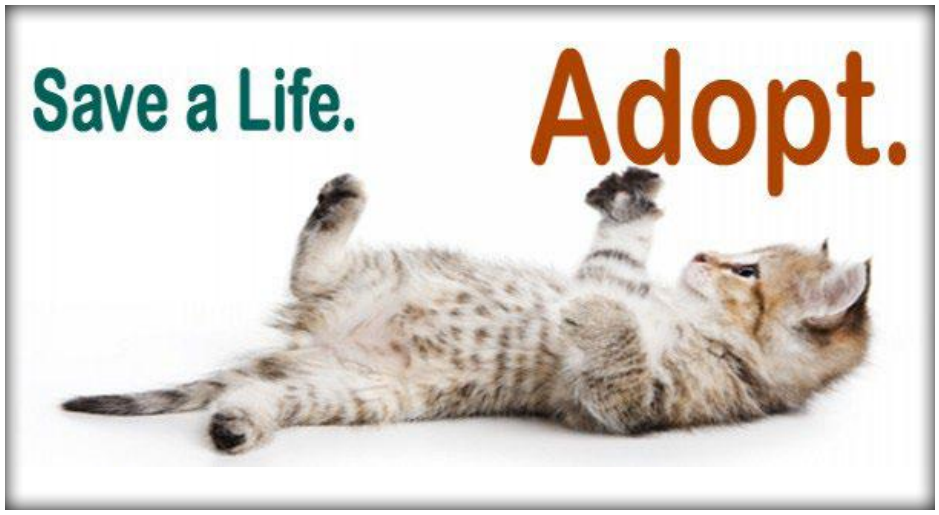
This handsome Siberian Huskie came to the Coachella Valley Animal Campus with sister Barbie pictured on the next page. He's dog ID#A1784976, shelter located at 72-050 Pet Land Place, Thousand Palms, open 10am to 4pm Monday through Saturday. Ken loves other dogs, he's just 2-yrs old and 50-lbs of doggie love.



MEET BARBIE

This gorgeous 2-yr-old Husky girl has waited at the Coachella Valley Animal Campus since April for a loving home. She 52-lbs of sweet doggie love! Meet Barbie at 72-050 Pet Land Place, Thousand Palms, open 10am to 4pm Mon through Sat. www.rcdas.org





Here is a partial list of animal shelters & rescues:

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

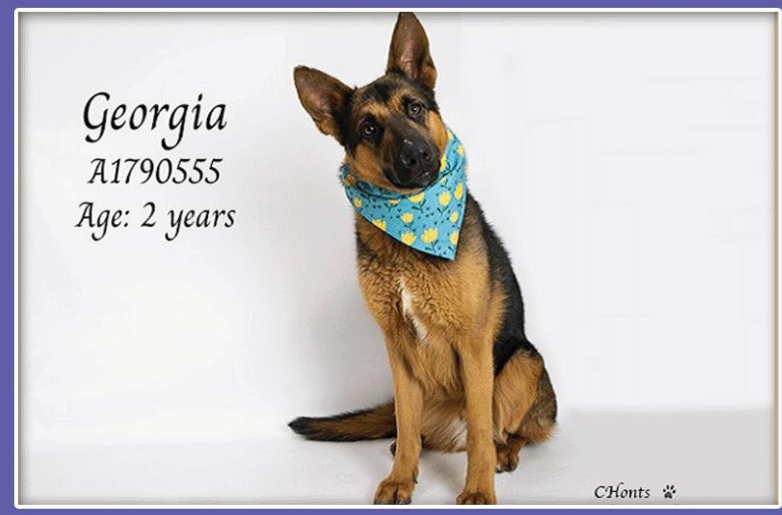
SAN BERNARDINO COUNTY ANIMAL SHELTER AT DEVORE – Open 7 days a week. Call (909) 386-9280, www.sbcounty.gov/acc and get the ID number of animal you are interested in adopting, 19777 Shelter Way, San Bernardino (Public). CV



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









RIVERSIDE COUNTY DEPARTMENT OF ANIMAL SERVICES

IT'S FAR TOO HOT!

HADDON LIBBY





BY HADDON LIBBY

"It is far too hot to write a serious article this week."

I wrote those words nine years ago after a scorcher of a week. The heat back then was nothing compared to the heat now. Average temperatures over the last week are the highest in the history of the Coachella Valley.

Where will temperatures be in another nine years? Between last year's hurricane and the damage done to our air quality and higher temperatures for longer periods of time, the Coachella Valley has felt the impact of climate change more than many parts of the world.

Rather than dwell on things that we cannot control like the weather, let's look back on some of the light-hearted vignettes that I shared when I thought it was too hot along with some new ones:

According to a study by Dr. Satoshi Kanazawa of the London School of Economics, men who cheat on their partners have lower IQs. Meanwhile, people with ring fingers that are longer than their middle fingers are more likely to be interested in casual sex. In a completely unrelated fact, there is a type of fish called a "Slippery Dick".

While contemplating halichoeres bivittatuses (Slippery Dicks), did you know that Donald Trump was moved to the New York Military Academy by his parents as a kid as he would often get in trouble. It's hard to believe, I know.

In thinking of all things presidential, the U.S. government spent $277,000 on pickle research during the first year of the Clinton Administration. They failed to research cigars though.

Did you know that male kangaroos flex their muscles to impress the female kangaroos while a group of pandas is called an embarrassment? Now you know!

Seventy-five percent of people marrying the person whom they had an affair with eventually divorce while 50% of female homicides are committed by their partner. As a side-note, more serial killers are born in November than any other month….speaking of which, James Cameron said that he initially intended to use O.J. Simpson for the Arnold Schwarzenegger role in "Terminator" but did not think that O.J. was convincing as a killer. Boy, was he wrong!

A French study found that men who like spicy food have higher testosterone levels than their mild-eating cohorts. Meanwhile, the New Hampshire State Lottery issued a scratch and sniff lottery ticket that smelled of bacon.

While I'm not sure if this qualifies as red or white meat, a pound of houseflies contains more protein than a pound of beef. Anyone interested in a McFly Combo Meal? Might be perfect for the $5 menu.

If that didn't gross you out, did you know that your mobile phone has nearly twenty times the bacteria as a toilet seat. Speaking of bacteria, they make up four pounds of your body weight. Yes, we have trillions of bacteria in us. We also have over 100,000 miles of blood vessels.

In 2023, 134 million people were born while 61 million died. This increased global population by 0.9% to 7.9 billion people. It has taken 200 years for global population to grow from 1 billion to nearly 8 billion.

According to babylist.com, Jack and Olivia were the most used names for babies in 2023. Some people have odd names. As examples, Canaan Banana was the first president of Zimbabwe, New Zealand has a resident named Angus Pattie, and the 1950s produced NASCAR driver Dick Passwater. A man named Sam Sung once worked for Apple. There are actual people walking amongst us named Bud Light, Phat Ho and the ever lovable Van Lullen whose Belgian name translated means 'From Cocks'. As bad as these names may be, do they even compare to the name given an Italian police officer. Born in the 1940s, he was named Hitler Mussolini.

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

WINSLOW DRAKE INVESTMENT MANAGEMENT

ACCIDENT? FIRE YOUR LAWYER…
IF S/HE DOESN'T UNDERSTAND THE IMPORTANCE OF THE MED/LEGAL REPORT

DALE GRIBOW ON THE LAW

LEGAL REPRESENTATION OF THE INJURED & CRIMINALLY ACCUSED



Experienced lawyers consider the med/legal report the most important part of an Accident Case… as it presents the injuries in the best light. Yet, some lawyers don't guide the client and doctor on its preparation. That is not to say the victim and doctor should lie, but rather that there is often a better choice of words/phrases to describe what the plaintiff is experiencing. In addition, many local doctors were NOT taught how to write a med/legal report in "their medical school."

After an accident, calling a lawyer asap is not just a suggestion, but an **absolute necessity**. Your attorney should advise you to remain silent and not talk to anyone from the insurance company… because it is "not what you say, but what the insurance company THOUGHT YOU SAID". This report is the most important factor in recovering the fair value…and should not be a summary of the doctor's notes. Most CV doctors fall into this less than educated category, and have unknowingly been doing it wrong for years, thus decreasing the value of their patient's cases. Maybe this is why the same case is more valuable in Los Angeles than the CV.

There is an art to writing a helpful med/legal report. For instance, being able to explain the "the pain is not cane pain, but more like a pilot light pain …that is always on." Explaining it is not the kind of injury that interferes so much with the doing, as with the experience of doing. As a matter of fact, a jury instruction says the jury should consider the "impact on the enjoyment of life." In other words to "do or not to do", knowing there will be a price to pay if you do it and that this is as good as it's going to get… knowing the pain is only going to get worse as the natural aging process overlays on top of your injury. The jury must understand this is a verdict for all time.

For years, I had the honor of being a Faculty Member of the International College of Orthopedic Surgeons, teaching "How to Write a Med/Legal Report" at their Annual Beverly Hills Conference. Each doctor was given my 50 page Treating Physicians Manual, providing an "update on the management of back pain and back injury." Most doctors don't realize that stating the patient has recovered and is ok, or symptom free…is the KISS OF DEATH for the patient, client and attorney. Instead they should consider, the "**Prognosis is Guarded**" or that it is a well-known fact that injuries like this often resurface. In other words, the little things take a big toll over the course of time and the victim will now live their life making choices, knowing there will be pain.

Doctors must understand the Insurance companies only pay those damages the patient is able to prove are from the accident. After teaching Medical groups, they have a better understanding of how to prepare an *honest* med/legal report that helps, not hurts their patient.



An experienced PI lawyer should guide the patient's injury descriptions to the docs. For instance, it's best not to say, "I can't do…" and instead consider, "It Hurts when I try to" or "I am not able to do it as well". The Medical Report arguably should read, there is a 50% chance the patient will not make a full recovery, rather than a 50% chance of a full recovery.

"Don't talk to the insurance companies without your lawyer's permission", because "*Silence is Golden and Handcuffs are Silver*". Again, it's not what you say, but what the insurance company, ***thought they heard you say***." Remember they are "*Not on Your Side*"; "you are *NOT in Good Hands*" and "*Your Friendly Neighbor*" will not give you a "*Piece of the Rock*."

DRINKING OR TEXTING CAUSE ARRESTS/ACCIDENTS. CALLING A TAXI/UBER IS *CHEAPER THAN CALLING ME*!

Dale Gribow, is the "Go-To" "Boutique/Concierge" PI/DUI firm with over 25 Top Lawyer awards. The limited caseload allows calls to be answered the "old fashioned" way… by Dale.

Before you talk to an adjuster, hire an attorney, or sign papers, get a FREE ACCIDENT Strategy Analysis Consultation! "If you don't need a lawyer, I will advise and direct you." CV

6 TIPS ON HOW TO DISCUSS YOUR MENTAL HEALTH WITH OTHERS

HEALTH

BY STAN POPOVICH



It can be frustrating to struggle with your mental health and to get your family and friends to understand where you are coming from.

Although most people may be understanding, there is usually one or two people who will make things more challenging for you.

As a result, here are six suggestions on how to deal with the people you know regarding your mental health situation.

1. Listen to the professionals: Your friends may mean well, but when it comes down to it, the professionals are aware of your circumstances more than anyone. It is important that you listen and follow the advice from your doctor or medical professional rather than following the advice from your friends and other people you may know.

2. Don't argue with others: It is important that you do not get into arguments with those who are giving you a tough time. It is not your job to worry about how others may view your circumstances. Focus on managing your mental health rather than trying to get everyone's approval.

3. Choose your friends wisely: Distance yourself from those who won't make an effort to help understand what you are going through. You need to surround yourself with positive and supportive people. If you have problems or issues with a particular person, then its best to keep your distance and hang out with those people are more supportive.

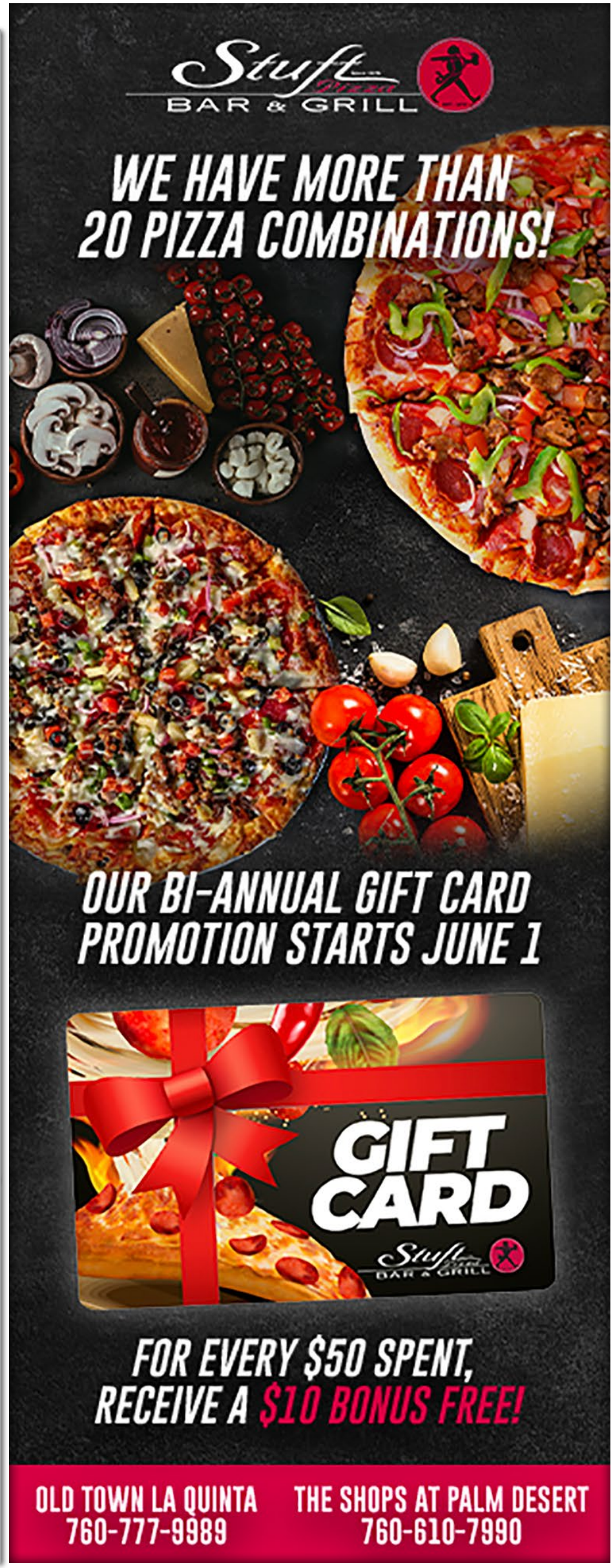
4. Attend a mental health support group: There are many mental health awareness support groups in any given area. Many hospitals, churches, and counselors in your area will be able to provide you with a list of these organizations. These groups will be aware of your situation and can give you additional advice regarding your concerns.

5. You are not alone: There are millions of people around the world who struggle with their fears, anxieties, and depression. Many of your relatives and friends more than likely struggled with anxiety and stress sometime in their life. Do not feel that you are alone when it comes to your mental health situation because there all kinds of people around you who can relate.

6. Your goal is to get better: Focus on how you can handle the anxieties and stresses in your life rather than arguing with others who are giving you a difficult time. This isn't a public relations event where you need to get approval from everyone. This is your life, and you need to be more concerned about getting your life back on track rather than pleasing everyone else.

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





HEALTH

BY MICHELLE BORTHWICK



IS KETO HEALTHY... AND IS IT HARD TO FOLLOW?

If you're trying to lose weight, you've likely heard about the keto diet, often touted by celebrities for its quick weight loss benefits. Here are the basics: The keto diet is a high-fat, very-low-carbohydrate regimen that can help you shed weight and fat rapidly. It may also reverse diabetes, lower blood pressure, reduce joint pain and inflammation, and address a variety of other health conditions. But a common question is, how will eating high-fat foods help me lose weight? And is it healthy to reduce carbs?

If you're curious about keto, read on.

What Exactly Is the Keto Diet?

There are many versions of the keto diet circulating in tabloids and online, but I advocate for pure keto, which limits carbs to less than 40 grams per day (the equivalent of one muffin!), with the remaining calories coming mostly from healthy fats and proteins. When you switch to a high-fat, low-carb diet, your body quickly starts burning fat for fuel rather than carbs, putting you into a state of ketosis. To put this in perspective, the average American consumes over 300 grams of carbs per day, mostly from processed foods and grains like soda, pizza, French fries, desserts, baked goods, and sugar. Unfortunately, this has become the norm in our society, leading to overweight, sickness, and fatigue. The good news is that keto offers amazing alternative foods that substitute for the carbs you might crave, all while promoting health!

So, what does keto look like on your plate? Think eggs for breakfast with sausage or bacon and avocado, a salad with protein, cheese, and veggies for lunch, and fried chicken with creamy Alfredo zoodles or steak with veggies for dinner. What you won't find is fruit, cereal, bread, pasta, beans, or potatoes. You might be thinking you can't live without these foods, but there is a way, and after you've lost weight, there are healthy ways to transition to an ongoing low-carb diet that allows for up to 100 carbs a day.

Why Are Carbs Bad for You?

Carbs are often seen as "evil" because they offer little nutritional benefit and contribute to weight gain and high blood sugar. While we believe we need carbs to "fuel" us, this is only true if we aren't following keto. We don't need carbs at the levels we typically consume them. Like anything else, there are good carbs and bad carbs. In moderation, carbs aren't bad for you and do offer nutritional benefits, but it's important to choose the right type of carbs to eat daily.

Is Keto Good for You?

Extensive research shows that keto results in weight loss, improves various health risk factors, and helps with appetite control. Unfortunately, we live in a world where cereal for breakfast, sandwiches for lunch, and pasta for dinner are easy go-to meals. If this seems overwhelming, there are ways to enjoy the weight-loss benefits of the keto diet without fully committing to it.

You can still keep your carbs low and fats high but focus on healthy fats from sources like extra virgin olive oil, avocado, salmon, nuts, nut butters and cheese/dairy products, etc. This approach means consuming less unhealthy saturated fat and more beneficial ingredients like berries, beans, sweet potatoes, and veggies. This way of eating may be easier to stick to long-term, and/or an effective way to start your weight loss journey. It ensures you won't miss out on the health benefits of fiber-rich foods, keeping your gut, heart, and brain healthy and happy!

Want to Try a Modified Keto Diet?

I encourage you to book a free 30-minute private coaching session with me at Ketoiseasycoach.com. Let's discuss what your personal modified keto plan (and plate) might look like. I've seen numerous success stories with my coaching clients, from reversing pre-diabetes to getting off blood pressure medication and significant weight loss of 50-100 pounds. The fact that Keto is science-based, a health-first diet, with weight loss as a significant benefit matters. It's been proven repeatedly that keto works and it can work for you too.

Let's talk.

About Michelle Borthwick *(known more widely as Michelle Keto), is the foremost expert in living the Keto lifestyle and the go-to coach for Keto women. She loves the CA lifestyle and spends time between San Diego and Palm Desert. Her 1:1 coaching, and group programs have helped hundreds of women from 25 states and 4 countries lose over 8,000 pounds while eating foods they love. This foodie's motto, and business name, is "Keto is Easy" and she's one of the few Keto leaders who promote full customization for long term success. For a complimentary 30-minute coaching call, please schedule at: ketoiseasycoach.com or email questions to ketoiseasy@gmail.com.* CV



ROB BREZSNY'S FREE WILL ASTROLOGY

WEEK OF JULY 11

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ARIES (March 21-April 19): I trust that your intuition has been guiding you to slow down and disappear from the frenzied, agitated bustle that everyone seems addicted to. I hope you have afforded yourself the luxury and privilege of exulting in the thrill of doing absolutely nothing. Have you been taking long breaks to gaze lovingly up at the sky and listen to music that moves you to tears? Have you been studying the children and animals in your life to learn more about how to thrive on non-goal-oriented fun? Have you given your imagination permission to fantasize with abandon about wild possibilities? Homework: Name three more ways to fuel your self-renewal.

TAURUS (April 20-May 20): Actor Carrie Fisher put a strong priority on being both amusing and amused. For her, almost everything that happened was tolerable, even welcome, as long as it was entertaining. She said, "If my life wasn't funny, it would just be true, and that's unacceptable." I recommend you experiment with those principles, Taurus. Be resourceful as you make your life as humorously interesting as possible. If you do, life will conspire to assist you in being extra amused and amusing.

GEMINI (May 21-June 20): As you charge into the upcoming period of self-reinvention, don't abandon and forget about your past completely. Some of your old emotional baggage might prove useful and soulful. A few of your challenging memories may serve as robust motivators. On the other hand, it will be healthy to leave behind as much oppressive baggage and as many burdensome memories as possible. You are launching the next chapter of your life story! Travel as lightly as you can.

CANCER (June 21-July 22): Even though you and I were both born under the sign of Cancer the Crab, I have a taboo against advising you to be like me. I love my life, but I'm not so naïve or arrogant as to think that what has worked for me will also work for you. Now, however, I will make a temporary exception to my policy. Amazingly, the astrological omens suggest you will flourish in the coming weeks by being at least somewhat like me. Therefore, I invite you to experiment with being kind and sensitive, but also cheerfully irreverent and tenderly wild. Be on the lookout for marvels and miracles, but treasure critical thinking and rational analysis. Don't take things too personally or too seriously, and regard the whole world as a holy gift. Be gratefully and humbly in awe as you tune into how beautiful and wonderful you are.

LEO (July 23-Aug. 22): Over 3,700 years ago, a craftsperson living in what's now Israel fashioned a comb from an elephant's tusk. It was a luxury item with two sides, one used to smooth hair tangles and the other to remove lice. On the handle of the ivory tool is an inscription: "May this tusk root out the lice of the hair and the beard." This is the oldest known sentence ever written in Canaanite, a language that created the world's first alphabet. In some ways, then, this comb is a precious object. It is unspeakably ancient evidence of a major human innovation. In another way, it's mundane and prosaic. I'm nominating the comb to be a symbol for your story in the coming weeks: a blend of monumental and ordinary. Drama may emerge from the routine. Breakthroughs may happen in the midst of everyday matters.

VIRGO (Aug. 23-Sept. 22): Some astrologers assert that Virgos are modest, humble, and reluctant to shine. But a Virgo New Yorker named Ashrita Furman provides contrary evidence. His main activity in life is to break records. He holds the Guinness world record for having broken the most Guinness world records. His first came in 1979, when he did 27,000 jumping jacks. Since then, he has set hundreds of records, including the fastest time running on stilts, the longest time juggling objects underwater, and the most times jumping rope on a pogo stick. I propose to make him your spirit creature for the coming weeks. What acts of bold self-expression are you ready to make, Virgo? What records are you primed to break?

LIBRA (Sept. 23-Oct. 22): Libran author Diane Ackerman says, "We can't enchant the world, which makes its own magic; but we can enchant ourselves by paying deep attention." I'm telling you this, dear Libra, because you now have exceptional power to pay deep attention and behold far more than usual of the world's magic. It's the Season of Enchantment for you. I invite you to be daring and imaginative as you probe for the delightful amazements that are often hidden just below the surface of things. Imagine you have the superpower of X-ray vision.

SCORPIO (Oct. 23-Nov. 21): If I'm reading the astrological omens correctly, you are in the midst of major expansion. You are reaching further, opening wider, and dreaming bigger. You are exploring frontiers, entertaining novel possibilities, and daring to transcend your limitations and expectations. And I am cheering you on as you grow beyond your previous boundaries. One bit of advice: Some people in your life may find it challenging to follow you freely into your new territory. They may be afraid you're leaving them behind, or they may not be able to adjust as fast as you wish. I suggest you give them some slack. Allow them to take the time they need to get accustomed to your growth.

SAGITTARIUS (Nov. 22-Dec. 21): Sagittarian actor Jeff Bridges has wise words for you to heed: "If you wait to get all the information you think you need before you act, you'll never act because there's an infinite amount of information out there." I think this advice is especially apropos for you right now. Why? Because you will thrive on making strong, crisp decisions and undertaking strong, crisp actions. The time for pondering possibilities must give way to implementing possibilities.

CAPRICORN (Dec. 22-Jan. 19): People may be attracted to you in the coming weeks because they unconsciously or not-so-unconsciously want to be influenced, stirred up, and even changed by your presence. They hope you will be the catalyst or medicine they need. Or maybe they want you to provide them with help they haven't been able to give themselves or get anywhere else. Please be aware that this may not always be a smooth and simple exchange. Some folks might be demanding. Others may absorb and integrate your effects in ways that are different from your intentions. But I still think it's worthwhile for you to offer your best efforts. You could be a force for healing and benevolence.

AQUARIUS (Jan. 20-Feb. 18): Sometimes when gifts arrive in our lives, they are not recognized as gifts. We may even mistake them for obstacles. In a worst-case scenario, we reject and refuse them. I am keen on helping you avoid this behavior in the coming weeks, Aquarius. In the oracle you're now reading, I hope to convince you to expand your definition of what gifts look like. I will also ask you to widen the range of where you search for gifts and to enlarge your expectations of what blessings you deserve. Now please meditate on the following riddles: 1. a shadow that reveals the hidden light; 2. a twist that heals; 3. a secret that no longer wants to be secret; 4. a shy ally who will reward your encouragement; 5. a boon that's barely buried and just needs you to scrape away the deceptive surface.

PISCES (Feb. 19-March 20): Lake Baikal in Russia is the world's deepest, oldest, and largest lake by volume. It contains over 22% of the fresh surface water on the planet. I propose we make this natural marvel your prime symbol for the next 11 months. At your best, you, too, will be deep, fresh, and enduring. And like Lake Baikal, you will be exceptionally clear. (Its underwater visibility reaches 120ft.) PS: Thousands of plant and animal species thrive in this vital hub. I expect you will also be a source of richly diverse life, dear Pisces.

Homework: Enjoy free articles and audios from my new book: https://bit.ly/lovelifegifts

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Rob Brezsny - Free Will Astrology

freewillastrology@freewillastrology.com CV

STAYING COOL IN THE COACHELLA VALLEY THIS SUMMER

LOCAL BUSINESS



BY CRYSTAL HARRELL

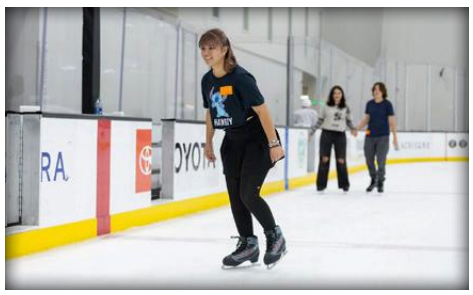
Valley locals are familiar with the extreme temperatures summer brings to the desert, but Greater Palm Springs recently experienced a blistering 124 degrees on July 5—the hottest temperature ever recorded in the city besting the previous record of 123 degrees set four times before—last done in 2021. With more heat expected in the coming months, people looking for ways to stay cool but also entertain themselves this summer have a variety of choices that won't make them break the bank or break a sweat.

The Berger Foundation Iceplex serves as a welcoming year-round refuge for locals and visitors to skate, train and have fun. The 36,000-square-foot Iceplex, located adjacent to Acrisure Arena, features a 250-spectator seat NHL ice rink, four locker rooms, two party room areas, and a mezzanine for skaters and viewers to enjoy concessions while connecting with friends. A myriad of special events is open to the public, including hockey and skating programs, tournaments, exhibition ice shows plus themed and charitable activities to include DJ Skate nights, Frozen 5k and more. The Public Skate is open for all ages and levels. Adult Public Skate is for 18-year olds and older. Skating lessons cost $15 per session, plus a $5 skate rental. High School Students with a valid current ID skate free during the Saturday evening Public Skates. Children under 4-years-old skate free. Visit www.bergerfoundationiceplex.com to learn more and purchase tickets.

Another way to stay cool is a trip to the Palm Springs Aerial Tramway—the world's largest rotating tram car—which travels over two-and-one-half miles along the breathtaking cliffs of Chino Canyon, transporting riders to the pristine wilderness of the Mt. San Jacinto State Park. During an approximately ten-minute journey, tram cars rotate slowly, offering picturesque and spectacular vistas of the valley floor below. Once visitors reach the Mountain Station—elevation 8,516 feet—they can enjoy two restaurants, observation decks, a natural history museum, two documentary theaters, a gift shop and over 50 miles of hiking trails. Tickets are priced for adults at $32.95, seniors 65 and over at $29.95, and children ages 3-10 are admitted for $18.95. Children under 2 years old are free but require a boarding pass which can only be obtained on the day of the visit from the Tram's ticket booth. Children under 16 years must be accompanied by an adult of 21 years or older. For tickets and information, visit www.pstramway.com.

Stay cool for the summer with a destination like no other at The Palm Springs Surf Club featuring a state-of-the-art wave technology catering to surfers of all levels. Enjoy resort-style amenities, captivating waterpark attractions, and savor meticulously crafted dining options. The venue boasts versatile and dynamic event spaces. Whether it's surf lessons, live events, or corporate retreats, the Palm Springs Surf Club has you covered. Private cabanas, nestled alongside the stunning wave pool, provide the ideal spot to relax and enjoy your visit with your group. Equipped with misters and fans, you can stay cool while basking in the sun on our plush loungers or take a refreshing swim in the exclusive heated dip pools. Rent luxury cabanas for the day and discover your own perfect oasis at The Palm Springs Surf Club. From the inviting lounge pool to the winding lazy river, exhilarating water slides, and playful splash pad, there's no shortage of entertainment awaiting guests. The Palm Springs Surf Club's food and beverage program showcases a diverse array of culinary delights, featuring three bars and two restaurants. The menus are meticulously curated, presenting a variety of options that cater to all tastes. With an emphasis on locally sourced ingredients, creative libations, and high-quality options, the Palm Springs Surf Club ensures a delightful dining experience for every guest, at any time of the day. Learn more and purchase tickets at www.palmspringssurfclub.com.

An educational and refreshing experience awaits you this summer at the Agua Caliente Cultural Museum in Palm Springs, as your gateway to the tribe's past, present, and future. Explore five different exhibits "areas" dedicated to telling the story of the Agua Caliente people, from the native flora and fauna of the Indian Canyons to ancient artifacts, some of which were unearthed during construction of the museum itself. Browse for Native-made art, books, jewelry and clothing in the gift shop. Wander through an Education Garden blooming with brittlebush, creosote and other indigenous plants. And don't miss the 360-degree animation of the tribe's creation and migration stories. Built at the site of the sacred Agua Caliente hot mineral spring (known as Séc-he in the Cahuilla language), The Spa at Séc-he invites locals and visitors alike to soak in the very waters that inspired the tribe's name. Book one of their 22 private baths to really appreciate the spring's ancient, healing properties, then unwind with a deep tissue massage or body scrub. For a full sensory experience, check out the spa's other unique offerings, including salt caves, mineral pools, eucalyptus steam rooms, zero-gravity chairs, and float pods. Book your spa day at the official site, www.thespaatseche.com. CV









EDITORIAL

FROM CAMPBELLS' COMMERCIALS TO EINSTEIN'S EQUATION: A JOURNEY THROUGH JANET MARIE'S CAREER IN ENTERTAINMENT



BY CRAIG MICHAELS



Lovely Villa Portofino in Palm Desert set the stage on June 5th for the annual scholarship event hosted by Palm Springs Women in Film and Television (PSWIFT), a local 501(c)3 non-profit. The audience, filled with entertainment industry professionals, witnessed heartfelt speeches congratulating and inspiring the scholarship recipients. As a former weathercaster myself, I found the event particularly engaging and resonant with their stories. One anecdote stood out to me.

Janet Marie, a member of Women in Film in Los Angeles for over twenty years before relocating to Indio, shared invaluable advice with the recipients. "Before diving into my unconventional career path," she began, "I want to emphasize two things. Firstly, every experience is a learning opportunity, even setbacks like getting fired. And secondly, in the arts, it's crucial to diversify your income sources." Her words elicited laughter and nods of agreement from the audience. "Everyone here knows what I mean—you might have rental income or a job with flexible hours," she quipped.

Janet then recounted her diverse career journey. Starting as a Production Assistant for Campbell's Soup commercials in New York, she worked alongside a renowned crew from the classic film "Requiem for a Heavyweight," gaining invaluable experience. After graduate school, she ventured into the burgeoning music video industry in Los Angeles, managing productions for iconic artists such as Earth, Wind and Fire, Rod Stewart, and The Police. Her career then led her to ABC-TV, where she served as a Unit Manager for shows like General Hospital and later managed Special Camera Units for the 1984 Summer Olympics, a role she described as a once-in-a-lifetime opportunity that drew applause from the audience.

Following her time at ABC, Janet found herself drawn to music production, collaborating with Karen Soroca to create a catalog of songs licensed for film and television. Their latest venture, the musical "E=MC2: A Musical Journey into the Extraordinary Life of Albert Einstein," received enthusiastic applause after a successful staged reading in Burbank. Janet revealed their partnership with a non-profit aiming to fund a full production, marking an exciting new chapter.

In her closing remarks, Janet emphasized the non-linear nature of progress in the industry, urging the recipients to persevere through ups and downs. Her words resonated deeply, echoing the sentiment shared by all attendees. For more details on Janet Marie and Karen Soroca's musical, visit emc2themusical.com.

Written by Craig Michaels CV



SEND ME A TRAINER

FUEL YOUR FITNESS JOURNEY: PRE-WORKOUT NUTRITION AND A HEALTHY PANTRY





BY COACH NADIA POPOVA

Welcome fitness enthusiasts! Getting in shape is a fantastic journey, and a key factor for success is what you put into your body. This blog post dives into two crucial aspects of fueling your fitness: a well-stocked pantry for healthy choices and the importance of pre-workout meal timing.

The Healthy Pantry - Your Fuel Station

Imagine your pantry as your personal gas station for your fitness journey. Here are some tips to stock it with the good stuff:

Whole Grains: Brown rice, quinoa, oats, whole-wheat pasta - these provide sustained energy for your workouts.

Lean Protein: Chicken breast, fish, beans, lentils - protein helps build and repair muscle tissue.

Healthy Fats: Nuts, seeds, avocado, olive oil - these offer essential fats for energy and cellular function.

Fruits and Vegetables: Rainbow power! They are packed with vitamins, minerals, and antioxidants for overall health.

Pantry Staples: Dried herbs and spices, low-sodium broths, whole-wheat flour - add flavor and versatility to your meals.

Healthy Swaps:

Swap white bread for whole-wheat bread.

Swap sugary cereals for rolled oats with berries and nuts.

Swap processed snacks for air-popped popcorn with spices.

Swap sugary drinks for water or homemade fruit-infused water.

Pre-Workout Nutrition - Timing is Key

Eating the right foods before a workout is just as important as what you eat. Here's why avoiding food for at least an hour before exercise is beneficial:

Digestive Comfort: Digestion requires energy. A full stomach during exercise can cause discomfort and hinder performance.

Steady Blood Sugar: Eating beforehand ensures your body has readily available fuel for exercise, preventing dips in blood sugar that can lead to fatigue.

Improved Focus: A light pre-workout snack helps you stay mentally sharp throughout your workout.

What to Eat Before Your Workout:

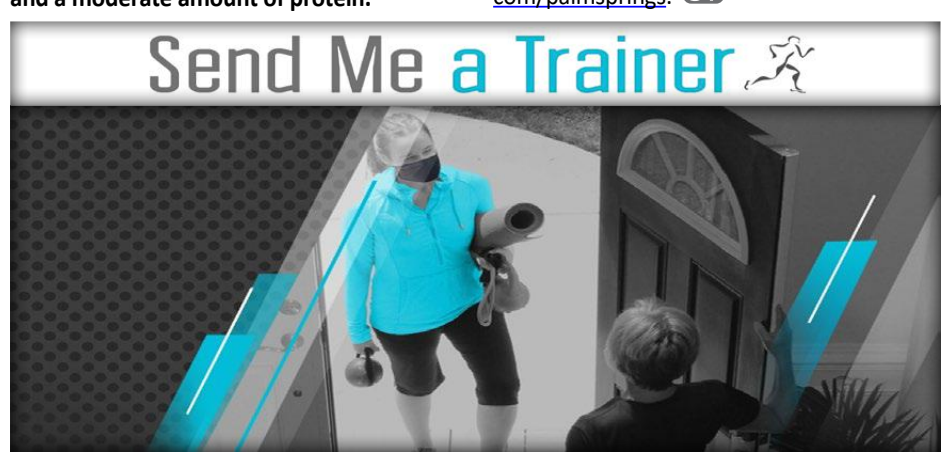
Aim for a small, easily digestible snack: A banana with nut butter, Greek yogurt with berries, or a protein smoothie are all great options.

Focus on easily absorbed carbohydrates and a moderate amount of protein.

Hydrate! Drink plenty of water throughout the day and before your workout.

By stocking your pantry with healthy staples and planning your pre-workout meal timing, you'll be well on your way to fueling your body for optimal fitness results. Remember, our in-home trainers can create personalized workout plans tailored to your goals, and can also provide guidance on healthy eating habits to complement your exercise routine. Let's get moving!

To schedule your Free Fitness Assessment/ Consultation please text 760-880-9904 or visit our website: www.sendmeatrainer.com/palmsprings. CV



CANNABIS CORNER

MEDICAL VS RECREATIONAL DISPENSARIES



BY RUTH HILL R.N.

Medical dispensaries and recreational dispensaries are indistinguishable in Coachella Valley (CV) for the expert consumer. To the novice, it is a minefield. High-end cannabis stores offer a pleasant experience, with clean, well-light cases filled with a hundred strains of flower, vape cartridges, and prerolls. Always buy your cannabis in a CA dispensary which is heavily regulated NOT online.

A doctor's medical recommendations card is not necessary but if you have one it will get you a medical discount. If you are traveling to another county in California or in another state, there are medical-only dispensaries. Typically, you must be 18 or older to qualify for a medical authorization, but exceptions may be made in some states for minors with particularly debilitating conditions.

A doctor's recommendation can be obtained by the downloadable form CDPH 9044 4/18 from the CA Department of Public Health, that your personal physician can sign if he is agreeable. Most dispensaries give a discount if you are a new customer.

Be sure to bring a current driver's license and cash. ATMs are available. When you enter the dispensary, there is usually a line to get to a budtender. You must be at least 21 years old to purchase cannabis from an adult-use store.

The budtenders' focus is on the plethora of colorful tasty edibles or the latest strain of flower. Each edible is 5-10mg of either CBD or THC. *Always remember the best product is the one that works for you*. Many adults can find their sweet spot with this low dose and be happy. If these edibles are not working the next step is using a tincture. You can buy a specific strain of flower to smoke but the strain in the tincture is not identified.



Medical professionals have bemoaned the legalization of adult use which made medicinal products scarce. We would have you start with a full-spectrum tincture where there is 10-20mg/ml or dropper full of CBD or THC. Cannabis budtenders who do not have time to educate you for twenty minutes or share sincere recommendations as adult-use dispensaries are grab-and-go, designed for accessibility and convenience.

The adult-use stores carry ratios like 1:1 or 30:1 or 1:30. Ratios are standard. The CBD is first the THC is second. A 3:1 ratio is 3 parts CBD and 1 part THC. The ratios like 20:1, 18:1 5:1, 10:1, THC without CBD is available, but CBD without THC is not always in a tincture. A low concentration of 20:1 or 18:1 allows you to start with a microdose of 1-2 mg and work your way to the dose that is effective. The intensity of the pain, anxiety, or symptom is what determines a person's dose. The beauty of God's miracle plant is most people can treat themselves. Cannabis is a medicinal specialty. If you still are not getting relief, it would be best to employ a medical professional like yours truly.

Another lack of availability in CV is the difficulty in finding inexpensive Rick Simpson Oil (RSO), which today is called FECO (Full Spectrum Cannabis Oil). RSO and FECO are 1-5 Grams of cannabis in a syringe, used to treat cancer. It is difficult to treat children for cancer, seizures, autism, and many other childhood diseases when these are not readily available.

Currently, the industry is focusing on different cannabinoids, CBN, CBG, CBDA, and THCA. As a cannabis medical professional, these legacy cultivators need to be local. Local budtenders focus on the outdated terms, Indica and Sativa, which are a moot point due to the crossbreeding. Cannabis medical professionals and cultivators use these terms: Cultivar I (High THC), Cultivar II (1:1 ratio), and Cultivar III (High CBD). Will demand force local cultivators in the CV to produce these valuable ratios and the less famous cannabinoids like CBDA and THCA?

For those who do not want any THC using a hemp product is preferable. However, hemp products are not available in dispensaries. BLOOM hemp products are tested the same as marijuana products. Bloom also has a free nurse line to help with questions.

Send comments to hilruth@gmail.com. CV


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