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

coachellavalleyweekly.com • November 16 to November 22, 2023 Vol.12 No.36

CV WEEKLY

★ Palm Springs Air Museum ★

PROPS AND HOPS

Aircraft Craft beer

NOVEMBER 18th, 2023

VIP NOON - 1PM ★ OPEN 1PM - 5PM

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Promoting Palm Springs Tourism Through Events

Babes Brewery Est. 2002 Rancho Mirage Ca.

Hot Air Balloon Festival & Food Truck Fiesta pg5

Desert Ridge Estate pg5

Gelson's Thanksgiving Feast pg7

Joyce Bulifant pg11


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publisher@coachellavalleyweekly.com
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Publisher & Editor
Tracy Dietlin
Art Director
Robert Chance
Sales Team
Kirby, Kathy Bates, Raymond Bill
Club Crawler Nightlife Editor
Phil Lacombe
Head Music Writer
Esther Sanchez
Head Feature Writer
Crystal Harrell
Feature Writers
Lisa Morgan, Rich Henrich, Heidi Simmions
Noe Gutierrez, Tricia Witkower,
Marissa Willman
Writers/Contributors:
Eleni P. Austin, Janet McAfee, Haddon Libby,
Rick Riozza, Sam DiGiovanna, Dale Gribow,
Rob Brezsny, Craig Michaels, Dee Jae Cox,
Denise Ortuno Neil, Lynne Tucker,
Aimee Mosco, Ed Heethuis, Ruth Hill,
Madeline Zuckerman, Daniel Paris,
Michelle Borthwick, Nadia Popova,
Dennis Shelly, DeAnn Lubell
Photographers
Robert Chance, Laura Hunt Little,
Chris Miller, Esther Sanchez
Videographer
Kurt Schawacker
Website Editor
Bobby Taffolla
Distribution
Phil Lacombe, William Westley

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CELEBRATE TOPFLIGHT BREWS AT THE 11TH ANNUAL PROPS & HOPS CRAFT BEER FEST AT THE PALM SPRINGS AIR MUSEUM





Looking for a truly unique, fun experience, and away from the kids? Then look no further than the Props and Hops Craft Beer Festival this Saturday, November18, 2023 from 1 until 5 PM at the Palm Springs Air Museum. Live music and food vendors complement the afternoon of beer tastings. Choose from over 40 craft beers, watch vintage aircraft take off and land on the tarmac behind the museum, and listen to great live music by John Stanley King and Desert Sol with sexy vocalist Horace Miller.

The breweries will be inside the 20,000 square foot General Ken Miles Hangar. General admission tickets for $65 include glassware while supplies last plus eight taste tickets. The VIP ticket for $85 guarantees early entry at 12 noon, with twelve taste tickets, and signature glassware. Food pairings will be offered during the VIP hour. Additional beer tasting tickets will be available on site. No one under age 21 will be admitted to the Festival – no exceptions! However, friendly dogs of any age, on leash, are very welcome. *All attendees must have valid proof of age and must be over 21 years of age. Do not bring infants, you won't be allowed to enter.*

Want to see the scenic Coachella Valley from inside an airplane and taste unique beer? Rare Beer Flights are on sale, as are other Warbird Rides. All rides (except for the C-47) purchased for November 18 include a General Admission ticket to the beer festival. The aircraft flying at the time of the writing of this story are the P-51 Mustang (the horserace of the sky, and the type of airplane that Tom Cruise flies at the very end of *Top Gun: Maverick;* the T-6 Texan, the T-28 Trojan, and the PT-17 Stearman. Tickets, rides and ticket-T-shirt packages may be purchased in advance through Palmspringsairmuseum.org/props-and-hops-craft-beer-festival.

Entry for everyone is off the South parking lot through the Southern Gate, away from the main museum entrance. Note that Craft Beer Festival tickets are only for the beer festival. Tickets to the rest of the museum will require a museum only ticket. The Palm Springs Air Museum is located at 745 North Gene Autry Trail, between Vista Chino and Ramon Road in Palm Springs. Media sponsor is NBC Palm Springs. Food vendors are Slider Express, Fries Galore, Uncle D's Smokehouse, Wetzel's Pretzels, Party Pop, and Papa Headz.

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

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

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











PALM SPRINGS AIR MUSEUM
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The Celebration takes place in the stunning lakeside setting of the La Quinta Civic Center Park, often called the most beautiful festival site in the country.

Experience the finest in local culinary delights, Napa Valley wines, top-shelf spirits, Margarita Island and Live Entertainment. 170 Artists will be exhibiting of which 40 are new to La Quinta.

The La Quinta Art Celebration takes place in March and November each year, marking the opening and closing of the area's winter season.



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CATHEDRAL CITY HOT AIR BALLOON FESTIVAL PREPARES TO FLY

EVENTS







BY CRYSTAL HARRELL

Agua Caliente Casinos, the award-winning premier destination for entertainment in the Coachella Valley, is proud to present the 9th Annual Cathedral City International Hot Air Balloon Festival & Food Truck Fiesta, taking place on Friday, November 17 through Sunday, November 19, 2023, in Cathedral City.

Join in on the fun for three days of activities for the whole family that include balloon tether rides, nighttime balloon glows, romantic dinners, live musical entertainment, gourmet food trucks, a Kids' Zone, Art Show, an outdoor market, family-friendly activities, and so much more. Fantasy Balloon Flights is family-owned and operated and will be celebrating its 41st Anniversary of operating hot air balloon events and services.

The official kick-off begins with the balloon launch from Agua Caliente Resort Casino Spa Rancho Mirage on Friday, November 17, at sunrise. The Food Truck Fiesta takes place Friday evening and the following, Saturday, November 18, at the Cathedral City Amphitheater. The event will feature food Trucks, Beer and Wine Garden, Bounce Houses, and live Music. On Friday at 4 PM, Mick Adams & The Stones will play in tribute to the Rolling Stones. The fiesta will feature a dozen food truck vendors from all over Southern California, a beer garden, tethered balloon rides, a car show, kid zones, live music, and more.

Grooves at the Westin with Mindi Abair and DW3 Balloon Glow will take place from 7 PM to 10 PM at 71333 Dinah Shore Dr, Rancho Mirage. Get ready to be blown away as the smooth Lady of Saxophone, Mindi Abair, makes her debut at The Westin Rancho Mirage. This talented artist has a career spanning seven albums, collaborations, GRAMMY® nominations, and unforgettable performances. Joining her will be Grammy Nominated vocal group DW3. They are today's hardest-working band in the soul business. With their award-winning talent and incredible energy, they'll have you dancing and romancing all night long.

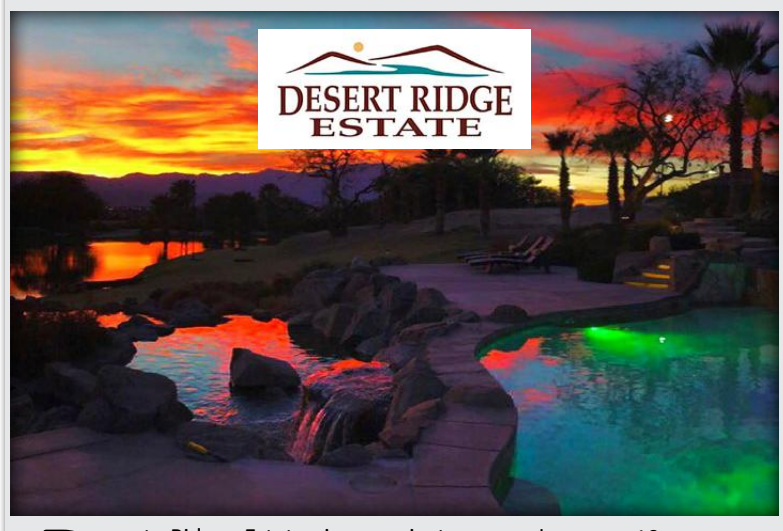
"I think this event is so unique to the desert. There's something for everyone to enjoy and gives you a chance to see the Coachella Valley from a completely different perspective," stated Cathedral City resident Michael Santori.

The Cathedral City International Hot Air Balloon Festival has been voted the 6th best balloon festival in the world by U.S. news.com. Though the festival is newer than others at less than 10 years-old, the 2021 iteration of this spectacle saw thousands of attendees and nearly 30 hot air balloons in mid-November. This year, spectators can look forward to gourmet food trucks, tethered rides, night glows, music performances, family-friendly activities and more. All hot air balloon festival activities are weather, FAA, and government permitting.

To learn more about the 9th Annual Cathedral City International Hot Air Balloon Festival & Food Truck Fiesta, visit the official website at hotairballoonfest.com. CV

DESERT RIDGE ESTATE DELIGHTS IN LUXURY AND ENDLESS ACTIVITIES

LOCAL BUSINESS





BY CRYSTAL HARRELL



Desert Ridge Estate is a private lakeside escape that provides a truly unforgettable experience. Equipped with first-class accommodations ideal for larger groups or multiple families, top quality amenities, luxurious furnishings and beautiful surroundings, your stay is sure to be an unforgettable experience.

Desert Ridge Estate is far from ordinary, as it is home to several water features, some of the most magnificent views that the desert has to offer, and the ability to offer guests special activities and conveniences that no other luxury vacation property can. All this and much more makes Desert Ridge Estate the perfect choice for an unforgettable vacation, special event, corporate retreat or long-awaited family reunion.

This private estate reflects the natural beauty of the desert. The Desert Ridge Estate offers magnificent 360-degree views of Palm Desert, La Quinta and Indio. The privacy, solitude and restful serenity offer self-rejuvenation to all guests. The property is a relaxed, ranch style house that sleeps 20 people, set on 10 acres.

If you want to swim with the kids in the pool, relax on the large tanning shelf or wind down in the hot tub, this property has something for everyone. Whether it's a quiet, secluded area to read, playing a game of bocce ball or horseshoe, or enjoying your very own three-acre lake for swimming, paddle boarding or to just have fun fishing.

The Desert Ridge Estate is a great place for family reunions, multi-family stays, golf trips, and corporate groups. Then, of course, special events for celebrations or parties like weddings, birthdays, or any other large group occasion. The property is ideal for weddings as it is a blank canvas to create your own dream wedding. Additionally, you can host a welcome dinner or a day after brunch or pool party. The landscape and views provide a magnificent backdrop for pictures.

The 1,000 sq. ft. game room provides ample room for hours of entertainment, whether you choose to play a game of billiards, ping pong, shuffleboard, poker or watch the game or a favorite movie in the theater room.

The most exciting addition to be completed by spring of 2024 is the inclusion of a multipurpose sport and entertainment area. It will have a regulation tennis court, two pickleball courts, a half basketball court, a grass volleyball court, a professional bocce ball court, cornhole court, putting green and entertaining area--all overlooking the lake and desert mountains. The lighting design will create ambiance and allow for everything to be played after dark.

Featured on the show *Staycation*, Desert Ridge Estate prides itself on being unique. They are one of a kind in the Coachella Valley. The Estate is also animal-friendly, with guests being able to bring in their dogs. An elephant and alpaca have also made an appearance at the Estate for weddings. There is accessibility for all ages as well, with a regular pool and a wading pool for the young ones and the residence is all on one story with no steps.

Desert Ridge Estate is not part of a gated community. It is set back and private. The closest neighbor is Shadow Hills High School, and they are huge supporters of all the high school activities, even hosting a back-to-school get together for the staff each year. There's so much to do on the property without it being far from professional golf courses, the polo grounds, shopping, dining, or other activities in the desert.

The Estate's large pool and lush surroundings provide a tropical oasis in the center of the desert. The outdoor entertainment area and expansive grass areas can easily accommodate large groups to make your vacation, special event or corporate retreat a reality. Inquire about special events or additional guests and costs to hold parties.

To receive a quote from Desert Ridge Estate about booking your next corporate getaway, special event, family reunion or staycation, contact the Estate through their website at desertridgeestate.com. CV

MANAGED IT SUPPORT FOR SMALL & MEDIUM BUSINESSES

CYBER CORNER





BY DENNIS SHELLY

Small and medium-sized business (SMB) owners face a wide range of challenges, such as limited amounts of time, finding good employees, funding, and balancing growth. Moreover, businesses that adapt to these challenges and are willing to change are more likely to succeed. Keeping up with technical developments and upgrades can be difficult, especially when you're running a business and dealing with customers. This is where expert IT assistance will help. If your technology fails, the consequences for your business can be catastrophic, hurting internal processes and day-to-day operations. Using a managed IT support solution is crucial since it considers prevention and compliance and addresses computer system issues before they affect business operations.

Why a Managed IT Solution is Important: Keeping your Business Operational

Your business operations rely on the use of technology, as does every other type of business. Today it's how businesses process their payments, store data, and carry out internal and external communications. A software component or application that is crucial for your business operation might still run into issues even if it is up to date. Your company's regular operations might be jeopardized if a critical software component develops a problem or worse is attacked. But with the assistance of a managed IT support team, you can take care of these technology issues right away, allowing you to get back to business as usual.

Cyber Security and Protection against Cyberattacks

Maybe the most critical part of managed IT support for SMBs is information and cyber security. It is a misconception to believe that cyber criminals target smaller-sized businesses. According to the most recent Government Security Breaches Survey, one-third of businesses (31%) and one-quarter of charities (26%) had experienced cyberattacks in the previous year. If your SMB has a poor security plan or apparent vulnerabilities, it may be a preferred target. Software updates are essential for efficiency, but they can also be a severe security issue. You will also need a data backup and storage strategy to safeguard your business in the case of a data breach.

Effective Business Management

Tech support is also necessary to maximize the effectiveness of your business operations. A managed IT support staff will assist you in optimizing your technology and streamlining your business activities. They may be able to assist you with automating specific procedures and lowering the amount of time you spend on manual processes. They may also assist you in identifying cost-cutting opportunities, such as system consolidation or shifting to the cloud. You may free up time and resources to focus on developing your business by increasing the efficiency of your operations.

A Better Customer Service Experience

Another advantage of managed IT support is increased response times to customers' technology inquiries which should be kept as short as possible, offering a better customer service experience. Managed IT can support customers with their concerns through several different methods, whether using phone calls, emails, social media, or online remote support.

Scalability and Effective Marketing Strategies

Scalability is another critical feature of your IT support. As your company expands, so will its technological requirements. With a solid managed IT support staff in place, you can be confident that your technology will grow with your company, giving you the support you require to scale. Your IT support team will be available to assist you every step of the way, whether you need to add new users, upgrade your systems, or extend your network. IT team also enhances your marketing strategies by using information systems effectively. In addition, an IT staff gives the necessary tools for more precise market research and valuable data. IT professionals are becoming more adept at understanding algorithms that track your online transactions and user behavior. They may then transform those algorithms into useful analytics for your initiatives.

Convenience and Peace of Mind

Your small business is concentrated on serving your customers and clients. Such focus should take convenience into account. If used properly, technology may make running a business easier. It's time to act if you see that your small business is falling behind. Investigate your options for using corporate technology to facilitate everyone's speed, efficiency, and convenience needs. IT support is also essential for peace of mind. You can be confident that your technology is in safe hands when you have a dependable managed IT support team in place. This means you can concentrate on other elements of your business while your IT support team handles everything. You can be confident that your technology is secure, efficient, and working to your advantage if you have a solid IT support team.

In conclusion technology assistance is something that small businesses should budget for and must prioritize. A small business can help ensure that it expands beyond its label with the help of a solid IT support strategy. Managed IT support is important to the success of your business, from maintaining productivity and security to increasing efficiency and offering peace of mind. If you don't already have a dependable managed IT support team in place, now is the time to consult with one.

Ready to get started with a managed IT support plan or want to discuss your current technology configuration? Please contact us by visiting our website at www.eggheadit.com, by calling (760) 205-0105, or by emailing us at tech@eggheadit.com with your questions.

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TAKE THE STRESS OUT AND GET BACK INTO THE GROOVE!

SAFETY TIPS





BY FIRE CHIEF SAM DIGIOVANNA

The holidays are upon us and there's nothing better to bring in the holidays than at the Beautiful Westin Rancho Mirage Golf Resort and Spa in Rancho Mirage.

On Friday November 17th at 7pm the Westin comes alive with its annual Balloon Glow concert event. Along with the Balloon Glow enjoy great music with Grammy nominated saxophonist/ vocalist Mindi Abair **(www.mindiabair.com)** and the hottest music vocal group around DW3 **(dw3music.net)** performing to the back drop of hot air balloons lit up against the evening sky. It is an experience not to be missed at the Westin Backyard concert venue.

Once you're in the Groove, you won't want to get out. On December 9th enjoy a special Christmas concert with David Benoit, Courtney Fortune, and Michael Paulo. On February 17th come hear the sounds of Peter White and Spencer Day. The line up can be found at www.Groovesatthewestin.com.

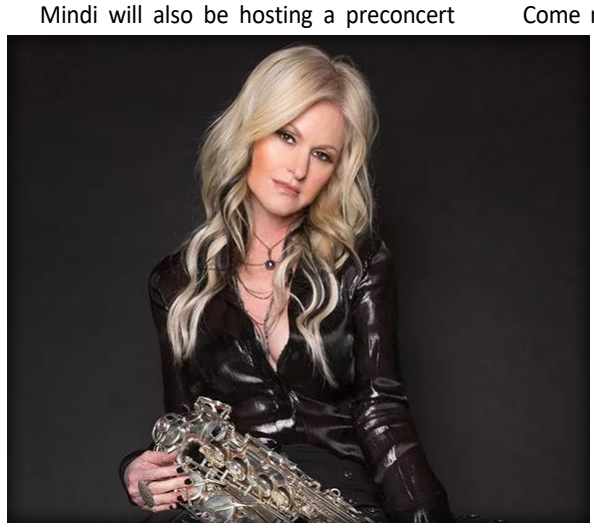
Mindi will also be hosting a preconcert wine tasting event at 5:30 pm. Sample some of Mindi's personal favorite wine selections while she plays her saxophone for you in a private setting. Tickets sold separately.

To reserve your seats Please visit **WWW.TIX.COM**.

The Westin Rancho Mirage Golf Resort and Spa is located at 71-333 Dinah Shore Dr. Rancho Mirage, CA 92270. 760-328-5955.

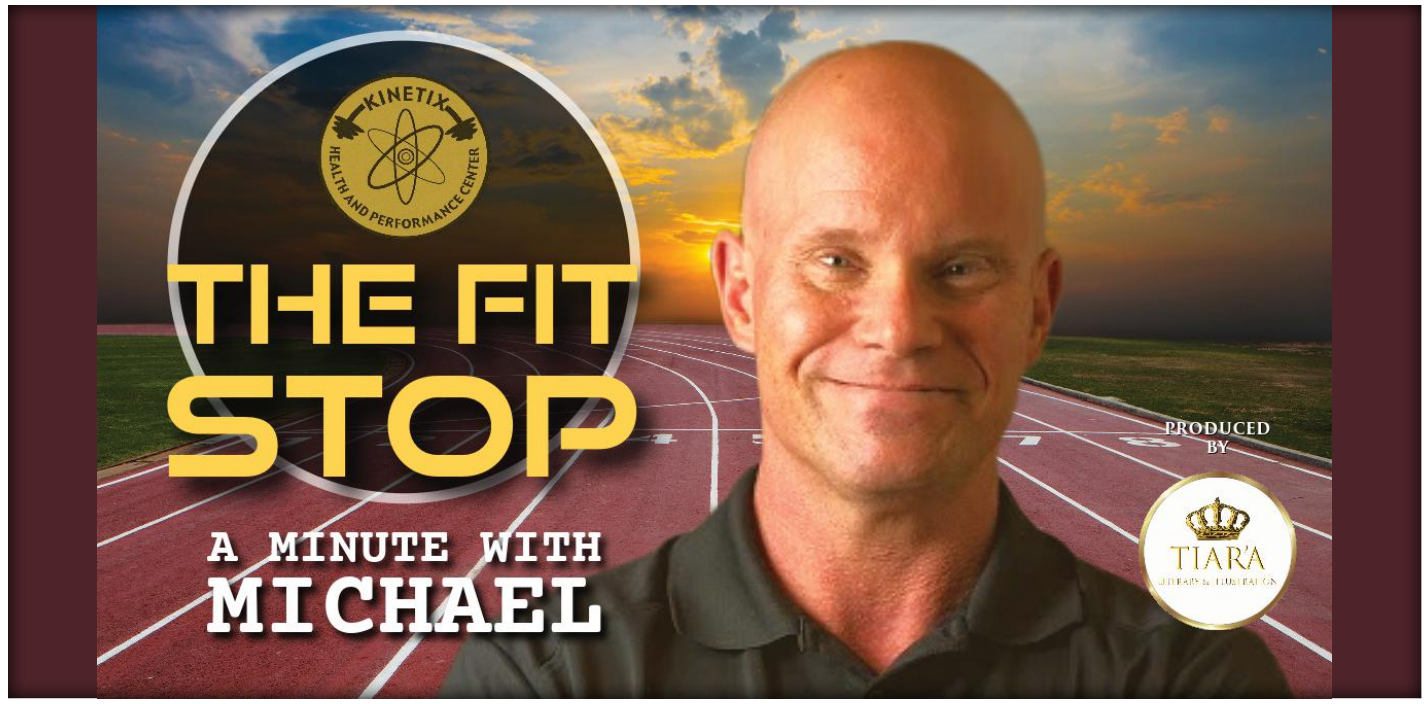
Come make it a weekend get-away and bring some friends or family and enjoy golf, great dining at Pinzimmini and some of the valleys best music!

Fire Chief Sam DiGiovanna CV





THE FIT STOP — A MINUTE WITH MICHAEL



As the long-awaited cooler season rolls into the Coachella Valley, with it comes a barrage of outdoor fun and fitness activities. From street fairs to festivals, hikes to bicycle rides. There is enough activity for everyone in this our proverbial paradise.

When it comes to fitness and sports, one of the Coachella Valley's greatest exports is undeniably golf. After all, we are one of the hosts of the prestigious *PGA Tour*.

If you are one of the many golf enthusiasts, then you keen to ensure your game, and the tools you use to play it are always at their best.

For three decades, Michael Butler, owner of the Coachella Valley's Premier Fitness Center, *KINETIX HEALTH & PERFORMANCE CENTER*, has helped finetune many a golf champion to hit their hole in one.

This week in "*THE FIT STOP – A MINUTE WITH MICHAEL*", Michael addresses the topic of golf.

Our question comes from local resident, Brett. Brett, thank you for writing us this week.

Brett asks:

"Michael, I am approaching 60 and I've started to notice that my mobility is not what it used to be. For example. I was playing golf with friends the other day – I accidentally dropped my glove, reached down to pick it up and OUCH … My back seized up and I could barely move for days. Anyway, the game I was playing ended abruptly and I lost some money. Tell me how you would map out a training routine for me to not have to deal with sudden back or other muscle spasms.

Michael's reply:

"Hello Brett. Thank you for taking a moment to write and submit your question. I would begin by putting you through a physical evaluation to identify what is happening to cause your spasms. Following that, I would employ the Active Release Technique (ART) treatment plan which can be performed at my fitness center. The ART method is extremely effective for addressing pain, and range of motion issues. The program additionally assists with correcting exercise and strength, which will also improve your golf fitness and performance. Hope this helps, and that we will see you at Kinetix Health & Performance Center soon!

If you would like to ask Michael a question concerning any topic related to health and wellness, please write us at: tiarapublications@gmail.com

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CV

GELSON'S OFFERS A GOURMET, STRESS-FREE FEAST THIS THANKSGIVING + IN-STORE TASTINGS

Gelson's



For a stress-free Thanksgiving this year, order from Gelson's. The wide array of pre-cooked selections include all your traditional favorites, plant-based options and an à la carte menu customizable for any gathering. Focus on creating lasting memories with family and friends this year, while still enjoying a delicious, authentic Thanksgiving meal.

Selections include classics like roasted turkey and gravy, spiral glazed ham, prime rib, cornbread stuffing, cranberry sauce and mashed potatoes, and plant-based options including the hazelnut cranberry roast en croute and the celebration roast with gravy.

Aside from the pre-cooked dinners, customers may also purchase dishes à la carte, including the whole roast turkey, mashed potatoes and butterflake dinner rolls. Select wines will be available from Gelson's collection to accompany the holiday meal.

Tie the dinner table together with Gelson's cornucopia floral centerpiece, which features an arrangement of fall-themed florals. Adding to an already delicious meal, Gelson's has also uncorked four new world-class wines in its exclusive collection of Gelson's Wines, which will pair perfectly with your Thanksgiving feast.

In-store tastings will be available Friday, 11/10 from 3-6pm and Saturday, 11/11 from 11-2pm at the following locations: Valley Village/NoHo, Newport Beach, Westlake Village, Calabasas, Del Mar, Rancho Mirage, and West LA.

Come taste the following holiday offerings and place your order in-store or online!

- Turkey
- Spiral Sliced Ham
- Cornbread Stuffing
- Mashed Potatoes and Gravy
- Green Bean Casserole
- Creamed Corn
- Cranberry Sauce
- Butterflake Rolls

All Orders must be placed by 11/22 and pick up is 11/19 - 11/24. Pickup will be from store opening until 7pm. Gelson's will be closing early on Thanksgiving Day, 11/23, so all orders will need to be picked up by 1 p.m. For a list of complete Meal and À La Carte selections and to place all pre-orders, go to gelsons.com/shop/holiday-meals/thanksgiving. CV

CARLA OLSON "HAVE HARMONY, WILL TRAVEL 3" (BFD RECORDS)

CONSIDER THIS

BY ELENI P. AUSTIN



Carla Olson has been earning her keep as a musician since her teens. The last couple of years have been particularly prolific. 2022 found her producing and performing *Americana Railroad,* a collection of rockin' train songs that included heroes and friends like John Fogerty, Rocky Burnette, James Intveld and the Dust Bowl Revival. A few months later she and Stephen McCarthy partnered for their debut album, *Night Comes Falling.* It landed on plenty of critics' year-end Top 10 lists. Now, she's returned with *Have Harmony, Will Travel 3,* the third in a series that has her collaborating with old compadres and like-minded artists.

Carla, grew up in Austin, Texas, blocks away from the railway. A source of inspiration, the click-clack rhythm of the trains soothed her to sleep at night a had her daydreaming of more exotic and cosmopolitan cities in her waking hours. She took to music as a kid, starting with Classical piano and jumping over to acoustic guitar in order to emulate her earliest musical touchstones, Joan Baez and Bob Dylan. By high school, she switched to electric guitar and began playing in local bands.

Following graduation, college and a brief stint in Italy, she returned to Austin and formed The Violators with (future Go-Go) Kathy Valentine. The friends lit out for Los Angeles as soon as possible. It was there they formed The Textones, a seminal, Roots-Rock combo that included ex-Dwight Twilley Band member, Phil Seymour (R.I.P. to both men, towering Gods of Power Pop), Not long after, Kathy was offered a spot as bassist for the Go-Go's just before the all-girl Poppy-Punk five-piece hit the big time.

The Textones endured other line-up changes, but Carla persevered, refining a sound that blended Country, Folk, Blues and straight-ahead Rock & Roll. They began making a name for themselves in L.A.'s thriving club scene, gigging at venues big and small, like The Whisky, Madame Wong's and The Starwood. One fan who was immediately entranced by Carla's cool blonde beauty was none other than Bob Dylan.

He asked her to appear in one of his very first videos, *"Sweetheart Like You.'* As partial payback, he gave her an unreleased song, *"Clean-Cut Kid."* It appeared on The Textones debut, *Midnight Mission,* which arrived to critical acclaim and modest commercial success in 1984. Following their sophomore effort *Cedar Creek,* Carla stepped away from the band to pursue a solo career. Well, sort of…

Initially, she partnered with former Byrds frontman, Gene Clark for their ridiculously wonderful *So Rebellious A Lover* record. A groundbreaking Americana album (long before that term was coined) it drilled down on their undeniable earthy *and* ethereal vocal chemistry. But commercial success proved elusive and just as they were beginning a follow-up record, Gene died in 1991 at age 41.

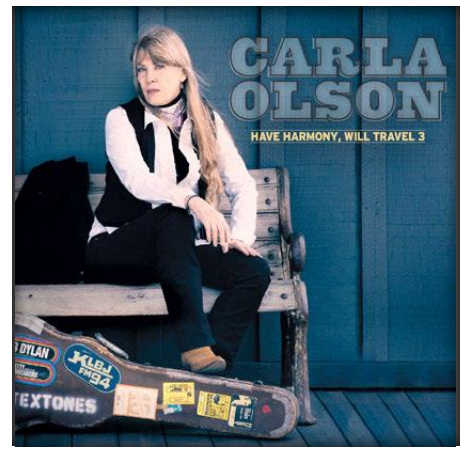
In the last 30 years, Carla has successfully pivoted between production work (Davis Gaines, Mare Winningham, Phil Upchurch) She also teamed with former Rolling Stones guitarist, Mick Taylor for a couple of well-received albums, *Too Hot For Snakes* and *Ring Of Truth.* She stayed busy behind the scenes, producing and playing recording sessions with everyone from Barry Goldberg, Percy Sledge and Joe Louis Walker. In 2013, the first volume of *Have Harmony Will Travel* appeared, seven years later, volume two arrived, each a mix of favorite cover songs. In the interim, The Textones (including Kathy Valentine) released their long-awaited, third long-player, *Old Stone Gang* in 2013. Now, she's back with a third volume in the *Have Harmony* series.

This time out, the album is split into two distinct sections labelled *Guitars, Guitars, Guitars* and *Other Voices.* The record is off to a rollicking start when she is joined by guitarist Craig Ross on the Broken Homes shoulda-been-a-hit, *"In Another Land."* Strafing guitars, throbbing bass and kaleidoscopic keys are wed to an urgent backbeat. Carla's vocals swagger with authority as she takes a smug womanizer to task: "*You don't know what you've got until it's gone, you'll be an empty man in your broken home."* As the drums lock into a tribal tattoo, on the break, Craig unspools a spiraling solo atop wheezy Hammond B3.

Carla offers a distaff spin on a couple of British Invasion classics, The Who's *"I Can See For Miles"* and The Rolling Stones' *"Street Fighting Man."* On the former, a cataclysmic beat coalesces around windmilling guitars, thundering bass and Carla's feral vocals. Lyrics like *"You took advantage of my trust in you when I was so far away, I saw you holding lots of other girls and now you've got the nerve to say that you still want me, well be, but you gotta stand trial,"* takes an omniscient view of another duplicitous lover. As the arrangement gathers speed, Gary Myrick's guitar solo revs and retreats, ricocheting through the calibrated chaos until the whole thing shudders to a halt.

On the latter, low-slung rhythm guitars collide with Texas guitar-slinger Jake Andrews' squally lead guitar licks, downcast piano, rumbling bass, chunky percussion and a propulsive beat. Carla's vocals display a hint of Jagger-esque snarl and revolutionary lyrics written 55 years ago feel tailor-made for these dangerous, divisive days: *"Hey, think the time is right for violence revolution…"* Electric sitar threads through the mix as Jake's cyclonic solo reaches stratospheric heights on the break. As the track concludes, he confidently weaves little sonic fillips that suggest a subtle homage to Stones guitarists past and present, before powering down with aplomb.

Former Sheryl Crow guitarist Todd Wolfe partners with Carla on *"Lead Me."* A Bluesy ramble, it toggles between a Gospel soul-shouter and a Rockabilly rave-up that shares some musical DNA with Elvis Presley's early classis *"Mystery Train."* Stuttery slide guitar is quickly supplanted by roiling rhythm riffs, agile bass, staccato handclaps and a choogling backbeat. It's tempting to assume that lyrics like *"Lead me out of darkness, lead me to the light, wrap me in the wings of the angels shining bright,"* are the words of a sinner searching for salvation from a higher power, in order to avoid temptation. But as the song progresses, urgent entreaties shift from the spiritual to the secular, painting a vivid portrait of these precarious times: *"Lead me from the bankers that stole my home away,*



take me off the street where I live both night and day, guide me to a place where they don't spit or shout, help me turn my life around, just help me work it out/Lead me to a place where I won't be outlawed, where my vote is counted and I won't be ignored, lead me out of danger, tyranny, deceit, can you hear the sound of freedom's marching feet?" Todd executes a lithe and acrobatic solo on the break that lifts the song into interstellar overdrive.

The best of the guitar songs, in fact the most thrilling song on the record is Carla's tough-minded rendition of The Zakary Thaks' epochal *"Face To Face."* The Corpus Christi Garage band was, at best, a regional sensation in the mid '60s, but it's hard to understand why they never hit the big time, since they mined the same musical territory as The Who and The Yardbirds. Distilling elements of Psych, Surf and Power Pop, the anthemic melody is powered by a pummeling beat, thrumming, over-under-sideways-down bass lines and chiming 12-string guitars. Carla enlists fellow Texan and legendary guitar hero Eric Johnson who kicks loose two epic solos that scratch, sting and scorch, threatening to spontaneously combust.

The second part of the record finds Carla partnering with some favorite vocalists. Harvey Shield and the late B.J. Thomas lend a hand on *"(Just Like) Romeo And Juliet"* and *"Cool Water,"* respectively. Two songs, *"It Makes Me Cry"* and *"A Love That Never Blooms,"* were co-written by Carla and ex-Hollies lead vocalist Allan Clarke. They also split vocal duties on *"…Cry,"* a mid-tempo groover that opens with lonesome harmonica, liquid guitar riffs, spidery bass, burnished piano and a loping rhythm.

As they trade verses, poignant vignettes emerge offering a stinging indictment of man's inhumanity to man. Their vocals dovetail on the chorus, which cogently concludes change must come from within: *"I'm looking way down deep within, and then I'm looking out, then I feel I wanna cry and feel I wanna shout, everybody sees, but nobody cares, how can we all just walk on by, leaving them to what might be, with no one on their side."* Former Wings guitarist Laurence Juber unspools a couple of moodily elegant solos.

"A Love…" opens with this cutting and sublime couplet: *"From a garland of indifference comes the fragrance of deceit a bouquet of unfulfilled promises lay scattered at my feet."* Shawn Barton Vach shadows Carla's lonesome ache on this floricultural lament, which is anchored by Laurence's rippling arpeggios, nimble bass lines and a sturdy backbeat.

Carla leans on I See Hawks In L.A. vocalist, Robert Rex Walker, Jr. on *"Stronger."* As his rugged tenor washes over her warm contralto, searing lap steel, lowing bass, plangent piano and wistful Wurlitzer lattice atop flinty bass and a tick-tock beat. The chorus takes the high road: *"If I'm getting smaller, it's because I'm leaving you today, if I'm getting stronger, I remembered what to say, it might be that I'm stronger, but not today."* But as their vocals intertwine, the song suffused with acquiescence and regret.

The record closes out with a tender triptych of sorts. Three live songs from 1987 featuring Carla and ex-Byrds vocalist Gene Clark. Their partnership had just taken flight with the album, *So Rebellious A Lover,* but before they could create a follow-up, Gene died of a bleeding ulcer, while battling throat cancer, at age 41. Armed with a couple of acoustic guitars, courtly notes echo and sway on *"Gypsy Rider."* An ode to the open road, Gene takes the lead, forsaking love for the allure of adventure: *"Gypsy rider sing your two-wheeled symphony, you know there's nothing to explain, she should have known by now, you're just a vagabond, you may never pass this way again."*

Del Gato is a not-so-veiled excoriation on the treatment of Native Americans. The nuanced narrative involves a young, 20th century warrior self-aware enough to know his days are numbered. Carla's pliant harmonies wrap around some hard-won observations: *"Structured political, our children they ridiculed, they teach them of sins and to lie, Their schools built by fools, but by breaking the rules, like a fox, I am forced now to hide, and I just ride in from a hard southwestern ride, my face torn by sand storms and pride."*

The set concludes with a pitch-perfect rendition of The Byrds chestnut, *"Set You Free This Time."* Ragged guitars jangle and chime, and labyrinthine, almost Dylanesque lyrics like *"I could never find a chance to choose between a way to win or a thing to lose"* feel all the more bittersweet now, knowing that Gene wasn't long for this world. An elegiac end to a fine record.

Carla relied on a wolfpack of pickers and players to bring her vision to fruition here, including Benjamin Lecourt and Mike Hemmert on drums, Jimmy Ashhurst, Tony Marsico, Paul Marshall, Lou Castro on bass, as well as Skip Edwards on keys, Mike Thompson on piano, plus James Intveld, George Callins, Jonathan Lea, Joe Read and Mike Clinco on guitar and the legendary Mickey Raphael and Allan Clarke on harmonica. Carla, of course, sang, played all manner of guitar and produced the album.

The music on *Have Music, Will Travel 3* is all over the map, and that's a good thing. British Invasion songs happily co-exist alongside tear-stained laments, Garage Rock anthems and one-hit wonders. Carla's generosity of spirit shines through every track, whether she's center-stage or ceding the spotlight to her talented comrades. It's all too beautiful. CV

CLUB CRAWLER NIGHTLIFE

THURSDAY, NOVEMBER 16

Babaloo Lounge – Bob Corwin Piano Bar – 4-7pm, Hotwyre – 7pm
Boozehounds – Derek Jordan Gregg – 6pm
Casuelas Café – Avenida – 6pm
Chef George's – Marc Antonelli – 6:30pm
Coachella Valley Brewery – Open Mic – 6pm
Indian Wells Resort Hotel – Christine Love – 6pm
Jazzville @ Agua Caliente – Alex Mendham – 7pm
Jolene's – TBA – 6pm
Kitchen 86 – Electric Feel – 7pm, DJ Tina Turntables – 9:30pm
Larkspur Grill – Fun with Dick and Jane – 6pm
Lavender Bistro – Scott Carter – Patio - 6pm, Jeff Bonds – Inside – 6pm
The Nest – Live Music – 6:30pm
O'Caine's – Ken O'Malley – 6pm
Pappy and Harriet's – Algernon Cadwallader – 8pm
Plan B Live Entertainment & Cocktails – TBA – 9pm
Pretty Faces Nightclub – Latina Night w/ DJ LF – 9pm
Sandbar – Bill Baker – 6pm
Shanghai Red's (PS) – Lisa Lynn and the Broken Hallelujahs – 6pm
Tommy Bahamas – Alex Santana – 5pm
Twelfth Floor @ Fantasy Springs – HWY 111 – 8pm
Vicky's of Santa Fe – John Stanley King Trio – 6pm
The Village – DJ Cranberry – 9pm

FRIDAY, NOVEMBER 17

Babaloo Lounge – Bob Corwin Piano Bar – 4-7pm, Frank Disalvo – 7pm
Bart Lounge – "Playhaus" DJs Fambam, Dxsko, Brody, Hiiirum, Axel Alatriste and Chicosounds – 8pm
Big Rock Pub – Electric Feel – 8pm
Casuelas Café – The Myx – 6:30pm
Chef George's – Lizann Warner – 6:30pm
Indian Wells Resort Hotel – Marc Antonelli – 6pm
Jolene's – Live Music – 7pm
Kitchen 86 – DJ Tina Turntables – 9:30pm
Larkspur Grill – Desert Crows – 7pm
Lavender Bistro – Scott Carter – Patio - 6pm, Jeff Bonds – Inside – 6pm
Lit @ Fantasy Springs – Rhythm Society – 9pm
Mitch's on El Paseo – Alex Santana – 12-2:30pm
The Nest – Live Music – 6:30pm
O'Caine's – California Celts – 6pm
Pappy and Harriet's – Jerry's Middle Finger – 8:30pm
Plan B Live Entertainment & Cocktails – Red's Rockstar Karaoke – 9pm
Pretty Faces Nightclub – Emo Night – 9pm
Purple Room – Marilyn Maye – 8pm
Rock Yard @ Fantasy Springs – Southbound and Co. (Lynyrd Skynrd Tribute) and Know Illusion – 7pm
Sandbar – Bill Baker – 6pm
Tommy Bahamas – TBA – 5pm
Vicky's of Santa Fe – Doug MacDonald Trio – 5pm, John Stanley King – 7:30pm
The Village – Rob & JB – 5:30pm, DJ Gio the Ace – 9pm, DJ Cranberry – 9pm
Wildest – Derek Jordan Gregg – 6pm

SATURDAY, NOVEMBER 18

Babaloo Lounge – Bob Corwin Piano Bar – 4-7pm, Off Da Cuff – 7pm
Bart Lounge – DJ – 8pm
Big Rock Pub – Daytime Moon – 8pm
Casuelas Café – Michael Keeth – noon, Mod Professor – 6:30pm
Chef George's – Michael D'Angelo and Jimmy Street – 6:30pm
Coachella Valley Brewery – Comedy Night w/ Max Eddy – 7:30pm
Indian Wells Resort Hotel – Marc Antonelli – 6pm
Jolene's – Live Music – 7pm
Larkspur Grill – The Bonethumpers – 7pm
Lavender Bistro – Scott Carter – Patio - 6pm, Mark Guerrero – Inside – 6pm
Lit @ Fantasy Springs – Rhythm Society – 9pm
Kitchen 86 – DJ Tina Turntables – 9:30pm
Mitch's on El Paseo – TBA – 12-2:30pm
The Nest – Live Music – 6:30pm
O'Caine's – Paddy's Pig – 6pm
Pappy and Harriet's – Jerry's Middle Finger – 8:30pm
Plan B Live Entertainment & Cocktails – Red's Rockstar Karaoke – 9pm
Pretty Faces Nightclub – DJ LF – 9pm
Purple Room – Marilyn Maye – 8pm
Rock Yard @ Fantasy Springs – Queen Nation (Queen Tribute) and Saints of Las Vegas – 7pm
Sandbar – Bill Baker – 6pm
Tommy Bahamas – Alex Santana – 5pm
Vicky's of Santa Fe – Rose Mallett's Company – 5pm, John Stanley King – 7:30pm
The Village – Rob & JB – 1pm, Dio DJ the Ace – 9pm, DJ Cranberry – 9pm, DJ Erika Starr – 9pm
Wildest – Derek Jordan Gregg – 6pm

SUNDAY, NOVEMBER 19

Babaloo Lounge – Tristen/Flamingo Guitar – 1pm, Just Two Guys – 6:30pm
Bart Lounge – Latina Night w/ DJ LF – 8pm
Boozehounds – Derek Jordan Gregg – 6pm
Casuelas Café – Mariachi Coachella – 1pm, Voices Carrie – 5:30pm
Coachella Valley Brewery – Acoustic Afternoon w/ Matt Davin – 3:30pm
Fisherman's Market, PS – Live Music – 6pm
Jolene's – Live Music – 6pm
Kitchen 86 – Mario Rossi – 7pm
Lavender Bistro – Scott Carter – Patio - 6pm, Mark Guerrero – Inside – 6pm
Melvyn's – Mikael Healey – 3:30-7:30pm
The Nest – Live Music – 6:30pm
Pappy and Harriet's – Rising Appalachia – 8pm
Plan B Live Entertainment & Cocktails – LNA Karaoke – 7pm
Pretty Faces Nightclub – No Sleep Sundays w/ DJs Axel Alatriste, Bad Gal Gali and Pico – 9pm
Purple Room – Marilyn Maye – 7pm
Tommy Bahamas – Alex Santana – 5pm
The Village – Gio the Ace - 9pm

MONDAY, NOVEMBER 20

Babaloo Lounge – Paul Douglas Wergley – 7pm
Casuelas Café – Desert Suite Band – 6pm
Kitchen 86 – Electric Feel – 7pm
Lavender Bistro – Jeff Bonds – Patio - 6pm, Abbie Perkins – Inside – 6pm
Miramonte – Alex Santana – 6pm
The Nest – Live Music – 6:30pm
Vicky's of Santa Fe – Richard "88 Fingers" Turner – 6:30pm
The Village – DJ Gio the Ace – 9pm

TUESDAY, NOVEMBER 21

Babaloo Lounge – Eric Frankson – 4pm, Derek Jordan Gregg – 6:30pm
Casuelas Café – Johnny Meza and Walle Larsson – 6pm
Chef George's – Lizann Warner – 6:30pm
Kitchen 86 – Danni Stefanetti – 7pm
Lavender Bistro – Mark Guerrero – Patio - 6pm, Jeff Bonds – Inside – 6pm
Lit @Fantasy Springs – Shotgun Jefferson – 7pm
The Nest – Live Music – 6:30pm
Sandbar – Bill Baker – 6pm
Vicky's of Santa Fe – Slim Man Band – 6pm
The Village – DJ Erika Starr – 9pm

WEDNESDAY, NOVEMBER 22

Babaloo Lounge – Steven Sanders Piano Bar – 4pm, The Myx – 7pm
Casuelas Café – Lisa Lynn and the Broken Hallelujahs – 6pm
Chef George's – Tim Burleson – 6:30pm
Coachella Valley Brewing Co. – Trivia Night – 7pm
Indian Wells Resort Hotel – Patrice Morris – 6pm
Kitchen 86 – Mario Rossi – 7pm
Larkspur Grill – Slim Man and Chase Huna: "Rat Pack Duo" – 6pm
Lavender Bistro – Abbie Perkins – Patio - 6pm, Mark Guerrero – Inside – 6pm
Miramonte – Alex Santana – 6pm
Mitch's on El Paseo – TBA – 12-2:30pm
The Nest – Live Music – 6:30pm
Plan B Live Entertainment & Cocktails – Red's Rockstar Karaoke – 9pm
Sandbar – Bill Baker – 6pm
Tack Room Tavern – T-Bone Karaoke – 7pm
Vicky's of Santa Fe – John Stanley King Cowboy Songs – 6pm
The Village – DJ Cranberry – 9pm, Banda Revolucion – 10pm
Wildest – Derek Jordan Gregg – 6pm

CV

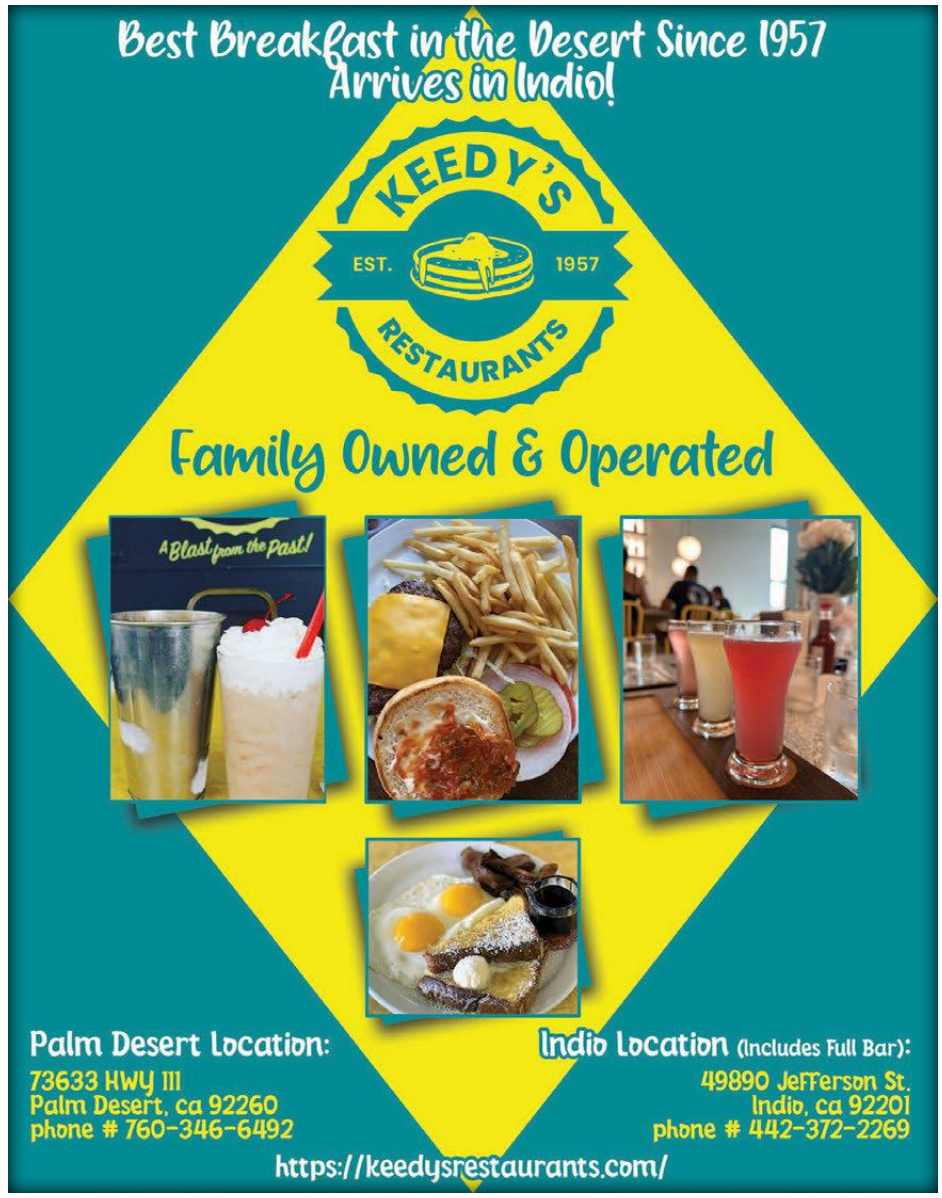





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ART SCENE

BY DEANN LUBELL



DESERT ART SCENE SPOTLIGHT: JOYCE BULIFANT ACTRESS/WRITER

Coachella Valley resident, Joyce Bulifant, an acclaimed actress, screen writer, and biographical writer, has joined the team of local writers who call themselves Writers of Wit & Wisdom/All About books.

Joyce's intriguing book, *My Four Hollywood Husbands*, is a fascinating read about her life experiences with these four men.

"Joyce has lived '*the Hollywood life* for nearly seven decades'," as stated on her Amazon site, "and through it, experienced what few outside the entertainment world can imagine. While following the path of her own successful career, Joyce managed to navigate the choppy waters of husbands' alcoholism, codependency and an extended family of four marriages. James MacArthur played Danno on *Hawaii Five-0*. Edward Mallory was Dr. Bill Horton in *Days of Our Lives*. William Asher was the famous director-writer-producer of *I Love Lucy*, *Bewitched* and the Beach Party movies. Roger Perry starred in *Star Trek* and over 300 TV shows and films. He has also composed music for Barbra Streisand and Bing Crosby. Along the way Joyce managed to command the spotlight for her own accomplishments. As Gavin MacLeod's wife Marie on *The Mary Tyler More Show*, a concerned mother in the movie *Airplane*, dancing with Fred Astaire, and her reoccurring role on *The Match Game*."

Joyce says that the inspiration for the book was written in the hopes that others, like herself, who are codependent and involved in relationships with persons who have the disease of alcoholism will learn that one can love and move on to have a happy life.

Under contract at Universal she guest starred on *The Virginian*, *Destry Rides Again, Thriller* and many others. Among her many TV credits, she has starred on *Perry Mason, Gunsmoke, My Three Sons, Just Shoot Me and Weird Science*. She has also performed in many theatres across the United States.



Among her writing credits are two one woman shows *My Life Upon the Wicked Stage* and *Remembering Helen Hayes with Love*, which she has performed in various theatres. She wrote a musical, *The Grande Ole Dame*, with her husband, Roger Perry. She produced, wrote, and directed two musicals. *Gifts of Greatness* starred Julie Harris, Patti Duke, Ed Asner, Danny Thomas, Stephen Cannel and the Lennon Sisters. *Different Heros Different Dreams* starred, Tony Danza, Helen Hayes, Judy Collins, Barbara Eden, and Jack Warden, among others.

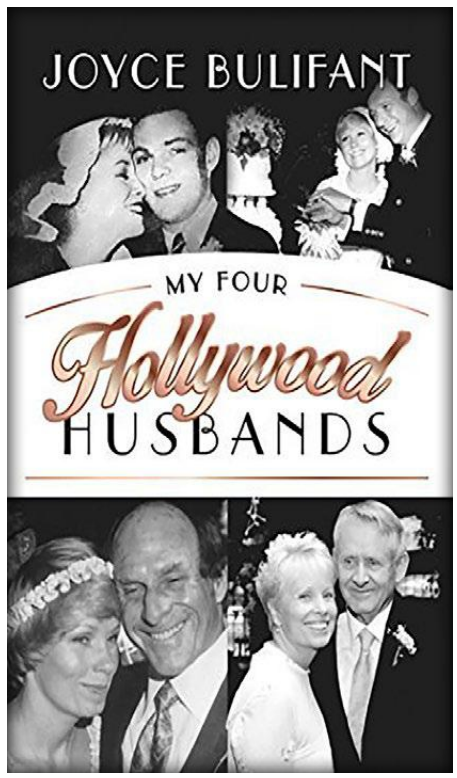
Miss Bulifant is the executive vice president of The Dyslexia Foundation. She has served on many boards and founded an Advocacy Center in Colorado for abused children.

Her greatest joy is her family and working with children.

You can find *My Four Hollywood Husbands* on Amazon Books.

(Profile photo by Andrew Alpem) CV





ART SCENE

PHOTOGRAPHER/FILMMAKER OSCEOLA REFETOFF'S NEW BODY OF WORK "CHROMATOPIA"

FEATURING SURREAL, MULTISPECTRAL EXPOSURES - DEBUTS IN THE PALM DESERT EXHIBITION "PROBLEMATIC PALMS," WITH AN ARTIST'S RECEPTION ON NOVEMBER 15



Los Angeles-based photographer/filmmaker Osceola Refetoff's brand new, previously unseen body of work "Chromatopia" – featuring beautifully surreal multispectral images of Coachella Valley landscapes – debuts in the three-person exhibition "Problematic Palms," curated by art critic Shana Nys Dambrot. The show opened November 7 at the Marks Art Center at the College of the Desert in Palm Desert, CA. On Wednesday, November 15, there will be an artist's reception from 4-6PM; Refetoff and Dambrot will be in attendance. "Problematic Palms" runs through December 15, and also features work by Francesca Bifulco and Andrew K. Thompson; regular gallery hours are Tuesday – Friday, 11AM-4PM.

The new series "Chromatopia" features multispectral exposures made with a camera sensitive to both visual and infrared spectrums, creating vivid and otherworldly color combinations in camera. Refetoff says, "My work has long explored human interactions with the California desert. Palm Springs' stunning midcentury architecture and exotic landscaping presents a fanciful transformation of this terrain, a vision made possible by water imported from distant sources."

In her curatorial statement, Nys Dambrot says, "Osceola Refetoff's work with multi-spectral exposures creates arresting infrared images of iconic Palm Springs neighborhoods' architecture, landscape design, and encroaching wild nature. The impossibly rich chromatic character of the work is in conversation with both Pop art and the technology of scientific survey; the assertive beauty they express contains the unease of invisible color, an inverted dance of naturalism and surrealism, and the seeds of a deeper consideration about the viability of putting a town in the desert in the first place. Lovely, sparkling, water-intensive, manicured, natural, unnatural, otherworldly, seductive, subversive—paradisiacal and problematic.

The "Chromatopia" work is exhibited courtesy of Melissa Morgan Fine Art. At the end of the show, the photographs will move directly to MMFA in Palm Desert, CA.

Refetoff is represented by Von Lintel Gallery in Los Angeles, and Melissa Morgan Fine Art in Palm Desert, California.

About Osceola Refetoff:

Osceola Refetoff is a photographer and photojournalist interested in documenting the relationship between people, the environment, space, and time. A graduate of New York University's MFA Film Program, his work encompasses both traditional photographic techniques and "in camera" alternative processes including infrared and pinhole exposures. Underpinned by an evocative, cinematic understanding of how scale, point of view, architecture, and motion can express the essence of a given place, his images not only capture how something looks, but also how it feels to be there. Since 1995, his work has been widely exhibited by institutions including the San Diego Art Institute, Palm Springs Art Museum, Galerie Huit (Arles France), and Museo Area Archeologica Arte Contemporaena (Italy), and regularly reviewed in publications such as *Artillery*, *The Los Angeles Times*, *The Huffington Post*, and *The British Journal of Photography*. Born in Montreal, he lives and works in Los Angeles. CV





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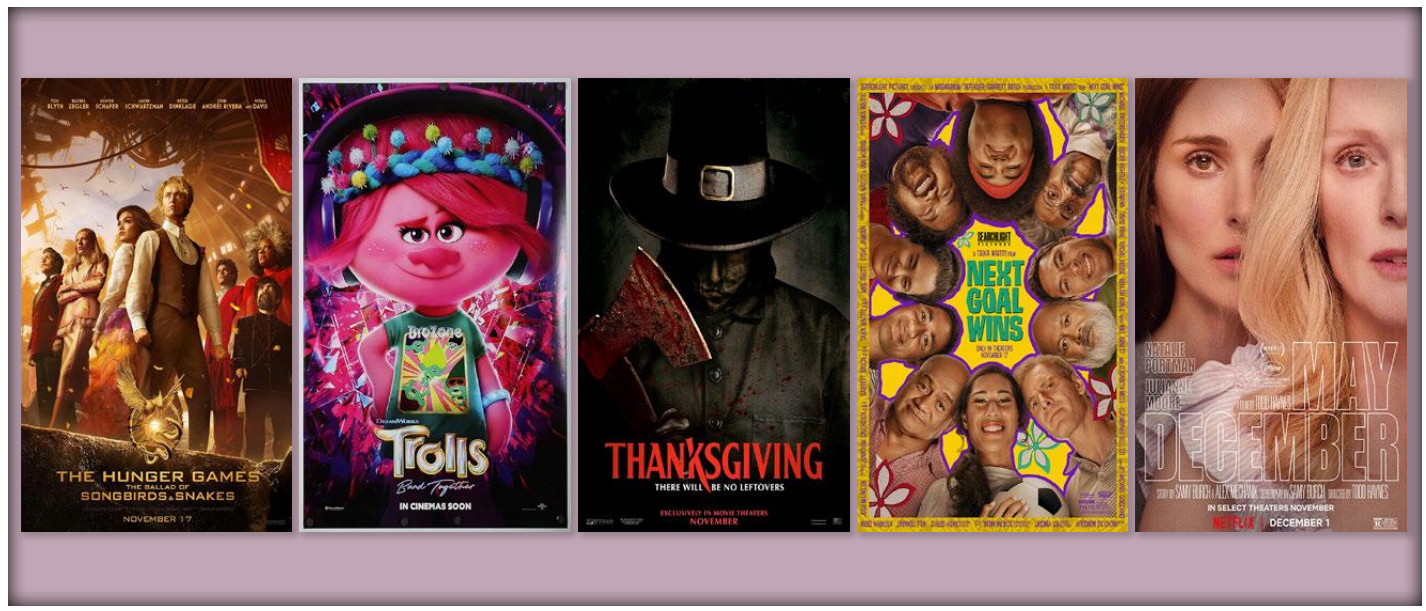
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FILM



The Hunger Games: The Ballad of Songbirds & Snakes *(2h 37m – Rated PG-13) Thrilling, intense rebellion saga.*

Starring Tom Blythe, Rachel Zegler, Hunter Schafer, Jason Schwartzman, Peter Dinklage, Josh Andrés Rivera and Viola Davis.

Experience the story of THE HUNGER GAMES — 64 years before Katniss Everdeen volunteered as tribute, and decades before Coriolanus Snow became the tyrannical President.

Trolls Band Together *(1h 32m – Rated PG) Colorful musical fun for all.*

Starring Anna Kendrick, Justin Timberlake, Camila Cabello and Eric André.

After true friendship and relentless flirting, Poppy and Branch are now officially, finally, a couple! As they grow closer, Poppy discovers that Branch has a secret past.

Thanksgiving *(1h 46m – Rated R) A twisted feast unfolds.*

Starring Patrick Dempsey, Addison Rae, Milo Manheim, Jalen Thomas Brooks, Nell Verlaque, Rick Hoffman, and Gina Gershon.

After a Black Friday riot ends in tragedy, a mysterious Thanksgiving-inspired killer terrorizes Plymouth, Massachusetts – the birthplace of the infamous holiday.

Next Goal Wins *(1h 43m – Rated PG-13) Inspirational sports triumph.*

Starring Michael Fassbender, Oscar Kightley and Kaimana.

NEXT GOAL WINS follows the American Samoa soccer team, infamous for their brutal 31-0 FIFA loss in 2001.

May December *(1h 58m – Rated R) Tender love defying norms.*

Starring Natalie Portman and Julianne Moore.

Twenty years after their notorious tabloid romance gripped the nation, a married couple buckles under the pressure when an actress arrives to do research for a film. CV

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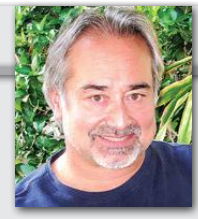
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THE VINO VOICE



BETTING ON BEAUJOLAIS FOR THE HOLIDAYS!

BY RICK RIOZZA

Ahhh—Beaujolais! I don't know of any other French wine that brings such a smile to the hearts & minds of the wine enthusiasts around the world. However, there is a good portion of real wine drinkers who never touch the stuff.

If we were to analyze this predicament (you thought otherwise?) there could be three different scenarios at play.

1) Some folks have only tried a bottle of Beaujolais Nouveau; they found it a bit wanting as too light, acidic, and without much going for it in the dark fruit category.

2) Or, they attended one of the much-ballyhooed "Beaujolais Nouveau arrival parties" of the past; drank way too much and are still paying for it.

3) Or, at one time in their life, they pronounced the wine as "**BOO**-jo-lay" (as opposed to the correct "**Boh**-zhoh-LAY") in front of some French folks who proceeded to make fun of him; and that guy thereafter swore off the stuff for ever.

I think these are the three top reasons.

Anyway—we're betting that our hesitant wine enthusiasts, given the chance (again) to try a decent Beaujolais, will see and taste that this wonderfully bright and flavorful wine will pair perfectly with all the holiday fare on the table—from Thanksgving, Hanukkah, Christmas, Boxer Day, Kwanzaa, all the way to New Years!

So let's get the type and styles of Beaujolais out of the way quick. The intro goes something like this:

Beaujolais has something for everyone. From light-hearted nouveau to somm-favorite cru. Made from acidic and fruity Gamay grape, Beaujolais is lighter-bodied and lower-alcohol than most reds, and offers a (relatively) inexpensive alternative to similar styles from nearby Burgundy.

Beaujolais Nouveau that's best served chilled and is not particularly for wine snobs—unless the vintage was 2015 or the 2022. This fresh and fruity red is the result of a quick fermentation process that ends up with clean wine.

The Gamay grapes that go into Beaujolais Nouveau are handpicked in the Beaujolais province of France. The wine actually originated about a century ago as a cheap and cheerful drink produced by locals to celebrate the end of the harvest season.

The light, fruity style became popular in the 1970s and is designed to be consumed shortly after bottling. ***Beaujolais Nouveau Day*** marks the wine's release and takes place ***annually on the third Thursday of November.***

The idea of a race to Paris carrying the first bottles of the new vintage was conceived and this attracted much media attention. By the '70s, the race became a national event. The races spread to neighboring countries in Europe in the '80s, followed by North America, and in the 1990s, to Asia—where it's still celebrated *big-time*. Here in the Coachcella Valley, not so much!

The traditional slogan used in ad campaigns and marketing material ***"Le Beaujolais nouveau est arrivé*** (which translates to The new Beaujolais has arrived) was changed in 2005 to the very American—"***It's Beaujolais Nouveau time***".

Beaujolais Nouveau is dry with notes of bananas, blueberries, cherries, flowers, grapes, and plums. It is the quintessential dinner wine for Thanksgiving dinner that matches Turkey, gravy, vegetables—and cranberries! which often is a challenge to most wines. At only



$12 a bottle, give it a try at the table. Georges DuBoeuf is recommended, and the artistic label always graces the setting.

Next, and most common, are the **Beaujolais and Beaujolais-Villages**, the former of which account for half of the region's annual output. The "Villages" type is generally the best from the region. Given that Beaujolais is light and fruit-driven, most wines are best consumed within the first year or two of bottling—oftentimes the "villages" can age into a "baby Burgundy".

The taste profile here is aromatic and fruity with notes of blackberry, black pepper, blueberries, cherries, cloves, cranberries, flowers, minerals, pears, plums, raspberries, spices, strawberries, and violets. What's not to love here!!

Bottles range from around 20 to 40 dollars. Look especially to wine shops for deals on Marcel Lapierre, Jean Foillard, Guy Breton, Jean-Pail Thevénet and Georges Descombes.

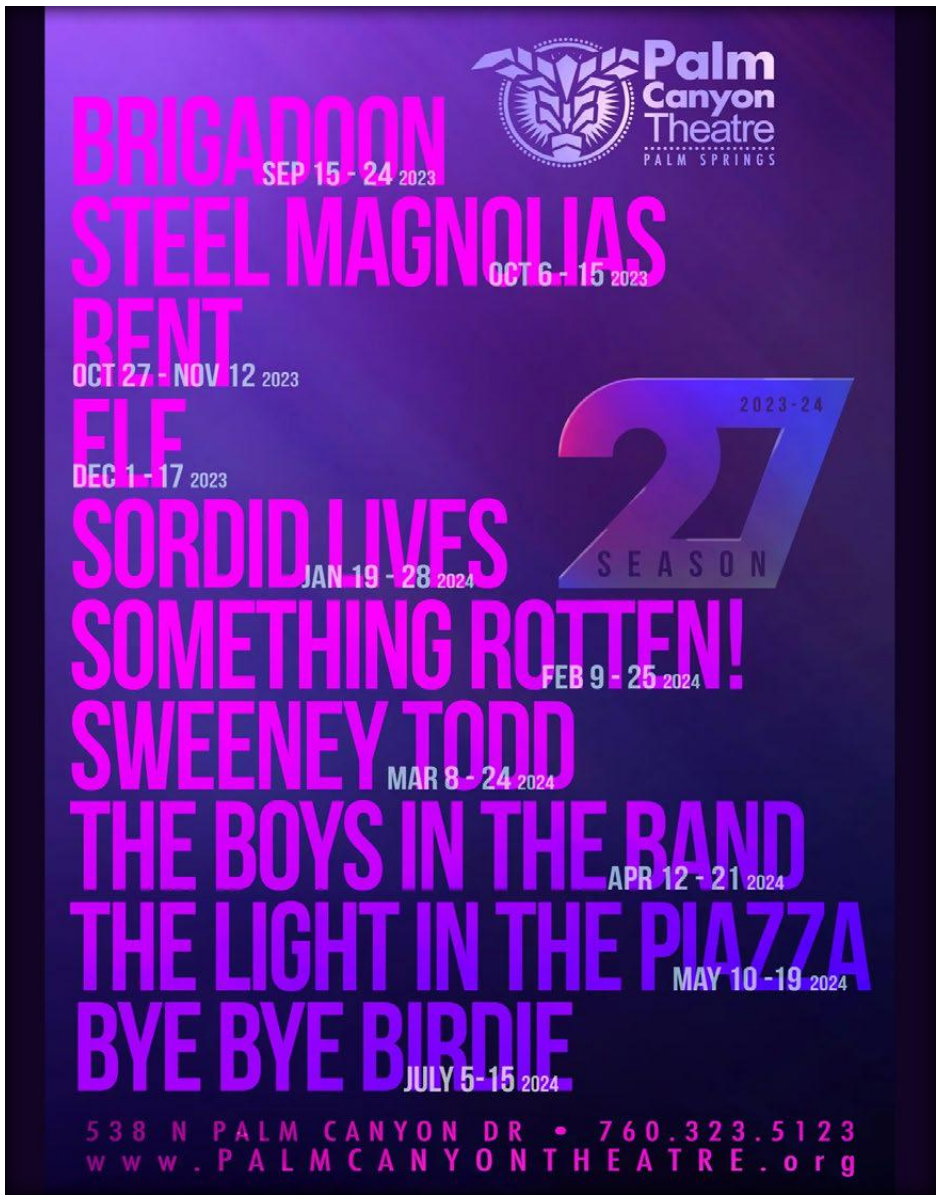
And finally—the best of the best, **"Cru**", is the highest and most-esteemed classification in the region. There are 10 crus within the classification, each referring to a winemaking region. Crus range in style, from lighter-bodied and younger-drinking to fuller, age-worthy wines. The names of the 10 Beaujolais crus are: Brouilly, Chénas, Chiroubles, Côte de Brouilly, Fleurie, Juliénas, Morgon, Moulin-à-Vent, Régnié, and Saint-Amour.

Moulin-a-Vent and Morgon are your heavy hitters and the absolute ticket for full-on flavors; Fleurie and Julienas are lighter and perfumey; Brouilly and corned beef are a match made in heaven. Because of its high acidity, elegant, floral & fruity—it's **Fleurie**; aromatic, full of raspberries, cranberries, but light; **Régnié** is the newest Cru on the block, with tons of aromatic peach, cherry, black currant, and raspberry flavor.

Saint-Amour (remember this one for Valentine's Day) Two styles of wine are produced here: a light, fruity, floral wine that shows notes of violet and peach and a bigger, spicier version that becomes more Pinot-like with age.

Juliénas, Named after Julius Caesar, these ancient Roman vineyard sites are planted on granite, volcanic and clay soils giving the wines power, structure and terrific aging ability. Floral and fruity, the aromas of strawberry, peach, violet and spicy cinnamon are common. Chénas refers to the ancient oak forests that once covered the hillsides. Appropriately, the wines often have a 'woodsy' quality, but it's their floral notes of rose and iris, plus silky tannins, that earned them the nickname "bouquet of flowers in a velvet basket." ***Salud!!*** CV

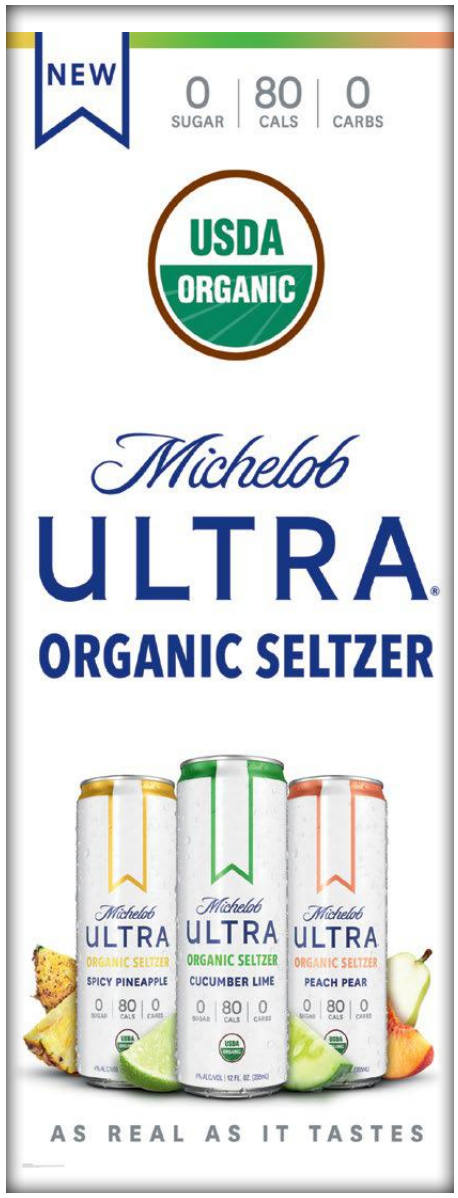
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PET PLACE — CHIQUITO ORCHESTRATES HIS OWN ADOPTION



BY JANET McAFEE



On June 15, 2023, a trio of 11-year-old dogs arrived at the Loving All Animals shelter in Coachella when their owner passed away. The small senior dogs were different breeds and not particularly bonded to each other.

After their quarantine period they joined the other pups in the main yard where they played together, ran after toys, and clamored for attention when visitors came. One of them named Chiquito has a commanding presence and quickly established himself as the alpha dog in the pack. When volunteers came to work with them, he pushed the others aside and insisted on their attention.

One of the senior dogs was adopted and the other went to foster home to recover from knee surgery. Chiquito was undaunted and continued to rule the yard. Eventually he was moved to a local hotel to participate in a pet adoption program where guests could meet him. Hurricane Hillary was on the way, and it impacted Chiquito in interesting ways. A guest was quickly checking out, spotted the handsome canine, and did a quick adoption with a hotel employee.

I called to follow up on the adoption and to inquire if training help was needed. Surprising the adopter replied that they were enroute to return Chiquito to the hotel due to an incident with his girlfriend's large dog. Fortunately, no one was hurt. They did not notify Loving All Animals. They were 10 minutes away and I advised him to bring the dog to my house where I would foster him because Loving All Animals had evacuated due to the storm. My outgoing dogs shirked into the background when the dominant and confident Chiquito arrived.

My neighbor Scott came to mind. Scott was a fixture in the neighborhood walking his alpha dog Rowdy. In March I was walking my dogs and saw Scott walking alone and learned that Romey had sadly passed away. I didn't have their phone number, so I dropped by unannounced. Scott Gutman and Harry Parrish were home after cancelling a vacation because of the Hurricane. Scott was unsure if they were ready to adopt. They were also concerned about adopting a senior dog after the heartbreak of losing a beloved dog who was 12 years old. I offered to bring Chiquito over for a visit with no obligation.

We briefly exchanged greetings. We humans quietly watched as Chiquito ran joyfully through the home exploring every nook and cranny, arriving back in the living room to greet Scott and Harry with approving kisses. He immediately made himself part of their home, relaxing on a couch pillow. Scott and Harry recall, "It was love at first sight!" Chiquito "sealed the deal" and an adoption application was completed on August 23.

Two days later Chiquito spotted a lovely framed portrait of Rowdy hanging on a bedroom wall. He was transfixed and barked repeatedly. The two dogs are similar in size, appearance, and demeanor.

Houseguests arrived for Scott's birthday week this month. More people meant more fun and attention for Chiquito who celebrated along with the happy group. Chiquito's veterinarian and groomer suspect his age may be closer to 8 or 9. These days he happily walks through the neighborhood and is friendly with the other dogs who instinctively acknowledge his leadership. However, his favorite encounter is with the dog loving people one of whom he greeted with a kiss when Melissa approached. Chiquito loves traveling by car and ensures trips are more enjoyable for his human dads.

How can a small dog who can't talk have such personality? When I called to read Scott and Harry this article Chiquito listened intently appearing amused and rolled over in approval. You can read about a dog who has more adventures than some people on his Facebook page CHICO GUTMAN-PARRISH. You can LIKE Loving All Animals' Facebook page LOVING ALL ANIMALS INC to learn more about their fun events and how to help rescue animals. Contact them at www.lovingallanimals.org and (760) 834-7000.

Sometimes a dog enters your life when you are not ready for him. Sometimes a dog enters your life and brings unexpected joy.

Janetmcafee8@gmail.com



MEET DUCHESS

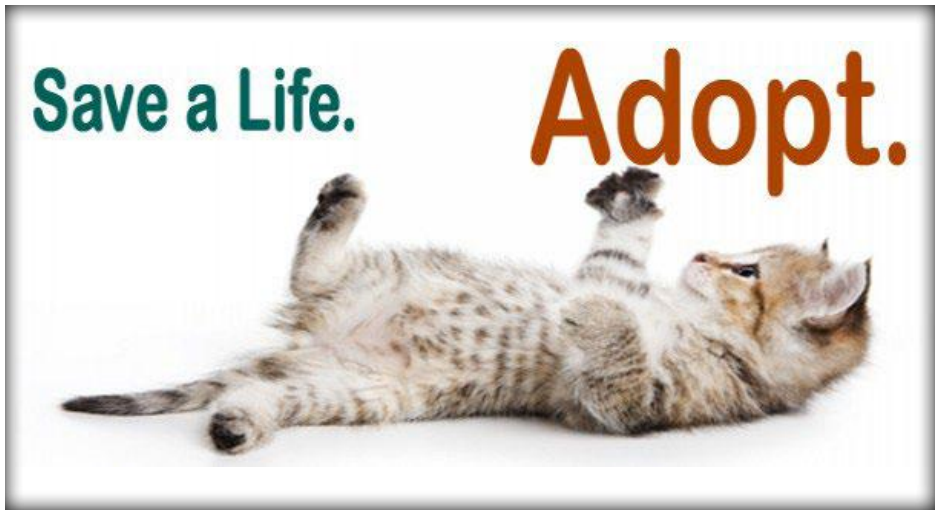
Duchess is the longest resident at the county Coachella Valley Animal Campus , 72-050 Pet Land Place, Thousand Palms, Dog IDA1758393. She is a staff favorite, loves people and great with other dogs. Duchess is just 1-yr-old & 42-lbs of doggie love. Come meet her in a private visiting area, open 10am-4pm Mon through Sat. 951-358-7378, www.rcdas.org. She's URGENT.



MEET ROGER

Roger is a majestic German Shepherd boy hoping to be home for the holidays! Come meet this 5-yr-old friendly fellow at the Coachella Valley Animal Campus, 72-050 Pet Land Place, Thousand Palms, dog ID#A1765598. Open 10am-4pm Mon through Sat. Ask to meet him in a private visiting area. 951-358-7378. 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, (760) 343-3644. (Public)

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

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

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

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

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

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

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

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

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

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

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

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

CITY OF BANNING ANIMAL SHELTER – Open daily 10am-6pm. Located at 2050 E. Charles Street, Banning. Many beautiful animals of all sizes. View animals at www.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)

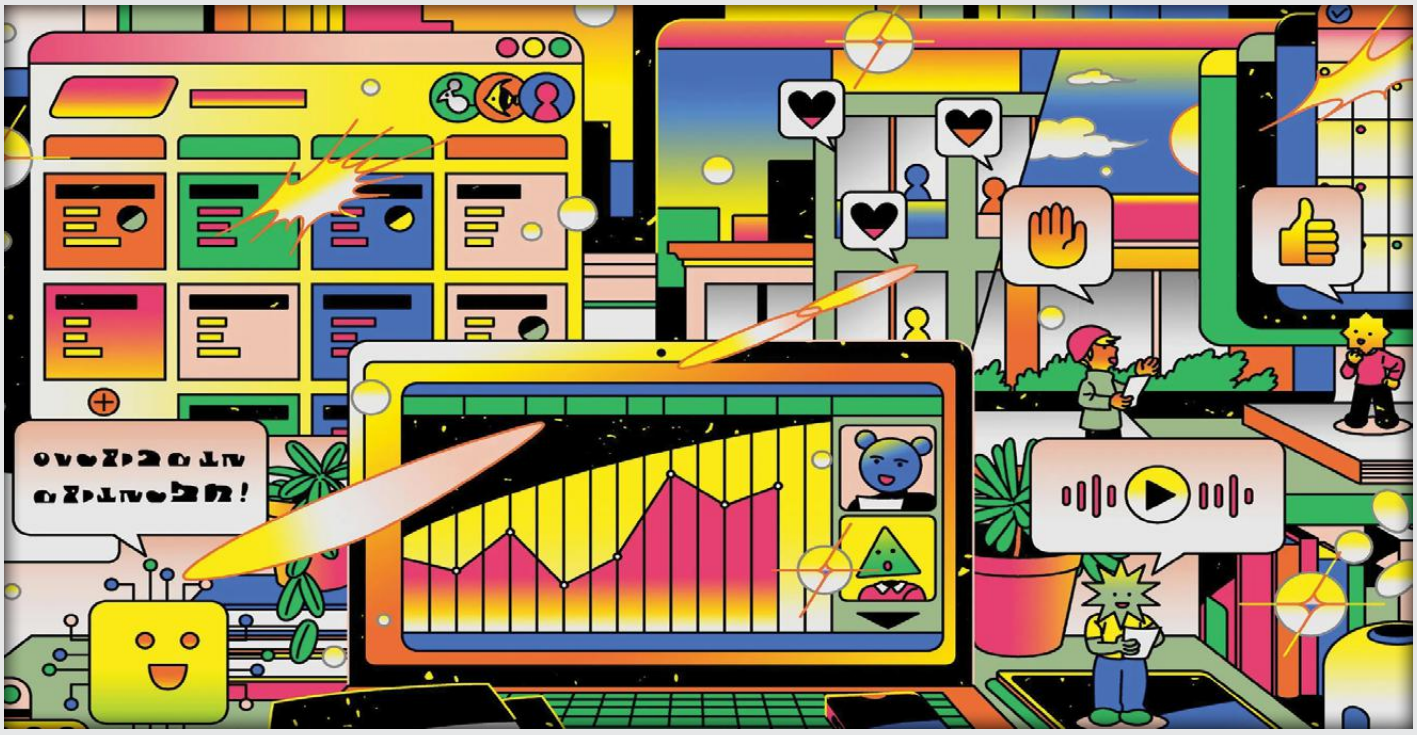
SAN BERNARDINO COUNTY ANIMAL SHELTER AT DEVORE – Open 7 days a week. Call (909) 386-9280, www.sbcounty.gov/acc and get the ID number of animal you are interested in adopting, 19777 Shelter Way, San Bernardino (Public). CV





THE FUTURE OF WORK

HADDON LIBBY





BY HADDON LIBBY

Last week **Forbes Magazine** released its second annual list of **The Future of Work 50**. These are leaders, companies, thinkers, and teams who are helping to shape the future of work.

The most obvious change in how we will work in the future is Generative AI. This advance will help eliminate many of the tedious tasks of many jobs. Some jobs may go away although it is expected to create higher paying jobs that are more interesting to the worker. It also could wreak havoc. As one example, deep fakes with video, pictures or audio will be difficult to distinguish from reality.

Sam Altman and Mira Murati are the co-founder and Chief Technology Officer for OpenAI. This company launched ChatGPT one year ago and almost immediately received a $10 billion investment from Microsoft. With this capital infusion, Microsoft brought generative A.I. to the company.

Dario and Daniela Amodei are siblings and the cofounders of Anthropic. Two years ago, these siblings left the team of researchers working on OpenAI, another generative AI effort. Amazon has invested $4 billion and Google $2 billion. The difference between Anthropic's offering and some others is that they attempt to mitigate the harm that A.I. could do to humanity.

Joe Atkinson, Mohamed Kande, and Yolanda Coffield of PwC U.S. This group is working with Microsoft and OpenAI on a version of generative AI that will be used in a secure workplace environment.

Jensen Huang, Cofounder of NVIDIA. NVIDIA released a high-powered gaming chip last year called the H100. There was a problem in that the chip cost $40,000 and buyers seemed less than interested in spending so much to have a faster running game. Huang realized that this chip could be used to create the power needed by those building generative AI programs like ChatGPT and demand now outstrips supply.

Lisa Su, CEO of AMD. With a new MI300 chip for AI and high-performance computing, Su is looking to gain some of NVIDIAs dominant market share. Su has a Ph.D from MIT and is one of the richest self-made women in the United States with a passion for helping women enter the male-dominated computer engineering field.

Rooz Ghaffari, Cofounder of Epicore Biosystems develops wearable technology and clothing. His efforts are meant to help workers who are exposed to extreme heat conditions. His clothing is lined with sweat-sensing patches that help protect workers. By monitoring fluids lost through sweat along with electrolytes, dehydration and the worker's condition can be monitored. Ghaffari has received $10 million in seed capital from some big potential users like Chevron and the US Army.

Raj Choudhury, Associate Professor at the Harvard Business School was studying the idea of 'work from anywhere' prior to COVID. Choudhury's research shows that worker productivity increases when allowed to work from their location of choice so long as workers gather occasionally. His current research is looking at alternatives to large offices in metropolitan centers.

Josh Shapiro, Governor of Pennsylvania. One of Shapiro's pledges when running for governor was to eliminate the college degree requirement from 65,000 or 92% of state jobs preferring to focus on the ability to do a job.

Steven Paynter, Principal at Gensler created an algorithm that quickly determines whether an office building can be converted to housing. Because of his work, a process that would take four to six months is reduced to hours. Paynter once said at a White House roundtable that his job is to "identify the losers and figure out what to do with them?" If he could only do this with the White House, Senate and House of Representatives.

For the complete list, visit www.forbes.com.

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

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INVESTMENT MANAGEMENT

DOMESTIC VIOLENCE (DV) IS $50,000 BAIL, BUT WHY ARE SOME INTENTIONAL CRIMES LOWER BAIL?

DALE GRIBOW ON THE LAW

LEGAL REPRESENTATION OF THE INJURED & CRIMINALLY ACCUSED



DV comes with a statutory bail of $50,000, and this could be for a reflexive slap by a spouse. At the same time, intentional charges such as burglary or theft, are often much less. Is that fair? Should there be more uniformity?

The same procedure takes place for both charges. The arresting officer takes the police report to one of the sergeants at the station. The Sgt. then sends it to the filing deputy in the district attorney's office. When the filing Deputy DA reviews it, s/he tries to determine what crimes have been committed and whether it should be a misdemeanor or a felony.

Even though the police officer may have arrested you for a particular crime, the filing deputy could decide that there were more counts that should be filed and/or less counts. That is why it is often important to retain a lawyer asap so s/he can possibly contact the filing deputy and hopefully have input on how the case is to be filed …thus getting a second bite of the apple.

At the Felony Arraignment, the judge advises the defendant of all charges and allows the defendant to plead guilty or not guilty, and then sets the matter for a preliminary hearing and then a pre-trial. Both sides try to enter into a Disposition to resolve the case. Sometimes, the court Deputy DA doesn't have a copy of the report for us, and we have to continue or enter a plea of not guilty, and get the report at a later date.

For the court DA's to Dispose of a case, they often have to go to a supervisor for authority to reduce or dismiss the charge. It is not easy to obtain. In 2023, the standard offer is often jail time on most cases. However, many cases don't go to trial because of a potential prison sentence or additional legal fees for trial.

Therefore it is conceivable to "win" a case, even if a sentence can't be truthfully avoided. This may be a reduced sentence, such as a lesser plea, less time in custody etc.

The current District Attorney for Riverside County is Mike Hestrin. He has instructed his deputy district attorneys to not plea bargain and to demand the defendants plead straight up to the charges with maximum sentences on DV, Theft, DUI's etc. Today the DA's maintain they will make the best offer at the Arraignment court and the offers go up from there. However because of Covid 19 still out there, who knows what will happen in the ensuing months.

Your local lawyer pays off by trying to convince the prosecutor, or by pulling an end run and going straight to the Judge for an indicated sentence…to the sheet. Some prosecutors are easier on certain cases than others, and it is the luck of the draw as to which prosecutor is assigned to your case.

The Indio Courts are always backed up with criminal cases and more so with Covid 19. In the past there have been civil freezes. This means that no civil case goes out to Trial, as all the courts just handle criminal matters, which have priority. Because the District Attorney will not readily negotiate a plea, the courts are inundated with cases. Thus whether we are dealing with a Misdemeanor or Felony, Domestic Violence or Theft, in my opinion there should be a more fair system in dealing with cases.

"Though I am sometimes referred to as a DUI criminal defense lawyer, I choose to not view my clients as "criminals". I prefer to view them and more importantly to treat them as good, honest people that have found themselves in a scary and unfortunate situation."

I look upon my job as protecting the Constitutional Rights of every American who drinks and drives and gets arrested for a DUI.

I do however "Change Hats" when I SUE Drunk Drivers for damages to my Injured or Deceased (Wrongful Death) clients.

PLEASE DON'T DRINK AND DRIVE, CALL A TAXI, LYFT OR UBER……IT IS A LOT CHEAPER THAN HAVING AN ARREST OR ACCIDENT AND CALLING ME……SO DRIVE SOBER OR GET PULLED OVER. CV

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HEALTH

WHO DOESN'T LOVE MAGIC SAUCE?



BY MICHELLE BORTHWICK

When you think of "magic sauce" what comes to mind? Maybe a chef at a restaurant you really love that uses rare spices, a special cooking technique and a secret ingredient known only to the chef. Or a company might come to mind that always seems to have a unique edge and approach to business that makes them consistently successful. No matter what it is or where it shows up you can't help but wonder what the magic sauce is!

I've been asked "What is my magic sauce"? It's quite simple… I believe in full customization and not one-size-fits-all Keto and have developed a proprietary system that allows me to personalize Keto for every single woman I work with. You may remember diets that are cookie cutter programs that never felt quite right but you pushed your way through it to completion. Then you gained all the weight back. I'm here to tell you it was never your fault. You weren't given the tools, support and mindset shifts you needed to not repeat the vicious cycle of gaining and losing. And, you didn't have an eating plan that you enjoyed and made you happy.

Often Keto is given a bad rap as being too restrictive. My approach is to use Keto to get the weight off (it's simply the fastest way to do it) and then rotate clients in a cycle of Keto, Low carb, and Paleo. This offers more variety, different food options and freedom. Then it doesn't feel like you are deprived.

My "magic sauce" goes beyond techniques. I'm a Keto Coach because of my passion for the lifestyle and to give you hope that you can transform yourself. I love seeing women light up because they are off the diet roller coaster. Beyond my passion I'm backed by expertise and intuitive nature that allows me to create an exclusive (and highly-effective) Keto Transformation programs for every woman I have the pleasure to work with.

Keto isn't complicated and it's backed by science...but the execution of it matters. Do you know how many times a day I hear one of the following statements? Too many to count.

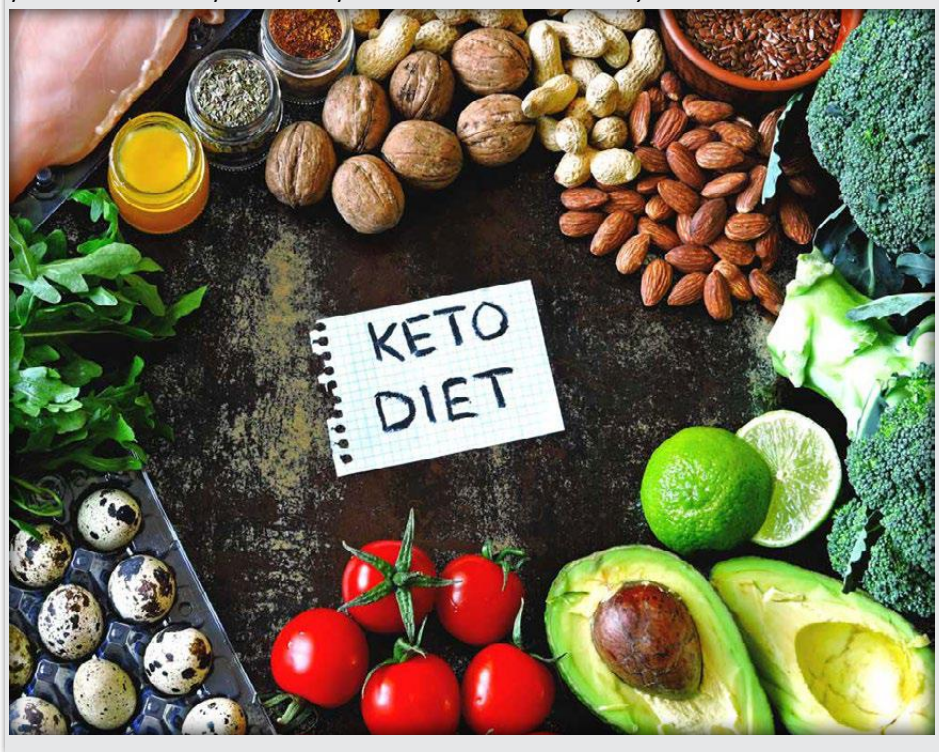
- Keto is hard and I can't figure out my macros.
- Keto didn't work for me. I tried it for a month and didn't lose weight.
- Keto confuses me. I have friends it worked for but it's not working for me. What did I do wrong?
- Keto worked for me for a while then it stopped. I›m not sure what to do differently.
- Keto isn't easy and it's restrictive. I'll miss all my favorite foods.

It's just not your fault for feeling this way because there is so much misinformation online. Unfortunately, there are companies promoting Keto where the bottom line matters to them more than the results! These individuals and companies are using the same formula for everyone (both men and women alike) and telling you it works. It doesn't.

If you send me an email at ketoiseasy@gmail.com and mention that you are from CV Weekly and ask me for my proprietary Customization Form and I'll send it to you for free so you can begin to experience what a different Keto might look like along with some of my "magic sauce". Complete the form and send it back to me, I'll give you some complimentary recommendations on what Keto might look like for you. Can't wait to hear from you. You have nothing to lose... except some weight!

About Michelle Borthwick McLaughlin: Michelle's coaching practice is evolving with a new approach to Keto that goes beyond fast, sustainable weight loss. Enter: KETOish. Transformational private coaching sessions that still include proven Keto principles for weight loss but now includes how to increase your energy, longevity, confidence, mindset, passion and overall wellness.

Michelle has been the go-to coach for Keto for women since 2018. Her 1:1 coaching program have helped hundreds of women from 25 states and 4 countries lose over 7,500 pounds while eating foods they love. ketoiseasycoach.com CV



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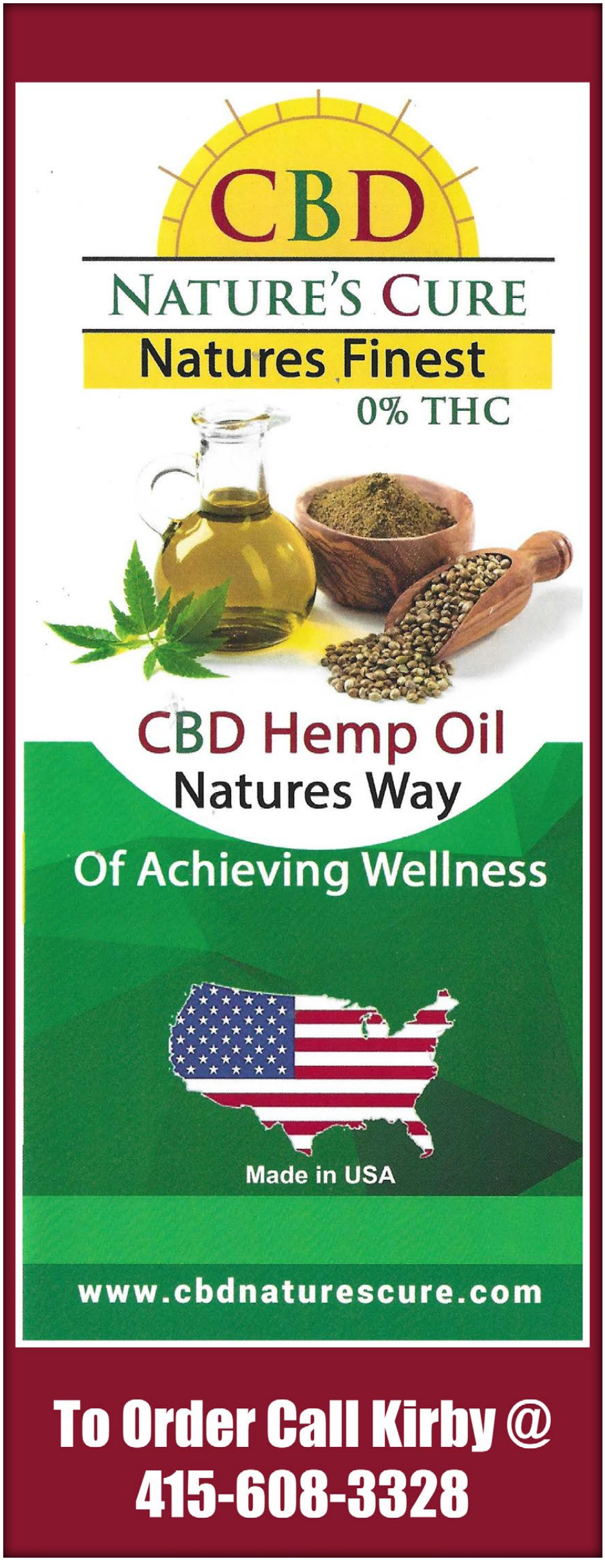
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ROB BREZSNY'S FREE WILL ASTROLOGY

WEEK OF NOVEMBER 16

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ARIES (March 21-April 19): In accordance with astrological omens, I would love you to experiment with blending the sacred and mundane. Bring your deep self into the daily routine and imbue ordinary rhythms with tender care. Here are a few fun rituals to get you in the groove: 1. Say prayers or chant ecstatic poems while you're shopping. 2. Build a shrine in a parking lot. 3. Stir up an inspired epiphany while doing housework. 4. If you find yourself in a confusing or awkward situation, dance like a holy person to conjure a blessing. 5. Commune with the Divine Creator during crazy-good sex.

TAURUS (April 20-May 20): I've met many people who feel their love lives are jinxed. Often, they believe this nonsense because a creepy fortune-teller declared they will forever be denied a satisfying intimate relationship. I hate that! Any astrologer who delivers such crippling bewitchments should be outed as a charlatan. The good news for you, Taurus, is that you are in a grace period for all matters regarding romance, intimacy, and togetherness. If you have ever worried there is a curse, obstruction, or bad habit inhibiting your love life, the coming weeks will be a favorable time to free yourself from it.

GEMINI (May 21-June 20): Gemini comedian Drew Carey says, "If I didn't run from my fears, I wouldn't get any exercise at all." Let's discuss his approach in relation to you. After analyzing the astrological omens, I believe that as 2023 draws to a close and 2024 unfolds, you will feel less and less motivated to run from your fears. In part, that's because you will face them with more courage and poise; they won't have the same power over you. In addition, I suspect your fears will become objectively less scary. They will be less likely to come to pass. More and more, your fine mind will see how they trick you into imagining they're more threatening than they truly are. Congratulations in advance, Gemini!

CANCER (June 21-July 22): I would love to see you intensify your devotion to your masterpiece—however you understand "masterpiece." It could be a work of art or an innovation in your job or business. It could be a new baby, an adopted pet, a redefinition of what family means, or an invigorated community. Might even be a beautiful alliance or enhanced connection with the divine or a refinement of the best gift you give the world. Life will conspire to help you in unexpected ways during the coming months if you rededicate yourself to this treasure.

LEO (July 23-Aug. 22): Dear Sun, our one and only star: We love you and appreciate you! It's amazing that you consume five million tons of yourself every second to generate the colossal energy you send in our direction. Thank you, beloved Sun! Is it OK with you if we think of you as a god? You are a superpowered genius of nourishment! And by the way, do you know who adores you the best? I'll tell you: the Leo people here on Earth. They comprehend your grandeur and majesty better than anyone else. Would you consider giving them extra rewards in the coming weeks? They need and deserve a massive delivery of your bounty. Please fill them up with even more charisma, personal magnetism, vitality, and generosity of spirit than usual. I promise they will use it wisely.

VIRGO (Aug. 23-Sept. 22): Virgo musician and actor Shirley Manson has a message for you. She testifies, "I say embrace the total geek in yourself and just enjoy it. Life is too short to be cool." This will be especially helpful and inspirational counsel for you in the coming months, dear Virgo. The wish to appear chic or trendy or hip should be so far down on your list of priorities that it drops off the list entirely. Your assignment is to be passionately devoted to your deepest truths, unique desires, and imaginative experiments.

LIBRA (Sept. 23-Oct. 22): If you're given a choice to advocate for either a dull, mediocre truth or a beautiful, invigorating truth, give your love to the latter. If you wonder whether you should ask a polite question that engenders harmony or a provocative question that pries loose agendas that have been half hidden, opt for the latter. If you feel nostalgic about an old tradition that stirs up little passion or fresh insight, let it go. Instead, dream up a new tradition that moves you emotionally and excites your mind.

SCORPIO (Oct. 23-Nov. 21): Icelandic singer Bjork is a triple Scorpio, with sun, moon, and ascendant in your sign. Neptune is there, too, giving her even more Scorpionic intensity. It's not surprising that she describes her daily practice like this: "I have to re-create the universe every morning when I wake up and kill it in the evening." In another quote, she places greater emphasis on the rebirth: "To wake up in the morning and actually find the day exciting is the biggest victory you can have." In accordance with current astrological omens, I invite you to exalt and celebrate the post-resurrection aspects of your life's work. It's time for you to shine and sparkle and shimmer and bedazzle.

SAGITTARIUS (Nov. 22-Dec. 21): At the risk of sounding melodramatic, I prophesy that what has been lost will be found. What was last may not catapult all the way into the first spot, but it might—and will at least be close to the first. Here are more zingers for you as you move into the climactic stages of the Season of Turnarounds and Switcheroos: A difficult test will boost your intelligence; a rut will be disrupted, freeing you to find a smooth new groove; an unsettling twist will ultimately bring you delightful support. To get the best out of the upcoming challenges, Sagittarius, welcome them as opportunities to expand your understanding of how the world works.

CAPRICORN (Dec. 22-Jan. 19): Many cultures throughout history have staged rites of passage to mark the transformation from childhood to puberty. In ancient Greece, for example, kids formally relinquished their toys, symbolizing the intention to move into a new phase of their destinies. In accordance with astrological omens, I want to tweak this custom for your use, Capricorn. I propose that you embrace your second childhood. Fantasize about how you might refurbish your innocence, curiosity, playfulness, and spontaneous joy. Then select an object that embodies a burdensome or unpleasant aspect of adulthood. Discard it. Find an object that signifies the fresh young spirit you'd like to awaken within you. Kiss it, sing to it, and keep it in a prominent place.

AQUARIUS (Jan. 20-Feb. 18): For advice about money, I talk with a banker who sometimes analyzes financial trends using Tarot cards. To keep abreast of politics on the ground level, I consult with a courtesan who has a Ph.D. in political science and cultivates intimate relations with governmental leaders. For guidance about rowdy ethics and etiquette, I seek input from an activist singer in an all-women punk band. How about you, Aquarius? Now is a favorable time to take an inventory of your posse of teachers, helpers, and counselors. Make sure it's serving you well and providing maximum inspiration and support. Hot tip: It may be time to add a new facilitator or two to your entourage.

PISCES (Feb. 19-March 20): Now and then, you glide through a phase I describe as Freedom from Cosmic Compulsion. During these grace periods, fate has a reduced role in shaping your destiny. Your past doesn't have its typical power to limit you or entrance you. According to my astrological analysis, you are now enjoying such a chapter. That's why I predict that an infertile status quo will soon crumble. A boring, inflexible rule will become irrelevant. These and other breakthrough developments will give you extra leeway to innovate and invent. You will have a big, bright emptiness to work and play around in.

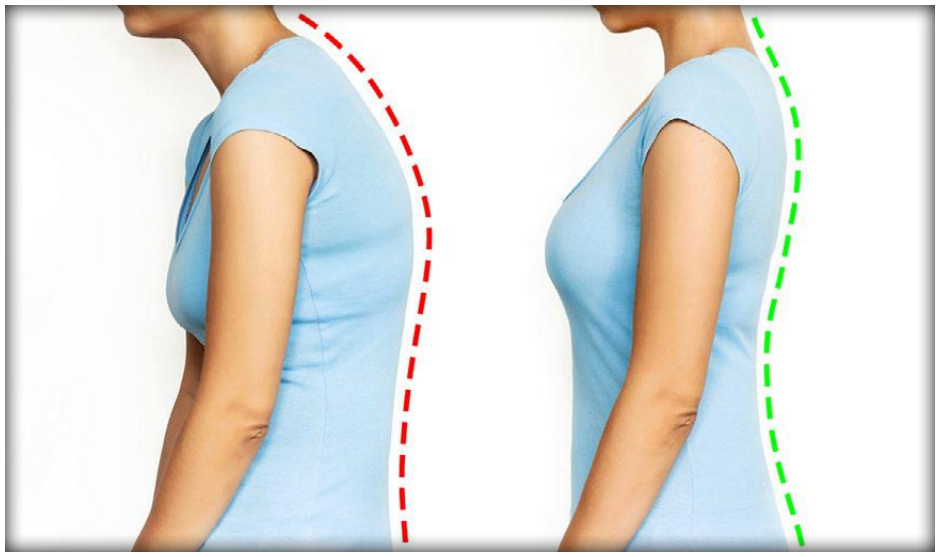
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Rob Brezsny - Free Will Astrology
freewillastrology@freewillastrology.com CV

POSTURE IS IMPORTANT

SEND ME A TRAINER





BY COACH NADIA POPOVA

As a Corrective Exercise Specialist I have full awareness and talk about the importance of understating Correct Posture with all our clients and educate our trainers on how to not only recognize postural dysfunctions but also give our clients feedback and recommendations.

Generally speaking there are two main definition of a human posture:

- Correct Posture
- Faulty Posture

The key to good posture is the position of the spine. The spine has three natural curves - at your neck, mid/upper back, and lower back. Correct posture should maintain these curves, but not increase them. Your head should be above your shoulders, and the top of your shoulder should be over the hips.

What is Correct posture? It is the position of the body in which minimum stress is applied to each joint.

What is Faulty posture? It stands for any static position that increases the stress to the joints

Contributing Factors To Postural Dysfunction:

- Lack of education or awareness of correct posture
- Sedentary lifestyle
- Occupational demands
- Joint stiffness
- Decreased fitness
- Muscle weakness
- Muscle tightness
- Poor core stability

Types of Posture Dysfunction:

1. Forward Head - Forward head posture places the head in front of the body's midline. The result of too many hours hunched in front of a computer, looking down at a phone, or driving, this type of posture problem can create significant neck and shoulder pain.

2. Kyphosis - Kyphosis is similar to forward head posture, but is more severe and is sometimes referred to as hunchback. Defined by a significant curvature of the upper back, this type of poor posture is often the result of osteoporosis, aging, and disc degeneration.

3. Swayback - Swayback occurs when the hips sit in front of the body's midline. This type of poor posture often occurs because of extensive sitting, which weakens the back and gluteal muscles. It can create an inward curve of the lower back that is distinct even when standing.

4. Flatback - Flatback is a type of poor posture defined by a loss of the curvature in the spine. Flatback, which is often caused by conditions such as inflammatory arthritis, can lead to pain when standing for too long.

A personal trainer can introduce exercises that will help you to strengthen the right muscles and restore appropriate alignment of your back, head, shoulders, and hips. These exercises may include stretching, strengthening, or yoga exercises.

For more details please visit our website www.cvsendmeatrainer.com. CV



VETERANS CANNABIS PROJECTS

CANNABIS CORNER



BY RUTH HILL R.N.

Veterans Cannabis Project (VCP) is dedicated to improving U.S. military veterans' quality of life through open access to cannabis. VCP believes medical cannabis saves lives and that veterans deserve full, legal access. That is why they are working to change the conversation about the life-saving superior health treatment of cannabis.

Founded by Nick Etten a former U.S. Navy SEAL VCP advocates on behalf of the millions of veterans who should have the right to manage pain and health issues independently with safe medications without the horrendous side effects of pharmaceuticals and to ensure veterans' voices are heard and amplified through the halls of Congress, the VA, and the current administration.

Veterans face too many roadblocks in getting the care they need and deserve. VA doctors should be able to discuss the full range of legal treatment options with their patients, in states where cannabis is legal.

It is through the efforts of VCP and the Schedule 6 Foundation that Senators approved the Military Construction, Veterans Affairs, and Related Agencies (MilConVA) measure with the cannabis amendment from Sen. Jeff Merkley (D-OR) as part of a "minibus" package of three spending bills at the end of October. The vote was 82-15.

This comes about three months after the House passed its MilConVA bill with an amendment sponsored by Rep. Brian Mast (R-FL) and other members of the Congressional Cannabis Caucus. These House and Senate provisions will allow doctors at the U.S. Department of Veterans Affairs (VA) to issue medical marijuana recommendations



to veterans living in legal states—setting the stage for a conference.

Funding for federal agencies is currently set to expire on November 17 as part of a short-term extension that lawmakers approved in September. The veteran's cannabis amendment would achieve the same policy outcome as a standalone bill that was refiled on the House side by Mast and Rep. Earl Blumenauer (D-OR).

The *Veterans Equal Access Act* has been introduced several times in recent years with bipartisan support—and moved through committee and floor approval a number of times—but has yet to be enacted. In August, bipartisan congressional lawmakers expressed "deep concern" over the recently updated VA marijuana directive that *continues to prohibit its doctors* from making medical cannabis recommendations to veterans living in states where it's legal.

The mental illnesses veterans experience coming back from their combat deployment are often medically refractory, meaning current pharmaceuticals are ineffective. There are several national organizations coordinating efforts to consolidate laws consistently across the VA system. Medical Moment tracks over 1500 laws in the state's various legislations.

The US Cannabis Council (USCC) was launched in 2021 to build a future of legal access to cannabis delivered through an equitable and values-driven industry by advancing federal cannabis legalization and promoting restorative justice for communities harmed by cannabis prohibition. VCP joined forces with the USCC.

In 2021, research found that 30,177 active-duty personnel and veterans who served in the military after 9/11 have died by suicide - compared to the 7,057 service members killed in combat in those same 20 years. That is, military suicide rates are four times higher than deaths that occurred during military operations. Suicides are the result of untreated mental illness refractory to current pharmaceuticals.

In the spirit of November 11, 2023, join these organizations to give a voice in support of effective medical intervention for the many medical issues our military experiences. The plethora of research shows superior efficacy for marijuana over current pharmaceuticals. To deny an effective drug for a medical condition is medical abuse. What are you doing to support the veterans in your neighborhood who are in a medical wilderness, swallowing prescriptions that do not work?

Outdated laws should never censor veterans' doctor-patient relationships. To help veterans have access to this medical treatment call your House and Senate Congressmen and encourage them to work with colleagues on both sides of the aisle to make this important option a reality for America's veterans.

Learn Cannabis Education, Dosing Without the High on the 1st Saturday of the Month from 11 AM to 1 PM at the Vault Dispensary Lounge. Send comments to cannaangel16@gmail.com. CV

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