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CV WEEKLY


MORGAN WALLEN


MIRANDA LAMBERT


ERIC CHURCH


WILLIE NELSON


JELLY ROLL


ELLE KING


HARDY


MEGAN MORONEY


BAILEY ZIMMERMAN

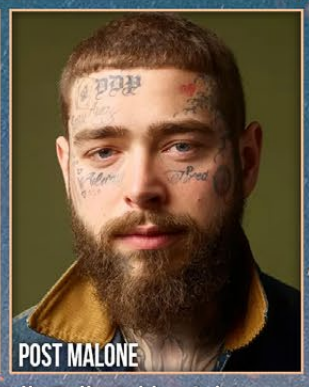

POST MALONE

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STAGECOACH

CALIFORNIA'S COUNTRY MUSIC FESTIVAL

APRIL 26, 27 & 28 – EMPIRE POLO CLUB, INDIO, CA – STAGECOACHFESTIVAL.COM

Yellowstone Dutton Ranch pg3 | Tenille Townes pg5 | Taking Back Sunday pg5 | Oceana pg12 | Shay's Warriors-"I Am Hope" pg7


STAGECOACH
CALIFORNIA'S COUNTRY MUSIC FESTIVAL
FRIDAY APRIL 26
ERIC CHURCH
JELLY ROLL • ELLE KING
DWIGHT YOAKAM • CARIN LEÓN • PAUL CAUTHEN
SHANE SMITH & THE SAINTS • HAILEY WHITTERS • JOSH ABBOTT BAND • JOSH ROSS
VINCENT NEIL EMERSON • WYATT FLORES • BEN BURGESS
LAUREN WATKINS • ZACH TOP • LOLA KIRKE
SATURDAY APRIL 27
MIRANDA LAMBERT
POST MALONE PERFORMS A SPECIAL SET OF COUNTRY COVERS • WILLIE NELSON & FAMILY
LEON BRIDGES • ERNEST • CHARLEY CROCKETT
LUKE GRIMES • MADDIE & TAE • TRAMPLED BY TURTLES • TENILLE TOWNES
ASLEEP AT THE WHEEL • KYLIE MORGAN • DRAYTON FARLEY • CASEY BARNES
STEPHEN WILSON JR. • KASSI VALAZZA • TANNER ADELL
SUNDAY APRIL 28
MORGAN WALLEN
HARDY • BAILEY ZIMMERMAN
THE BEACH BOYS • MEGAN MORONEY • CLINT BLACK
NATE SMITH • PAM TILLIS • CHARLES WESLEY GODWIN • THE WAR AND TREATY
ASHLEY COOKE • SAM BARBER • BRITTNEY SPENCER • WILLIE JONES
DYLAN SCHNEIDER • KATIE PRUITT • MIKO MARKS
LATE NIGHT IN PALOMINO FEATURING
FRI NICKELBACK SAT DIPLO SUN WIZ KHALIFA
GUY FIERI'S STAGECOACH SMOKEHOUSE • DIPLO'S HONKYTONK
VERY SPECIAL GUESTS COMPTON COWBOYS
EMPIRE POLO CLUB • INDIO, CA

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STAGECOACH FESTIVAL PUBLISHER PICKS

BY TRACY DIETLIN

To all the locals and out of towners that are attending **Stagecoach Festival** this weekend, consider yourself lucky that you got tickets as they sold out early this year.

For those that need to know what you can take in and not take in and any other general info go to stagecoachfestival.com for all you need to know to make your festival experience a good one. They also have all the time lineups listed so you know exactly what time your favorite artists are performing and on what stage.

Please indulge me as I make a few recommendations of the artists to check out while you're there, aside from the headliners **Eric Church, Miranda Lambert and Morgan Wallen.**

Even if you're not a big country fan everyone has to have heard of **Jelly Roll** by now. He will be performing on Friday night and could easily be the headliner himself with hits like "Son of a Sinner", "Save Me" and "Need a Favor". You can always go to YouTube and check out these videos and more.

Hardy is a must see for sure. He puts on an amazing live show and currently has several hits like "Truck Bed", "Sold Out", "Jack" "Wait in the Truck" and the in your face "Radio Song". Hardy mixes down home country and straight up rock fluidly. I love it when people write their own songs. He's even written hits for others. He easily could have been a headliner as well.



Bailey Zimmerman is a powerhouse performer and songwriter as well. His latest single/video for "Where It Ends" is an energetic country rock song. He also has hits like "Religiously", "Fall in Love" and "Rock and a Hard Place".

Megan Moroney is another of my favorites with hit songs like "Tennessee Orange", "No Caller ID", "I'm Not Pretty" and her duet with Old Dominion "Can't Break Up Now".

Ashley Cooke is an up and comer with the hit song "Your Place".

Other recommendations with their day, time and stage are included here:

Jelly Roll/Mane Stage/Friday 8:10-9:00pm

Hardy/Mane Stage/ Sunday/8:10-9:00pm

Bailey Zimmerman/Mane Stage/Sunday 6:50-7:35

Megan Moroney/Mane Stage/Sunday 5:30-6:10pm

Ashley Cooke/Mane Stage/2:20-2:50pm

Nate Smith/Mane Stage/Sunday 4:24-5:00pm

Willie Nelson & Family/Mane Stage/ Saturday 6:36-7:25

Tenille Towns/Mane Stage/Saturday 3:05-3:40

Nickelback/Palomino Stage/Friday 11:10-11:55

Post Malone/Mane Stage/Saturday 8:15-9:00pm

The War and Treaty/Bud Light Backyard Stage/ 6:10-6:40pm

I'm hoping that Nickelback will join Hardy on his song "Rockstar" and if a girl can dream....that Lainey Wilson might show up to duet with Jelly Roll on "Save Me" and Hardy on "Wait in the Truck"...

Have fun and stay safe! CV

STAGECOACH

MTV ENTERTAINMENT STUDIOS & PARAMOUNT NETWORK PARTNER WITH STAGECOACH TO BRING "YELLOWSTONE" DUTTON RANCH POP-UP BACK FOR 2024 SOLD OUT FESTIVAL

INTRODUCES DAILY MEET & GREETS, GIVEAWAYS, AND EXCLUSIVE STAGECOACH X YELLOWSTONE MERCHANDISE

After a successful debut at 2023's **Stagecoach Festival**, the iconic **Dutton Ranch** from MTV Entertainment Studios, 101 Studios and Paramount Network's "**Yellowstone,**" TV's #1 show, returns to the desert this year. Stagecoach attendees will be transported to the Montana ranch to kick back and relax in the shade Dutton-style all weekend long. Fans will have the opportunity to enjoy larger-than-life and brand new photo moments from "Yellowstone" and "1923," exclusive merch, and even have the chance for meet and greets with cast members.

Like last year, fans are encouraged to swing by the "Yellowstone" Airstream pop-up shop to receive official "Yellowstone" merch – from authentic Dutton Ranch trucker hats to "Yellowstone" blankets, t-shirts, hoodies and more. For the first time ever, there will be a limited co-branded Yellowstone x Stagecoach merch drop available for sale daily. **Limited hours daily, while supplies last.*



This year's sold-out Stagecoach will feature headline performances from superstars **Eric Church**, **Miranda Lambert**, and **Morgan Wallen**, in addition to performances by **Post Malone** (performing a special set of country covers), J**elly Roll, HARDY, Willie Nelson & Family, Megan Moroney, Bailey Zimmerman, Leon Bridges, Dwight Yoakam, The Beach Boys, Elle King**, and many, many more. The festival will see iconic late-night performances by Stagecoach mainstay **Diplo**, along with Stagecoach newcomers **Wiz Khalifa** and **Nickelback**.

ABOUT YELLOWSTONE

Produced by MTV Entertainment Studios and 101 Studios, "Yellowstone" chronicles the Dutton family, who controls the largest contiguous cattle ranch in the United States. Amid shifting alliances, unsolved murders, open wounds, and hard-earned respect – the ranch is in constant conflict with those it borders – an expanding town, an Indian reservation, and vicious business rivalries. "Yellowstone," TV's #1 show, is co-created by Oscar®-nominated screenwriter Taylor Sheridan ("Wind River," "Hell or High Water" and "Sicario") and John Linson. Executive producers include John Linson, Art Linson, Taylor Sheridan, Kevin Costner, David C. Glasser, Bob Yari, Stephan Kay, Michael Friedman and Christina Voros. CV

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STAGECOACH

TENILLE WILL BE PERFORMING ON THE T-MOBILE MANE STAGE ON SATURDAY, APRIL 27, HITTING THE STAGE AT 3:05PM



This is an exciting chance to witness this award winning established singer-songwriter in action. Townes is returning with a major sonic shift with recent single: "As You Are" – taking her in a whole new indie-rock influenced direction. Producer/engineer Ryan Hadlock worked with Tenille on this explosive new song – check out the video HERE. The reception has been incredible with support from Brooklyn Vegan and American Songwriter, and many more!

Her story is remarkable - Tenille discovered her passion for songwriting at age 14, influenced by artists like Patty Griffin and Lori McKenna. She got to perform with Shania Twain at a young age, and forwent college to pursue music, organized a 32-week-long tour across Canada. She signed with Sony Music Nashville after demos caught attention and her debut album The Lemonade Stand garnered massive success. Her charity endeavors also set her apart including her work with own charity Big Hearts For Big Kids raising hundreds of thousands for those in need and her support of major initiatives including a 3,000-mile train trek in which she played 65 shows in 15 days in support of local food banks.

For Tenille Townes, writing songs is a way of reaching out to anyone longing to make sense of a wildly confusing world. In the last five years alone, the Canada-born artist's full-hearted and soul-searching songwriting has led to such milestones as touring with legends like Stevie Nicks, Miranda Lambert and Shania Twain and taking home two JUNO Awards — all while building up a globe-spanning fanbase irresistibly drawn to her intensely honest storytelling. With her many accolades also including 17 Canadian Country Music Association Awards and two Academy Of Country Music Awards, the Nashville-based rising star now begins a bold new chapter with her most fully realized work to date: a gorgeously sculpted batch of songs that bring a moodier and more unfettered sound to her compassionate lyrical outpouring.

"What I love about making music is the potential for my songs to meet people right where they are, but then leave them feeling a little bit more seen and lifted-up than they were before," says Townes. "I feel like it's my job to make sure people come away with some sense of hope, even if it's just the comfort of knowing that someone else out there feels the same way they do."

The first offering from Townes' latest body of work, "As You Are" strays sonically from past hits like her Gold-certified, chart-topping smash "Somebody's Daughter" and leans toward a more spacious and hypnotic breed of Americana. In composing the track's gauzy guitar tones and shapeshifting textures, Townes headed to the Seattle area to collaborate with producer/engineer Ryan Hadlock—a GRAMMY nominee known for his work with Brandi Carlile, The Lumineers, and seminal alt-rock acts like Blonde Redhead and The Afghan Whigs. "I'd been feeling the need to explore a new sonic direction, something that would hold space for real vulnerability but also allow for more of the indie-rock edge that my band and I organically bring to our shows," says Townes. Written by Townes, Maggie Chapman (The Highwomen, Wafia) and David Pramik (Joy Oladokun, LANY), "As You Are" ultimately matches its mesmerizing sound with a tender meditation on shame, acceptance, and unconditional love. "The whole time we were working on that song I was thinking about the idea of loving all the parts of someone, especially the parts they're scared to show to the world," says Townes. "When I listened back later, it hit me that on a much deeper level I'd written exactly what I'd want to hear when I'm struggling and putting up walls: someone to tell me, 'Hey, you're good just as you are. Don't change a thing.'"

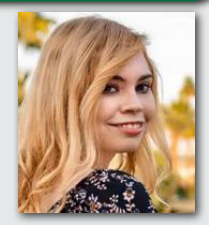
By embracing a more stripped-back and free-flowing sound than she'd ever attempted before, Townes has exponentially magnified the intimacy of her music—an element that's especially abundant in her live performance. "I think a lot of people come to see me for the more emotional songs, but we also love to have those moments that feel like an explosion of joy, where everyone can have fun and stomp around and forget about everything else for a while," says Townes, who's now toured with Keith Urban, Reba, Zac Brown Band, Stevie Nicks, and Dierks Bentley. Referring to her live show as a "safe space where everyone can be whoever they are," Townes is quick to note that the most rewarding moments often occur at the end of the night, when she gets to interact with her fans one-on-one. "To me, the greatest measure of success is the stories that people share with me about how my songs have affected them," she says. "It just proves how powerful music can be—there can be a door inside you that's closed for a long time, and then you hear a song that cracks it open a bit, and all of a sudden there's light coming in. It's always a reminder to keep creating what feels true to me, so that hopefully it'll end up making other people feel more understood." CV

COACHELLA

TAKING BACK SUNDAY TAKES BACK COACHELLA WEEKEND 2



ARTICLE & PHOTO BY CRYSTAL HARRELL



As scorching hot as the Mojave tent was Sunday afternoon during weekend 2 of the Coachella Valley Music & Arts Festival, the crowd emanated a cool anticipation as alternative rock band Taking Back Sunday took to the stage to dish out a bevy of genre-defining tunes that encapsulated two decades-worth of MTV listeners.

"It's interesting because I feel like a band like us often isn't recognized in this world, you know? I like to think one of the things that I like the most is that at our shows, the age range is anywhere from, teenager to someone almost in their fifties and everyone in between. We're all getting lost at the same time together. One of the reasons I feel like one of the luckiest guys that I know is that I feel like I've been able to grow up with the people that have led us into their lives," stated Taking Back Sunday lead vocalist Adam Lazzara.

Taking Back Sunday has been in the music circuit spanning two decades, chronicling a musical journey from the early days of MySpace playlists to the contemporary airwaves of alternative hits.

"I think if you listen to record one and then all the way to *152*, which came out last October, then I think you can hear that growth very clearly. When performing live, there's a couple songs when we're in rehearsal, we never rehearse them ("Cute Without the 'E'"; "MakeDamnSure"). We've been playing them a while, but also because those songs aren't ours anymore. They belong just in the ether, and it's like something takes over when we play them. It's like an energy I feel like I can grab and hold on to. It's powerful when we perform," shared Lazzara.

The band's newest release, *152*, was written in the aftermath of the COVID-19 pandemic and yielded sentimentally poignant results from a music project derived from a place of seasoned growth.

"In the writing process, because you're working so quickly, I oftentimes harp over things. It's like imposter syndrome. A silver lining to all the pandemic stuff was that we never would have taken a break like that unless we were forced to. I'm still learning how to live with that voice in my head. The biggest thing I've realized is that, why am I going to spend time fighting this very strong person that lives inside of me because we're the same?" said Lazzara, elaborating on the artistic struggle of having opposing internal viewpoints cloud your mental focus.

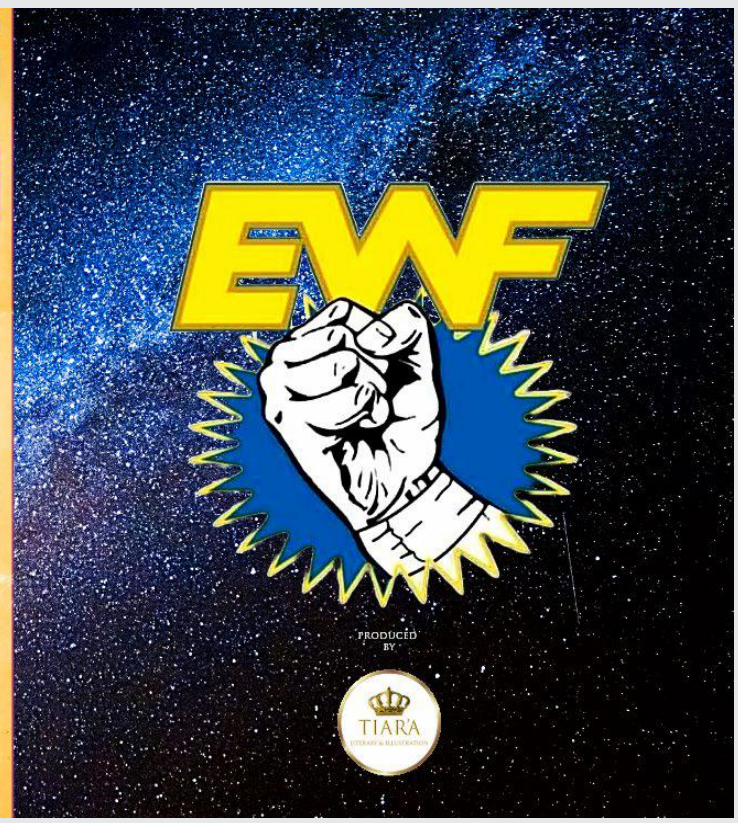
"We've been flying by the seat of our pants for so long, hoping that it'll work out, that maybe now is the only time we've been looking to the future. I would really like for our band and for our music is just to continue to find people when they need it. That's my hope. And hopefully we can keep playing shows while that's happening. That would be awesome. And writing songs, that's all we know how to do," stated Lazzara. CV

WRESTLING COMES BACK TO TOWN!

LOCAL BUSINESS

PRODUCED BY TIAR'A LITERARY & ILLUSTRATION





History was made on March 24th, 2024, at the Banning Community Center as a riotous sell-out crowd cheered the heroes and villains of the *EWF [Empire Wrestling Federation]*. It was a monumental night of epic action as rivalries were forged, challenges were announced, and a new world heavyweight champion was crowned.

On Sunday, April 28th, 2024, at 5pm, and again at the Banning Community Center, history will be made once more as the "Empire" returns to shake the building to its foundations.

EWF legend-in-the-making, Richie Slade will be stepping into the ring with another "So Cal" legend. His opponent is a man we covered extensively here in *CV Weekly* a little over a year ago. Currently, he hails as "The King" of *TNA Impact Wrestling*. A resident of the desert, former *AEW* and *WWE* superstar, Frankie Kazarian. It seems that Richie Slade may be attempting to adopt Frankie into his post-apocalyptic-style cult, yet, it's highly unlikely that Frankie, a former multiple-time champion, will bow to his warped new way of thinking.

In another feud, the last time *EWF* rocked the Banning Community Center, Banning's own, Trailer King, threw down the gauntlet and challenged the colossal, Black Metal. It had seemed the two would clash that night, however, Black Metal chose to make Trailer King and all the fans of the Empire wait until this April 28th.

As usual, the event will be filled with action from bell-to-bell, and there is no other wrestling promotion in Southern California that knows how to better entertain and produce quality family entertainment than the warriors of the Empire.

Tickets can be purchased ahead of the event by phone, online (see information below), or at the door. However, we suggest you punch your tickets early to make certain you have a comfortable ringside seat to indulge in all the over-the-top action! The event will also mark another opportunity for wrestling fans to purchase merchandise from the *Empire*, *WWE*, and other wrestling promotions.

If you've never experienced a non-*WWE* or non-*AEW* professional wrestling event we strongly suggest you be part of this epic night of action.

Doors will open at approximately 4pm where the action will rage from 5pm for three hours. Food and beverages will be available. General admission for ages 13 and up is $20, and kids under the age of 12, $10. Tickets can be purchased either at the event, by calling (909) 886-5201, or by visiting the EWF website at: www.empirewrestlingfederation.com

Punch your ticket for the hottest local event during the month of April. It's a night of family fun, action, and excitement that makes history and wants you to be a part of it.

Tiar'a Literary & Illustration *is a premium business consulting, brand, and content creation company serving clients worldwide: (310) 467-1117.* CV

AS WARM TEMPS MOVE IN — RATTLESNAKES COME OUT!

WATCH YOUR STEP, THEY ARE COMING OUT EARLY!

SAFETY TIPS



BY FIRE CHIEF SAM DIGIOVANNA



April and May mark the beginning of rattlesnake season which continues through the summer months reminds Fire Chief Sam DiGiovanna. At one point or another, while hiking, biking, golfing, or depending upon where you live, you've probably encountered them at least one time. Unless you're one of those odd people who seem to like getting startled by a rattler, encountering snakes is not a pleasant experience for most. But it doesn't have to be a dangerous one.

With temperatures heating up, and recent rain providing thick vegetation to hide and hunt in firefighters are reporting that rattlesnake calls and sightings are on the increase. Snakes come out of their hiding places and are looking for food. So, there's plenty of reasons to be proactive and remind ourselves and others the commonsense of snake safety.

Practice these precautions:

• Be on the lookout when walking the hillsides, especially if you're operating loud machinery that may make it difficult to hear the signature rattle. Note: If you're wearing headphones, keep music low and practice additional caution.

• Make your home less hospitable to snakes. Yard debris, wood piles, gaps under homes, wooden decks, cement patios and open water sources (snakes feel the drought too!) can attract snakes. Remove brush piles and fill gaps as much as possible. Watch for snakes around pools and ponds.

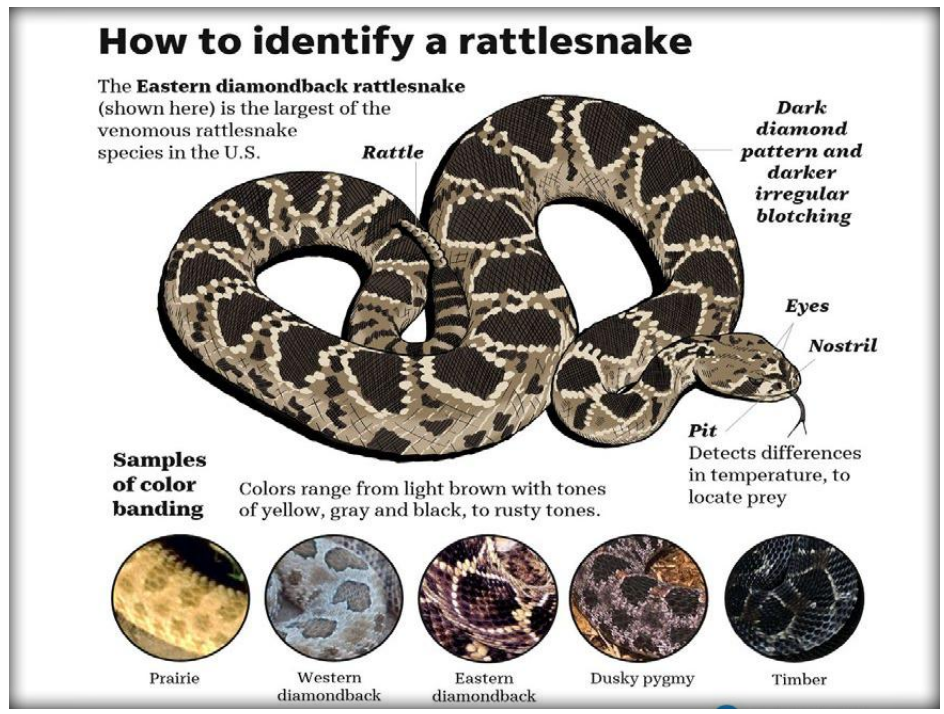
• Keep bushes and shrubs six inches or less off the ground. According to Jim Cornett, a desert ecologist and author of the book Desert Snakes, this will make the snake feel less secure when hiding, so it will be more likely to move along on its way.

• Watch your feet and hands. If you lose sight of them, such as when you reach under a rock or step into a brush pile, the potential to be bitten increases.

• If you encounter a snake, don't antagonize it. Giving them space is the best approach. They will generally slither along on their own accord!

• If you are bitten by a rattlesnake, stay calm, dial 911 and seek immediate help. Lie down and keep the affected limb lower than the heart.

Fire Chief Sam DiGiovanna CV



DO LAB: COACHELLA'S "UNOFFICIAL" STAGE IS A FESTIVAL MUST

COACHELLA





BY MARISSA WILLMAN

Coachella's "unofficial" stage might not be listed on the official schedule, but Do LaB remains a diehard festival favorite for a reason.

Known for their immersive, art-forward and intimate experiences, Do LaB creates its own festival-within-a-festival vibe with top EDM and underground artists, larger-than-life art installations, and a space that is all its own. It's a draw on its own for many looking to enjoy their favorite underground DJs and EDM artists, especially to catch the (major) surprise guests Do LaB is known for bringing to the stage.

It's become a Do LaB staple: surprise sets and appearances by major artists throughout both weekends. This year, Weekend 1 saw the likes of Katy Perry surprising the crowd during Mia Moretti's debut as a DJ, and Billie Eilish previewing a few new tracks while on the Do LaB stage. Surprise acts from Weekend 2 included Troyboi, Gryffin, and Marc Rebillet.

It's an experience unique to Coachella, dancing to a surprise Marc Rebillet DJ set under larger-than-life art installations reminiscent of giant mushrooms and coral reefs or watching Billie Eilish chat up the crowd under the desert sun. If you've never checked out the Do LaB stage at the Coachella Valley Music & Arts Festival, you're missing out on one of the most uniquely Coachella experience on the polo grounds.

This year's Do LaB lineup included BODY HI by Alesso, Chase & Status, Channel Tres (DJ Set), DJ Tennis, Sam Gellaitry, Nikki Nair x Hudson Mohawke, KETBOI69 (KETTAMA B2B Partiboi69), salute, Anna Lunoe, Hamdi, The Dare (DJ Set), Dylan Brady, Kasbo, HoneyLuv, Sultan + Shepard, and Westend.

If you missed out on this year's performances, don't worry: Do LaB's founders also produce the highly popular Lightning in a Bottle festival near Bakersfield, CA next month. The Memorial Day weekend festival will include performances by Skrillex, Fatboy Slim, Bob Moses, M.I.A., and more. For more information, visit libfestival.org.

(Photo Courtesy of Do LaB - Jamal Eid) CV

I AM HOPE SURVIVORS RESET RETREAT INSPIRES FOR THIRD YEAR

EVENTS



BY CRYSTAL HARRELL

Shay's Warriors Life After Cancer is thrilled to unveil its highly anticipated third annual "I AM HOPE Survivors Reset Retreat," poised to be an extraordinary journey of rejuvenation and wellness. Set against the picturesque backdrop of Rancho Mirage, this immersive four-day, three-night retreat is meticulously crafted to empower cancer survivors as they embark on their path to vibrant living post-recovery. Scheduled to coincide with National Cancer Survivor Month, the event will take place from June 6th-9th, 2024, promising a celebration of resilience and hope like never before.

Shay's Warriors is a 501(c)(3) nonprofit organization formed in the Coachella Valley to help the cancer survivorship community. The founder and team recognize that even after a clean bill of health, cancer never leaves you, and hopes to provide a healthy, inspiring, and safe place for all cancer survivors to connect and thrive.

"I really feel like this retreat is for someone that may not have the opportunity to connect with other survivors. Maybe they didn't have the opportunity when they were going through cancer, or maybe they just didn't want to talk about it. This is an opportunity that they get for four days and three nights with no expectations, to be able to literally connect with others who understand in support and a safe space," said Shay Moraga, founder of Shay's Warriors Life After Cancer and cancer survivor.

In the spirit of inclusivity, attendees are invited to join this transformative experience through

nominations made by their loved ones on the Shay's Warriors website. Nominations will be accepted until April 30th, ensuring that individuals have the opportunity to embrace this journey of healing and renewal. Shay's Warriors invites all to join in this uplifting event, where wellness, empowerment, and the boundless spirit of hope converge to ignite the flames of inspiration within each participant.

This year, Shay's Warriors Life After Cancer is proud to announce that its "Thriver Sponsor," is Eisenhower Lucy Curci Cancer Center. Eisenhower Lucy Curci Cancer Center has been a pillar of the community and both teams are looking forward to providing a healing and rewarding experience to nominees at this year's retreat. In addition to the "Thriver Sponsor," Shay's Warriors is honored to be supported by many incredible local businesses. Shay's Warriors has a variety of activations and fundraising opportunities in the coming months.

In collaboration with Wally's Desert Turtle, the group will be hosting its 2nd Annual Champagne & High Tea in memory of Nicole Botello on Saturday, May 4th, 2024, from 12:00 p.m. to 3:00 p.m. This pre-Mother's Day celebration will raise funds for the "I AM HOPE Survivors Reset Retreat." Reservations can be made through OpenTable.

"There's definitely a growth in need to do the life-changing work we are doing. The retreat is what starts our year during National Cancer Survivors Month. And then it follows up with the free programming that we do monthly, ensuring cancer survivors have a community that they can be a part of and who understand that the healing continues even long after the active treatment is over.

The retreat is just the start. The healing and growth happens throughout the year and all survivors have to do is show up for each other, but more importantly themselves. The need is vast throughout our valley. We have even started a men's program called Yo Bro, I'm Brave, Too," shared Moraga.

Discover more about the organization, nominate retreat attendees, or learn how to get involved at www.shayswarriors.org or @ shayswarriorslifeaftercancer. CV



SIERRA FERRELL "TRAIL OF FLOWERS" (ROUNDER RECORDS)

CONSIDER THIS

BY ELENI P. AUSTIN





Somewhere between Dolly Parton and Patty Griffin stands Sierra Ferrell. In the last few years, her sui generis sound, which blurs the lines between Country, Bluegrass, Hot Jazz and Western Swing, has landed her on plenty of Critics' year-end lists. Although it feels like she just burst on the scene, the 35-year-old West Virginia native began pursuing a music career in her early '20s.

Sierra had a rural upbringing. Her parents divorced when she was five. Along with one of her two siblings, she lived with her mom in a trailer. The only source of entertainment was an old TV outfitted with rabbit ears. So, she learned how to create her own fun, spending time outdoors, relying only on her wits and her imagination.

She started singing before she could talk. Initially, her exposure to music was limited to her mom's old Tracy Chapman and 10,000 Maniacs tapes. She also absorbed radio hits from Mariah Carey and Celine Dion. In school, she learned clarinet and sang in choir, and Shania Twain songs became her karaoke go-to. As she got older, she drew inspiration from a local group of unhoused musicians. Once she came of age, and just as the opioid epidemic took hold in her community, she left home, First, she and a friend hitchhiked, soon enough, she began train-hopping, she earned her keep busking on the street and her travels took her to Seattle, Chicago, New Orleans, Nashville and points in between. She began playing with a Grateful Dead cover band. It was also around this time that she discovered "Old Time" music. She began to dig into everyone from The Dillards and Dolly Parton to Flatt & Scruggs, Patsy Cline, Hank Williams, The Beatles, Byrds, Billie Holiday and The Carter Family. Once she soaked up these disparate influences, she began writing her own songs on acoustic guitar.

She crisscrossed the country busking and also played for a time in an all-girl Ragtime band known as Ladies On The Rag. For a time, she struggled with addiction and even OD'd during a visit home. She actually had an out-of-body experience, and felt like something was urging her toward a "white light." In 2014, she relocated to Nashville, and began therapy. A huge turning point in her nascent career came when she played at American Legion #82 on their "Honky-Tonk Tuesdays."

Respected musicians like Todd Snider (who compared her to Jack Kerouac and Woody Guthrie), began singing her praises. She had released a couple of records independently, *Pretty Magic Spell* and *Washington By The Sea,* in 2018 and 2019, respectively. That brought her to the attention of veteran producer Gary Paczosa (Dolly Parton, Alison Krauss), who helped her to secure a deal with Rounder Records. Her first album for the label, *Long Time Coming* arrived in 2021 and critical acclaim was unanimous. Pretty soon, she was singing and touring with The Black Keys, then she recorded a hit song, *"Holly Roller,"* with Country phenom, Zach Bryan. That introduced her to a whole new audience. Now she has returned with her second long-player for Rounder, *Trail Of Flowers* The record announces itself with *"American Dreaming."* A bit of wordless vocalese is quickly usurped by bramble-thick banjo, strummy acoustic guitars and a chugging beat. Sierra's honeyed rasp echoes antecedents like Loretta and Dolly, as traces of her Mountain State accent peek through. Lyrics chronicle the eternal disconnect of a musician on tour: *"Wake up in an old motel, is it somewhere different, I can't tell, every set of curtains opens to the open road and I'm missing you like hell."* With nothing to distract, she's stuck revisiting the mistakes of a failed romance: *"I should get some rest today, then pack my bags and be on my way, but my mind's always workin' on the way it could have been. Tryin' to tow a tightrope line, find a way to feel feel fine without drowning in this wine and calling you again."* Finger-picked guitars and shivery lap steel underscore the heartsick and homesick ache on the break.

Despite her age, it's clear that Sierra possesses an old soul. With each of her albums, she takes a stylistic leap forward, adding new colors and textures to her sonic palette. *"Why Haven't You Loved Me Yet"* is something of a Hawaiian cha-cha-cha, wrapping slack key-flavored guitar, rubbery electric riffs and flinty bass around a cha-cha beat. The breezy melody and arrangement manage to camouflage broken-hearted lyrics that find Sierra practically stalking a former flame: *"Well, the moon is hanging low, how it is big and round, I'm watching you, how you run all over town, with another girl, I see how they quickly come and go, I'm wondering why it's not me that you hold/I'm all alone, all alone, in my house, my home, I'm just wondering why haven't you loved me yet?"* On the break, lonesome lap steel meanders with a melancholy purpose, zig-zagging around an incongruous Latin lilt.

Completely flipping the script, *"Rosemary"* could almost be characterized a traditional Murder Ballad, if it wasn't for the song's jaunty tempo. Filigreed acoustic fretwork accompanies the opening verses, as Sierra paints a vivid portrait of a woman scorned. Rapid-fire riffs accelerate as her ire increases: *"But you went back to Rosemary, you went back up on the hillside, way back in the mountains, where Rosemary, she waits for you."* As elastic electric guitar, agile bass, wily organ and a skittery beat are folded into the arrangement, she neatly dodges her own death, and puts a plan in motion: *"So I went back to the mountains, I went up on the hillside, I went to Rosemary's where I'm killing both of you SO, I made a garden, I dug it in the morning, and underneath that flower bush, well, Rosemary waits for you, yes Rosemary waits for you."*

She also refashions the Bluegrass favorite, *"Chittlin' Cookin' Time In Cheatham County,"* a song that dates back nearly 100 years. Sierra's sweet vocals glide over an arrangement that straddles Gypsy Jazz, Blues and Hot Jazz. Slinky guitar partners with frisky harmonica, fluttery lap steel, lowing bass and a trap-kit beat. Sierra's sultry vocals caress double-entendres like *"When it's chittlin' cookin' time in Cheatham County, I'll be courtin' in them Cheatham County Hills, and I'll pick a Cheatham County cooker, I've a longin' that the chittlins will fill."* A gutbucket solo gets down and dirty on the break.

The best songs here hopscotch across the record. First up is *"Dollar Bill Bar."* Jangly acoustic riffs are matched by thorny baritone notes, knotty bass lines and a junky backbeat. Drowning her sorrows at a cheesy watering hole, Sierra warily fends off would-be suitors: *"So don't look too close at the dollar bills down at the Dollar Bill Bar, you may see my name written there, then you know I've been here before, you may think that you are special, think that you've got what it takes, but I'm standing here to tell you, that was your first mistake."* On the break, a courtly guitar solo locks into a ramshackle pas de deux with smoky harmonica runs that swings as it stings. By the final verse, she finally lets down her guard, offering some unvarnished home truths: *"So if I ask you for a dollar bill, down at the Dollar Bill Bar, just think twice before you pony up and take me for a twirl on that floor, and if I tell you that I love you, and I want to take you home, just turn around here and leave here, cause I'm telling you, you're better off alone."*

Following the infectious charms of *"The Dollar Bill Bar,"* the next track, *"Fox Hunt,"* executes a stylistic 180 and sticks the landing. Something of a Southern Gothic Stomp, wild Banshee fiddle and a wall of War Cry backing vocals collide with gritty guitar, roiling bass lines and a thunking beat. Lyrics take the listener back to a more primitive era: *"With a gun in hand and my man, we go into the woods, I know just what I need to do and yes, it's understood, rumbling belly, shaking limbs we're gonna try and make a stand, no we're not going anywhere without a prize from the land.* On the break, they put the pedal to the metal, hugging the arrangement's hairpin curves as shivery fiddle runs slip into a cyclonic groove.

The action slows on *"Wish You Well."* Sun-dappled acoustic guitars brush up against sylvan strings, plangent electric riffs, sepia-tone steel guitar, spidery bass, keening fiddle and a relax-fit beat. More than a quarter of a century ago, Lucinda Williams angrily growled *"you took my joy and I want it back."* on her song *"Joy."* Here, Sierra takes a more nuanced approach: *"Nothing could prepare me for the joy you took from me, stole away the person that I was when I was free, learning how to tell those lonesome feelings not to dwell, though you've hurt me, I still wish you well."* On the break, willowy fiddle notes unspool atop gossamer strings. The final verse simply cuts to the quick: *"I could let you rattle in the rafters of my brain, cry until my tears could fill the river with the rain, but I finally found a way to break your dreadful spell, though you've hurt me, I still wish you well."*

Meanwhile, *"Lighthouse"* is a bit of a back porch ramble powered primarily by intertwined mandolin and fiddle, as well as loose-limbed bass, chunky rhythm guitar riffs and rat-a-tat beat. There's some call-and-response on the chorus, which is simply yearning for a bit of love and affection: *"Could you be the lighthouse (could you be the) could you be the lighthouse of my soul, could you be the guiding light, tell me everything's alright, (could you be the) could you be the one that I love so?"*

Finally, *"I'll Come Off The Mountain"* sounds like the best Carter Sisters song you've never heard. Stacked, sunny harmonies lattice do-si-do fiddle, chicken-scratch guitar and a finger-snapping beat. But even her sweetest come-on contains a soupcon of menace: *"Ah, heathers on the hillside, and moss is in the trees, I'm around your mouth because you're sweet like honeybees, oooh, you can surely sting, I'll come off the mountain now, if you'll just say my name."*

Other interesting tracks include the shaggy dog locomotion of *"Money Train"* and the impossibly hooky *"I Could Drive You Crazy."* The record closes with the lovelorn sing-a-long, *"No Letter."* The bare-bones arrangement is anchored by just a couple of acoustic guitars and piquant mandolin. While lyrics pine for a long-distance sweetheart, the buoyant melody succeeds in washing away the angst.

At just 35, Sierra Ferrell has lived a thousand lifetimes, and it feels as though she has a million stories to tell. *Trail Of Tears* is by turns, playful, mordant and vulnerable. As spangly as a sequined Nudie suit, and as comfortable as a frayed denim jacket. CV

CLUB CRAWLER NIGHTLIFE

THURSDAY, APRIL 25

Babaloo Lounge – Piano Bar – 4-7pm, DJ Golddust – 7pm
Bart Lounge – Stagecoach Day Zero Pop Up Party w/ DJs Lynwood and LF – 8pm
Casuelas Café – Avenida – 6pm
Chef George's – Marc Antonelli – 6:30pm
Coachella Valley Brewery – Open Mic – 6pm
Indian Wells Resort Hotel – Christine Love – 6pm
Kitchen 86 – Electric Feel – 7pm
Larkspur Grill – Fun with Dick and Jane – 6pm
Lavender Bistro – Scott Carter – Patio - 6pm, Jeff Bonds – Inside – 6pm
The Nest – Live Music – 6:30pm
O'Caine's – Craic Haus – 6pm
Old Town Artisan Studios – Art of Music/ Open Mic – 6pm (Every 3rd Monday)
Pappy and Harriet's – Corb Lund – 8pm
Plan B Live Entertainment and Cocktails – Dirty Desert Ent. 1 Year Anniversary Party w/ 2Toxic, Tabitha, Al Rossi, DJ John Paul, MC 2gunz and Hosted by Mr. J.B. Turnt – 8:30pm
Pretty Faces Nightclub – Trappea Thursdays – 9pm
Purple Room – Sharon Sills – 6:30pm
Sandbar – Bill Baker – 6pm
Shadow Mountain Golf Club – Open Mic – 4-7pm
Shanghai Red's (PS) – Lisa Lynn and the Broken Hallelujahs – 6pm (Every 3rd Thursday)
Tommy Bahamas – Alex Santana – 5pm
Twelve @ Fantasy Springs – HWY 111 – 8pm
Vicky's of Santa Fe – John Stanley King Trio – 6pm

FRIDAY, APRIL 26

Babaloo Lounge – Eric Frankson's Piano Bar – 4-7pm, Crimson Crow – 7pm
Bart Lounge – DJ – 8pm
Casuelas Café – The Myx – 6:30pm
Chef George's – Lizann Warner – 6:30pm
Coachella Valley Brewery – Instigator Presents: Schizophrenia – 7:30pm
Indian Wells Resort Hotel – Marc Antonelli – 6pm
Kitchen 86 – DJ Tina Turntables – 9:30pm
Larkspur Grill – Will Donato "Art of Sax" – 7pm
Lavender Bistro – Scott Carter – Patio - 6pm, Jeff Bonds – Inside – 6pm
Lit @ Fantasy Springs – Forward Motion – 9pm
Margaritaville – Derek Jordan Gregg – 7pm
Mitch's on El Paseo – Alex Santana – 12-2:30pm
The Nest – Live Music – 6:30pm
O'Caine's – California Celts – 7pm
Pappy and Harriet's – Gone Gone Beyond – 8:30pm
Plan B Live Entertainment & Cocktails – Red's Rockstar Karaoke – 9pm
Pretty Faces Nightclub – DJ Boogs – 9pm
Purple Room – Black Market Trust – 8pm
Rockyard @ Fantasy Springs – Turn the Page (Bob Seger Tribute) and Deeper Stills – 7:30pm
Sandbar – Bill Baker – 6pm
Tommy Bahamas – TBA – 5pm
Twelve @ Fantasy Springs – Moonchild – 7pm, Steel Rod – 10:30pm
Vicky's of Santa Fe – Doug MacDonald Trio – 5pm, John Stanley King – 7:30pm

SATURDAY, APRIL 27

Babaloo Lounge – Eric Frankson's Piano Bar – 4-6:30pm, Off Da Cuff – 7pm
Bart Lounge – Luna Negra Presents: Fuedal and Voidplace – 8pm
Big Rock Pub – Mojave Mojo – 7:30pm
Casuelas Café – Michael Keeth – noon, Southbound Band – 6:30pm
Chef George's – Michael D'Angelo and Jimmy Street – 6:30pm
Coachella Valley Brewery – Local Comedy Showcase – 7pm, Stand Up Comedy – 8pm
Hotel Zoso – Flamingo Pool Party w/ DJ Fambam – 12-5pm
Indian Wells Resort Hotel – Marc Antonelli – 6pm
Jimmy B's – Nikki Dickinson – 10:30pm
Larkspur Grill – Hotwyre – 7pm
Lavender Bistro – Scott Carter – Patio - 6pm, Mark Guerrero – Inside – 6pm
Lit @ Fantasy Springs – Forward Motion – 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 – Kilty as Charged – 7pm
Pappy and Harriet's – Gone Gone Beyond – 8:30pm
Plan B Live Entertainment & Cocktails – Red's Rockstar Karaoke – 9pm
Pretty Faces Nightclub – DJ MarkuzArea – 9pm
Purple Room – Black Market Trust – 8pm
Rockyard @ Fantasy Springs – Which One's Pink? (Pink Floyd Tribute) and Steel Rod – 7:30pm
Sandbar – Bill Baker – 6pm
Tommy Bahamas – Alex Santana – 5pm
Twelve @ Fantasy Springs – Moonchild – 7pm, Steel Rod – 10:30pm
Vicky's of Santa Fe – Rose Mallett's Company – 5pm, John Stanley King – 7:30pm
Wildest – Derek Jordan Gregg – 6pm

SUNDAY, APRIL 28

Babaloo Lounge – Eric Frankson's Piano Bar - 4pm, Big Love – 6pm
Bart Lounge – Latina Night w/ DJ LF – 8pm
Big Rock Pub – Apryle Dalmacio – 12pm
Casuelas Café – Mariachi – 1pm, Voices Carrie – 5:30pm
Coachella Valley Brewery – Acoustic Afternoon w/ Kelsey Manning and Gary Blackchild – 3:30pm
Fisherman's Market, PS – Live Music – 6pm
Jimmy B's – Nikki Dickinson – 10:30pm
Kitchen 86 – Mario Rossi – 7pm
Lavender Bistro – Scott Carter – Patio - 6pm, Mark Guerrero – Inside – 6pm
Melvyn's – Mikael Healey – 3:30-7:30pm
The Nest – Live Music – 6:30pm
Pappy and Harriet's – Together Pangea – 8pm
Plan B Live Entertainment & Cocktails – LNA Karaoke – 7pm
Purple Room – The Judy Show – 7pm
Tommy Bahamas – Alex Santana – 5pm

MONDAY, APRIL 29

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

TUESDAY, APRIL 30

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

WEDNESDAY, MAY 1

Babaloo Lounge – Piano Bar – 4pm, Bob Shuster – 7pm
Casuelas Café – Lisa Lynn and the Broken Hallelujahs – 6pm
Chef George's – Tim Burleson – 6:30pm
Coachella Valley Brewing Co. – Trivia Night – 7pm
Indian Wells Resort Hotel – Patrice Morris – 6pm
Kitchen 86 – Mario Rossi – 7pm
Larkspur Grill – Slim Man and Chase Huna: "Rat Pack Duo" – 6pm
Lavender Bistro – Abbie Perkins – Patio - 6pm, Scott Carter – Inside – 6pm
Miramonte – Alex Santana – 6pm
Mitch's on El Paseo – TBA – 12-2:30pm
The Nest – Live Music – 6:30pm
Palm Canyon Roadhouse – Country Night w/ Roger and the House Rebels – 6pm
Plan B Live Entertainment & Cocktails – Red's Rockstar Karaoke – 9pm
Purple Room – Charles Herrera, Darci Daniels and Michael Holmes – 6:30pm
Sandbar – Bill Baker – 6pm
Shadow Mountain Golf Club – Doug McDonald Trio – 5:30pm
Tack Room Tavern – T-Bone Karaoke – 7pm
Vicky's of Santa Fe – John Stanley King Cowboy Songs – 6pm
Wildest – Derek Jordan Gregg – 6pm
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DESERT ARC HOSTS MOST SUCCESSFUL ANNUAL GOLF CLASSIC AND CELEBRATES ITS 65TH ANNIVERSARY MILESTONE

SOCIETY SCENE



BY MADELINE ZUCKERMAN

PHOTOS BY MARK CIESLIKOWSKI

Desert Arc's 14th Annual Golf Classic broke all records and was the most successful golf tournament fundraiser for Desert Arc in the event's 14 year history!

"Since we started hosting this special event 14 years ago, we had by far the most players ever with a field of 33 foursomes," said Richard Balocco, President/CEO of Desert Arc. "The weather was spectacular and Eagle Falls Golf Course offered a great experience for every golfer, novice to veteran. It was a great day for everyone involved in supporting Desert Arc's mission in service to people with disabilities."

It was an absolutely glorious day on the links at the renowned Eagle Falls Golf Course at Fantasy Springs Resort Casino as a full flight of golfers and over 200 dinner guests participated in this year's highly-acclaimed Golf Classic. Raising a record $80,000 to support Desert Arc's life-impacting programs and services for people with disabilities, all guests in attendance were there for all the right reasons – to support Desert Arc's mission of enhancing the quality of life and creating opportunities for people with intellectual and developmental disabilities. The camaraderie of guests was evident all day long, with many of the golfers returning year after year to play in this Annual Tournament.

Co-emceed by Fantasy Springs' Jay Chesterton and Brooke Beare, Emmy® Award-Winning Journalist, the event featured a scrumptious BBQ Lunch, followed by a Shotgun Scramble, Cocktail Reception, and Golf Awards Banquet Dinner, prepared by Fantasy Springs' infamous Chef Freddy, featuring his scrumptious meatballs and sausages, Hawaiian ahi tuna poke salad, BLT chopped salad, roasted eggplant pasta salad, slow-roasted sirloin of beef, and pan roasted Icelandic salmon.

"We are grateful to the 200 people who attended this year's Annual Golf Classic for their generous contributions to our cause, and to the Hospitality and Golf Team at Fantasy Springs Resort Casino for a wonderful event," said Nancy Singer, Event Chair, Desert Arc Board Member, and Past Desert Arc Board Chair. "Chef Freddy once again prepared an amazing BBQ lunch and buffet awards banquet for our guests. A special thanks goes to the companies who donated 10 incredible raffle prizes, including Hot Purple Energy's donation of two electric bikes. We were able to raise $18,450 from the raffle drawing alone. It was a celebratory occasion for Desert Arc's 65th anniversary year."

The coveted Golf Awards went to:

First Place Team: **Smoking Guns –** Greg Snider, Justin Doyle, Tom Breitfeller, and Lou Gonzalez.

Second Place Team: **Seecon Properties –** John Tate, Fabian Granados, Brandon Petelski, and Kirby Pert. *This team donated their winnings back to Desert Arc!

Women's Closest To The Pin: Christine Bustos

Women's Longest Drive: Nancy Callan-Houtz

Men's Longest Drive: Casey Scott

Men's Closest To The Pin: Scott Matas

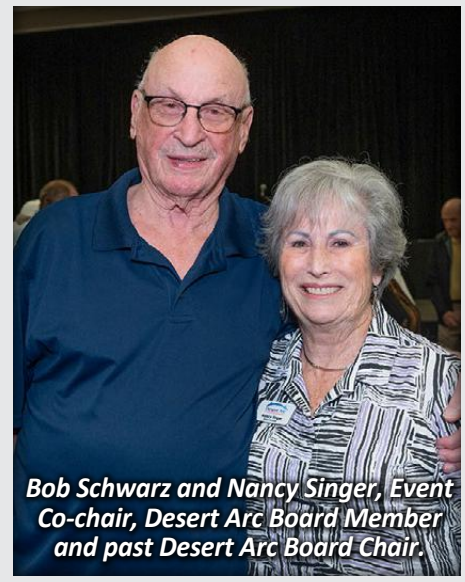
Raffle prize winners included Dennis Parker, who donated his raffle prize back to Desert Arc, Randy Nelson, Bob Smith, Bob Schwarz, Camilla Zanatta-Rodriquez, Lisette Arellano, Don Rintoul, Terri Dobson, Rick Johnson, and Casey Scott.

Major event sponsors were Darlene Beneto, ***Dinner Sponsor;*** Hot Purple Energy, ***Registration Table Sponsor;*** Burrtec Waste and Recycling Services and Nancy Singer, ***Golf Cart Sponsors;*** Richard Balocco, Banc of California, Fantasy Springs Resort Casino, H.N. & Frances C. Berger Foundation, Mind & Mill, SA Recycling Coachella, SA Recycling Thousand Palms, Lori & Aubrey Serfling, and Doug Watson of Strategy Innovation Co., ***Greens Sponsors;*** Desert Arc Board of Directors, Boelzner & Associates, City of Indian Wells, Coachella Valley Accounting & Auditing, Decorator Depot, Don Diego's, Ray Gosnell – Yucca Valley, Mario's Italian Café, Mark Duebner Design, David E. Scott, Signature Designs, Ronald A, Stewart, PhD, ***Tee Sponsors.***

Event Media Sponsors included DESERT SUN & LOCALiQ, Presenting Newspaper & Digital Media Sponsor; KESQ News Channel 3, Exclusive TV Media Sponsor; ALPHA MEDIA-Palm Springs, Exclusive Radio Media Sponsor; and DESERT GOLF & TENNIS MAGAZINE, Exclusive Magazine Media Sponsor.

Please Save The Date of April 7, 2025 to support Desert Arc's 15th Annual Golf Classic, and Desert Arc's 7th Annual Champions of Change Recognition Awards Luncheon on February 6, 2025.

For information on Desert Arc please call 760-404-1368 or visit desertarc.org. CV



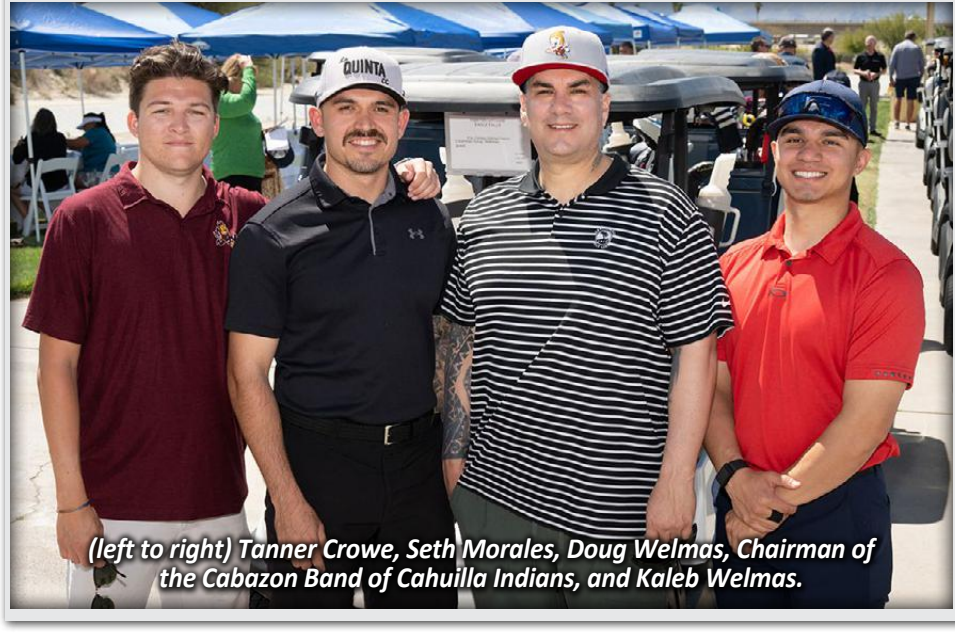
Bob Schwarz and Nancy Singer, Event Co-chair, Desert Arc Board Member and past Desert Arc Board Chair.



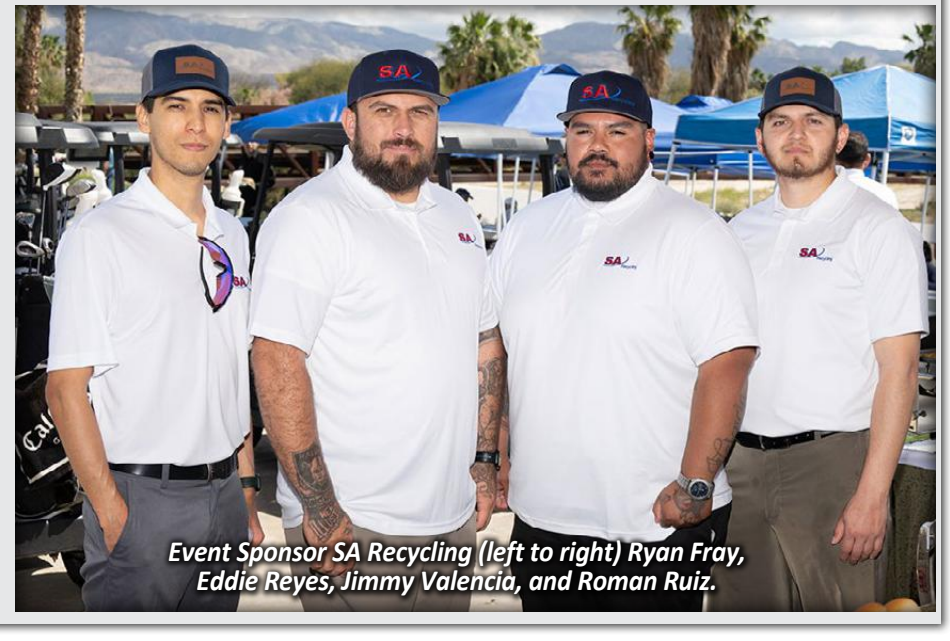
(left to right) Frank Luckino, City Manager of Desert Hot Springs and Desert Arc Board Member, Glenn Miller, Indio City Manager & Mayor Pro Tem, who is also a Desert Arc Board Member, and Richard Balocco, President/CEO of Desert Arc.



Out on the links (left to right) Sophia Marner, Megan Fitts, Katharine May, Katie May, and Steve May.



(left to right) Tanner Crowe, Seth Morales, Doug Welmas, Chairman of the Cabazon Band of Cahuilla Indians, and Kaleb Welmas.



Event Sponsor SA Recycling (left to right) Ryan Fray, Eddie Reyes, Jimmy Valencia, and Roman Ruiz.

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PAMPERED PALATE



BY TRACY DIETLIN

OCEANA IN PALM DESERT: A STELLAR SEAFOOD DINING EXPERIENCE

We just had the most amazing meal at Oceana in Palm Desert. It was our first-time dining there and it did not disappoint.

As we walked in, we commented on how the restaurant was decorated. The colors were gray and black and the aesthetic was clean and crisp and inviting. There was not only one, but several octopus designs on the walls giving it that authentic seafood dining experience.

We were seated at our table and the staff brought us their famous Jicama, Cucumber and Radish starter to our table instead of the normal bread. It was delightful, crisp and flavorful, in a light vinaigrette and tajin sauce.

We started off with the ahi tuna nachos and the calamari which arrived quickly.

I have to say hands down it was the best calamari that we've ever eaten. They were flavorful, tender steaks and not chewy, which some calamari tends to be if not fresh like these were. They came with a side of banana pepper aioli sauce and cocktail sauce, along with truffle fries.

The Ahi was also the best. Tender and tasty, served with jalapeno, avocado, cilantro and homemade chips.

For our main course I decided on the scallops, which came in the most delicious orange bacon butter sauce and were seared to perfection. They were accompanied by white rice, which was perfect for soaking up every bit of that tangy sauce, along with zucchini.

Phil chose the Surf and Turf, which was a flat iron steak that he ordered medium rare and arrived exactly as ordered, with large prawn shrimps that tasted like they had just come off the boat, they were so fresh. It was served with potato cambria and house veggies.

We could barely get down another bite we were so full, but Marco, one of the owners, told us about their specialty desserts. We couldn't say no to the Carlotta and the Coconut flan, both of which are home made daily right there in the restaurant. And again, they were two of the best desserts I've ever had. The Carlotta, was like a Mexican tiramisu, which came in an orange sauce with an orange slice on top. Absolutely divine! The coconut flan was creamy and delicious.

I would be remiss if I didn't mention how kind, knowledgeable and fun the whole serving team was, making our night out truly amazing.

By the time we were halfway through our meal at 6pm the restaurant was packed.

If you're looking for a 5 star dining experience, I highly recommend you try this little gem located at 77932 County Club Drive #2 in Palm Desert. 760-610-2517. Hours are: Monday through Saturday 11am to 9pm.

(Photos by Phil Lacombe) CV







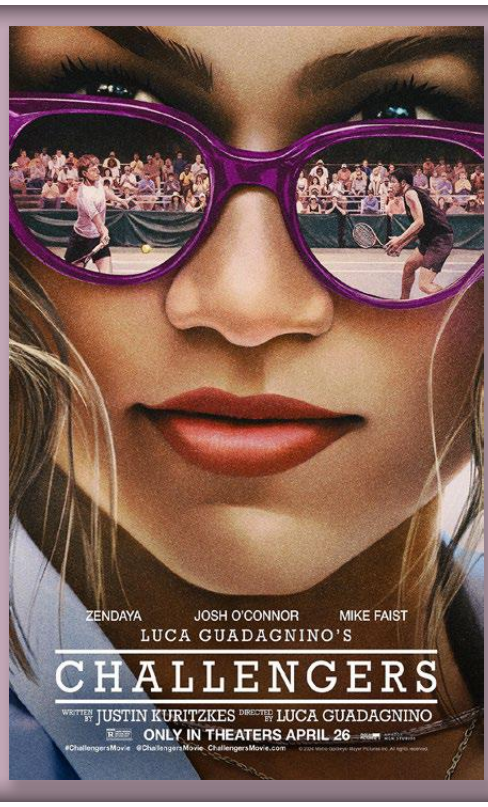






PLAYING THE WEEK OF APRIL 26TH AT THE MARY PICKFORD

FILM







Challengers *(2h 11m – Rated R) Drama, Romance, Sport*

Starring Zendaya, Josh O'Connor and Mike Faist.

Tashi Duncan is a former tennis prodigy turned coach and a force of nature who makes no apologies for her game on and off the court. Married to a champion on a losing streak, Tashi's strategy for her husband's redemption takes a surprising turn when he must face off against the washed-up Patrick – his former best friend and Tashi's former boyfriend. As their pasts and presents collide, and tensions run high, Tashi must ask herself, what will it cost to win.

Unsung Hero *(1h 54m – Rated PG) Drama, Family*

Starring Joel Smallbone, Daisy Betts, Kirrilee Berger, Jonathan Jackson, Candace Cameron Bure, Diesel La Torraca and JJ Pantano.

Based on a remarkable true story, Unsung Hero follows David Smallbone as he moves his family from Down Under to the States, searching for a brighter future after his successful music company collapses. With nothing more than their seven children, suitcases, and their love of music, David (for KING + COUNTRY's Joel Smallbone) and his pregnant wife Helen (Daisy Betts) set out to rebuild their lives.

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

Starring Maïwenn and Johnny Depp.

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

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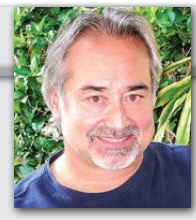
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THE VINO VOICE

BY RICK RIOZZA



ALL IN ON AGLIANICO!

When it comes to one's favorite red Italian wine, we of course hear about Tuscany's great Sangiovese based wines such as Chianti, Brunello di Montalcino and Vino Nobile de Montepulciano. Or, the other fan favorite is of course Nebbiolo with its stately and bold Barolo and Barbaresco. Certainly, for me, these wines have been on the top of my vino list forever.

But now it's time to speak of another red Italian that just knocks my socks off. This one is from the south of Italy, east of Napoli: **Aglianico.** If the Italian language is not in your wheelhouse, you may not be pronouncing the wine confidently to your friends just yet. But we're in a new day and age where no one is afraid to try saying French or Italian wine names.

For you red wine enthusiasts—*especially Italian red wine lovers*, let's get this pronunciation down right out-of-the-gate so one can talk about & request this wine at the market and restaurants. It's actually quite easy to say: ***Aglianico—ah-LYAH-nee-koh*** (Some publications will have it "*allee-an-nico*"—but no one in Italy says it that way.)

Okay—so much for the lesson; time to describe the wine: the general profile you'll find black cherries, blackberries, black currants, black pepper, coffee, dark chocolate, earth, herbs, honey, leather, minerals, plums, roses, smoke, spices, tar, and tobacco. Young Aglianico wines are known for strikingly savory flavors of leather, white pepper, black fruits, and cured meat that when aged, develop soft dusty aromas of dried figs and sun-tanned leather. For those of us who are fans of rustic, earth-driven wines, the **Aglianico grape is a star.**

And yeah—here's the news: this isn't your grandfather's Merlot. This wine grips you in a good rough & tumble way. New California vino lovers who first sample the wine often think the bottle is off. But as one can see right above, there are so many flavors, tones, nuances, and aromas going on—what would you expect at first whiff & quaff.

Those who desire a bold red wine which weaves complexities with some wonderful fruit, find their camp here. Below, we discuss three **Feudi di San Gregorio's Aglianico** that showcase the variety the grape, area, and what this wine producer has to offer:

The classic **Rubrato** expresses the freshness and vitality of the grape, plus gives an easy introduction to Southern Italian reds. **Taurasi** embodies the complexity, power, and aging potential of Aglianico, with longer time spent in the bottle and in the barrel. And the iconic **Piano di Montevergine**, single vineyard and only produced in the best vintages, shows Aglianico at its prime best and the richness and depth the grape can give.

2020 Feudi Rubrato Irpinia Aglianico DOC [*Roo-BRAH-toe]* *($20)* Rubrato translates to "Brilliant Ruby", a nod to the rich, ruby color of the wine – the color of Aglianco at harvest time. With flavors of floral, licorice, blackberry, and balsalmic, the wine is smooth and balanced, appealing to wine connoisseurs and novices alike as it expresses the Aglianico in its youth easy tannins and more fruit.

For a comparison, one can say it drinks like a Cru Beaujolais: mature floral, crunchy ripe fruits, medium-bodied and refreshing acidity. Drinkable and an amazing value, it's a great introduction to the Southern Italian red.

2017 Feudi Di San Gregorio Taurasi DOCG *($50)* Feudi di San Gregorio was established



in 1986 in Sorbo Serpico, a tiny village in Campania's Irpinia region, near Mount Vesuvius. Feudi di San Gregorio taps into the potential of Campania's finest vineyards in Taurasi DOCG.

This highly acclaimed winery encourages us to rediscover the identity of Taurasi comes from 15–20-year-old vines that are grown between 1,000 – 1,600 ft above sea level with southern and southwestern exposures. The soil is deep and originally from ash and fallen pumice, and the surface and deep layers of silty sand.

At Taurasi, Aglianico finds its ideal territory – uncontaminated, volcanic and impenetrable – giving life to a full-bodied wine with soft tannins for the fine wine drinker. An excellent wine for drinking with the finest roasted red meats and poultry, such as duck.

Brilliant ruby red with garnet reflections, its aroma is Fragrant scents of maraschino cherry, cinnamon and nutmeg, vanilla and anise. Elegant and refined, with red and black berries, against a background of clay-like minerals and a touch of leather. A citrus note adds freshness both on the nose and palate. Full-bodied with firm, fruit-coated tannins that remain vivid rather than chewy. Long, fresh finish.

2016 Feudi Di San Gregorio Piano di Montevergine Taurasi Riserva *($60)*

Coming from Feudi di San Gregorio's very first planted vineyard, Piano di Montevergine is a wine that embodies elegance. This is the reason for which it was chosen to make a reserve wine. It's their best representation of the Aglianico grape's potential and is only vinified in outstanding years.

The 35–50-year-old vines sit on a high plateau at about 1,300 feet above sea level with a southwestern exposure in the area of Taurasi, and the conditions give rise to grapes that once transformed into wine, have very delicate tannins. The deep, sandy, volcanic soil gives an incredible grape.

"Offering a dark and savory underpinning of cured tobacco, fresh earth, leather and iron notes, this focused red is also fresh and vibrant, with ripe, crushed black raspberry and mulberry fruit, plus hints of red licorice, espresso crema, graphite and milled pepper…" Wine Spectator

"Plum sauce, pencil lead, clove, balsamic spice, mint, rosemary, stone dust, rose petals and more… Every time it's tipped in the glass, it seems to reveal further depths. This wine is simply stunning, with a silky texture of tart wild berries, citrus and brilliant acidity. Energetic but still youthfully tense and structured is a classic." *Vinous*

Perfect with game, strong aged cheeses, roast and grilled lamb. ***Saluti!*** CV

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PET PLACE

YOU WANT A FRIEND IN WASHINGTON? GET A DOG!" — PRESIDENT HARRY TRUMAN



BY JANET McAFEE



It certainly is true that our companion animals provide us with needed love and companionship. They improve out physical and mental health, and studies show that dog owners tend to get more exercise through dog walking. They are also more likely to engage socially and meet their neighbors at dog parks and in their neighborhood.

Your dog provides an excellent reason for you to get some fresh air and exercise. We are now blessed with beautiful Spring weather, the perfect time of year to enjoy walking and hiking in the Coachella Valley. Our canine pals love being included in our activities, and exploring nature with Fido makes excursions more enjoyable for us humans. Both humans and dogs get to exercise, get some healthy fresh air, and spend some quality time together.

Assess your dog's readiness for hiking – Before heading out, evaluate your dog's level of fitness. If he is elderly or overweight, it is best to stick to walks around your neighborhood. Remember that dogs are "people pleasers" and will push beyond their level of endurance to please you and keep up. Keep him on a leash at all times. Make sure your dog knows the most important command of all, "Fido (his name) Come!" in case he gets loose.

Needed supplies - Your dog can help carry some of the needed supplies in his own special backpack. A healthy dog can carry up to 25% of his own weigh, however some breeds with long backs such as dachshunds may not be able to carry much. You need to bring along enough water for both of you, with a collapsible bowl to serve your pup. Give him plenty of water during the excursion because dogs become dehydrated quickly. Water in streams, lakes, and drains may contain parasites and viruses. Bring high quality treats to keep up Fido's energy level.

Plan Ahead - Make sure your destination permits dogs on trails. Most United States national parks do not allow dogs on trails. The book "140 Great Hikes in and near Palm Springs" provides a list of local trails that permit dogs to accompany hikers. Their list includes the Palm Springs Desert Museum Trail and the Araby Trail also in Palm Springs. If the area is crowded with other hikers and walkers, go to a less populated location to keep yourself safe. Campgrounds welcome visitors with well-behaved dogs and they are full of trails to explore. Some of them include enclosed dog parks on lakes where pups can romp off leash and enjoy swimming in the water.

Dog Walking Etiquette – Do not allow your dog to roam free without a leash! You could violate leash laws in your jurisdiction. Don't allow your dog to lunge toward other dogs you encounter. Use those poop bags to pick up your pet's waste.

Dog Beaches – Here is a unique experience and magical for you and Fido. You can escape the Coachella Valley hot summer for a day at one of the dog beaches in Southern California. Most popular is the dog beach in Ocean Beach, located at the foot of Voltaire Street. Tucked away near the Del Mar racetrack is Solana Beach, a lovely spot that allows dogs from September 15 through June 15. The Huntington Beach Dog Beach is another great place. It's almost surreal to see the dogs happily frolicking in the ocean while the people sit on the sand watching them.

Car Rides – Almost all dogs love to travel, and this is a great time to take a car ride and bring your dog along. You can head out and explore some of our beautiful Southern California scenery. Check out some places by car that you have always wanted to visit, and Fido will make it even more enjoyable.

Are you still "dogless" in the desert? This might be the best time ever to adopt a wonderful rescue dog or cat. They help reduce stress and loneliness, and their loving and loyal presence so many benefits.

Our local Riverside County shelter, the Coachella Valley Animal Campus, is the largest animal shelter in this area and often has about 200 animals seeking homes . View their wonderful animals online at www.rcdas.org. They are located at 72050 Pet Land Place in Thousand Palms. Loving All Animals is the private rescue I work with, and they operate a private shelter in Coachella. View their information at www.lovingallanimals.org and call (760) 834-7000 for more information about adoption. Assistance from a professional dog trainer is now included in their adoption program. I help people looking to adopt rescue dogs of certain types and breeds and would be happy to help you find your best new fur-friend.

Enjoy this beautiful Spring season

Janetmcafee8@gmail.com CV



MEET LESTER

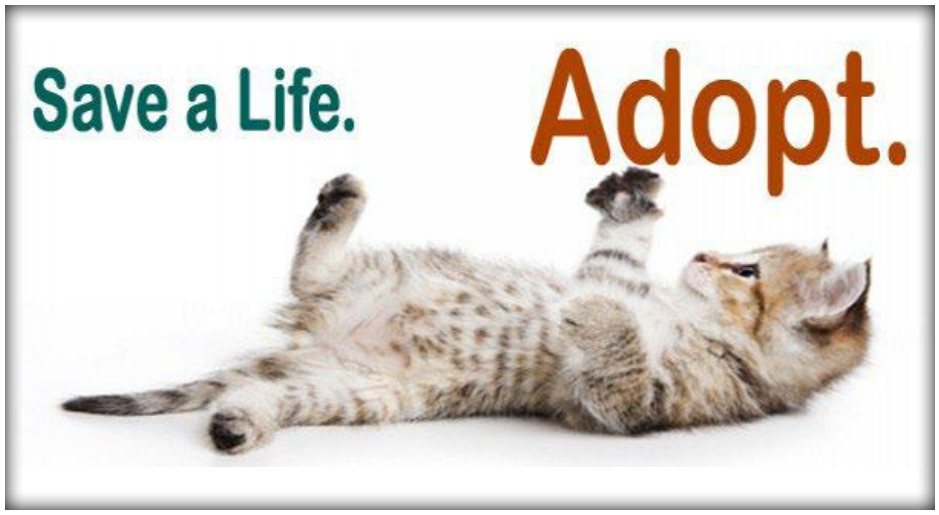
I'm a gorgeous blend of German Shepherd & Husky, just 1-yr-old and still full of puppy fun! I'm 60-lbs of doggie love. Come meet me at the Coachella Valley Animal Campus, 72-050 Pet Land Place, Thousand Palms, open 10am to 4pm Monday through Saturday. Ask to take dog ID#A1721762 to one of the large outdoor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



MEET CESAR

This precious 60-lb Lab Retriever mix was returned to the shelter 6 years after being adopted there as a puppy. Through no fault of his own, 7-yr-old Cesar hopes for a new home at the Coachella Valley Animal Campus, 72-050 Pet Land Place, Thousand Palms, open 10am-4pm Mon through Sat. Ask to take dog ID#A1394310 to a private visiting area. www.rcdas.org





Here is a partial list of animal shelters & rescues:

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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





COUNTING CHEDDA

HADDON LIBBY



BY HADDON LIBBY

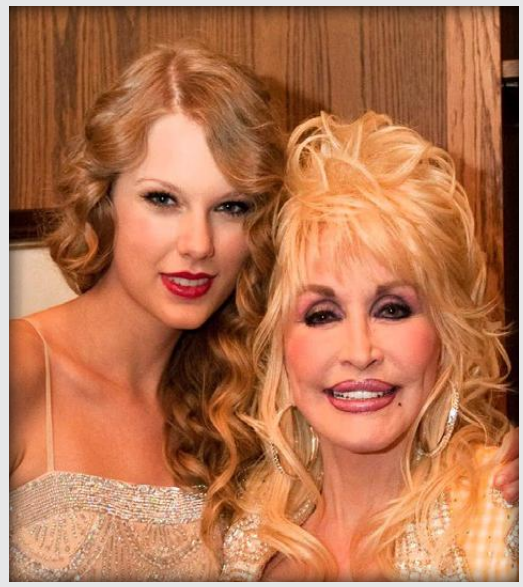
The Stagecoach Music Festival has become one of the most successful festivals in the United States and the world. Events like Stagecoach and its sister festival Coachella have contributed to the music industry earning touring revenues of more than $10 billion in 2023. The top 100 tours brought in $9.2 billion with Taylor Swift's Eras Tour grossing $1 billion. For comparison, the performers who have earned the most from touring across the span of their career are the Rolling Stones with $2.6 billion. It took the Rolling Stones more than sixty years to gross 2.6 times what Swift has done in just one year.

Beyonce earned the second most in 2023 with $579 million followed by Bruce Springsteen ($379 million), Coldplay ($325 million), Harry Styles ($290 million), Morgan Wallen ($260 million) and Ed Sheeran ($105 million).

In addition to touring income, the Recording Industry Association of American reports that musicians earned $14.4 billion from streaming services like Spotify, Pandora, or Apple Music in 2023. This income source grew by 8% last year and 16% over the last two years. Music downloads brought in $434 million, a 12% decrease from 2022 and 30% less than two years ago.

Remember compact discs and vinyl records? These music forms still generate $1.9 billion in sales with old school vinyl records representing 71% of sales. Revenues are up 10% from last year.

Whenever you hear a song on television, the radio, in a film, advertisement or in concert, a royalty is paid to the writer(s) and performers of the song. This income type





earned $2 billion in 2023.

Spotify is the leader amongst streaming services with a 31% market share and 180 subscribers. Apple Music comes in second with a 15% market share followed closely by Amazon (13%), Tencent (13%) and YouTube (8%). Streamers pay the artists roughly $0.004 per play. For every 100,000 plays, a song earns $400.

Amongst new music released in 2023, Miley Cyrus' "Flowers" had the most plays on Spotify at $1.9 billion for roughly $7.6 million in royalties. Other songs played more than 1 billion times were "Seven" by Jung Kook (1.5 billion), "Ella Baila Sola" by Eslabon Armado (1.2 billion), "Greedy" by Tate McRae (1.1 billion), and "Like Crazy" by Jimin. "Last Night" by Morgan Wallen had 839 million plays.

Who is the most successful country musician in terms of their net worth?

If we include Taylor Swift, she tops the list at more than $1 billion. As Swift seems to have moved from country to pop, Dolly Parton wears the country crown with a net worth of $650 million placing her tenth almost all musicians. Garth Brooks is second amongst country musicians ($430 million) followed by Shania Twain ($410 million), Tim McGraw and Faith Hill ($200 million), and Kenny Chesney at $190 million.

Overall, Jay-Z has the highest net worth of all performers at $2.5 billion (excluding his wife Beyonce). This rapper gained most of his net worth through investments including an early stake in Uber, Oatly, insurer Ethos, SpaceX, champagne Armand de Brignac, cognac D'Usse, music streaming service Tidal, cannabis through Monogram, and many other start-ups.

Rihanna is second with a $1.4 billion net worth. Most of her net worth was generated from a 50% stake in Fenty Beauty. Her partner in that venture is LVMH, the French luxury goods retailer.

Rounding out the top ten are Taylor Swift ($1 billion), Paul McCartney ($950 million), Madonna and Herb Albert ($850 million each), Selena Gomez and Celine Dion ($800 million each), Bono of U2 ($700 million), and Dolly Parton and Elton John ($650 million).

Haddon Libby is the Founder and Chief Investment Officer of Winslow Drake Investment Management. We are fiduciary RIAs who put our clients first in everything that we do. For more information on our services, please visit www.WinslowDrake.com. CV

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COACHELLA ACCIDENT OR ARREST?

DUI | POSSESSION OF DRUGS| FALSE ID| MINOR IN POSSESSION OF ALCOHOL| DRUNK IN PUBLIC?

DALE GRIBOW ON THE LAW

LEGAL REPRESENTATION OF THE INJURED & CRIMINALLY ACCUSED



COACHELLA is a breeding ground for Arrests and Thefts! It is also an Accident waiting to happen. Whenever thousands of people are crammed together, there is always a potential for needing the police and a lawyer.

During the first week of Coachella '24, 50-100 cell phones were stolen and 50 have been returned to their owner by 4/18/24.

When thousands of cars exit at the same time with people high from drinking and drugs in the sun it is just an accident or arrest waiting to happen. Tempers flare from waiting in lines for entering and exiting… and inside when the event bands are late! Truly, it is a matter of time until an Accident or Arrest brings out Indio's finest in their Black and Whites.

The most common Arrests are for DUI, Drunk in Public, Possession of Drugs, Minor in Possession and False ID. Thus, during and after the concert, my phones ring by future clients arrested for these charges, or who have just been in an auto accident.

If these sound familiar, you need a good **Local** lawyer. Now, how do you find a good attorney, and should it be from your home town or a local Coachella Valley attorney?

There are a many reasons to hire a local lawyer…but why local? Initially, **Familiarity** with local laws and courts is crucial. Your Beverly Hills lawyer will NOT be familiar with the Judges, DA's and court procedures in Indio's Larson Justice Center.



Convenience is also a consideration. Naturally, a local lawyer will be more convenient and s/he will not have to travel long distances to court and charge you for the extra time.

Reputation is important because local lawyers have been practicing in "your court". It is important your attorney has an established reputation and knows the DA's and Judges.

Personalized **Attention** is also a factor, as local lawyers may able to give you more attention and focus on your case. They are not juggling a large number of cases all over Southern California.

Ultimately, the most important factor when hiring a lawyer for a DUI case, is finding someone who has the **Experience** and **Expertise**, to get the best possible outcome for you.

There are a few potential defenses that might be used in an Indio DUI case that are factually driven. Some common **Defenses** to a DUI charge include a lack of **Probable cause.** This occurs when the cop did not have a valid reason for stopping your vehicle and thus the evidence may be deemed inadmissible in court. **Illegal search and seizure** also occurs when the police violate your Fourth Amendment rights by searching your vehicle or seizing evidence without probable cause.

Sometimes the Field Sobriety Tests **(FST's) are Administered improperly?** These tests can be subjective, and may be administered improperly or evaluated unfairly. A good DUI attorney may be able to challenge the results of these tests. The Breathalyzer may also not be functioning and **Calibrated Properly,** and thus provide an incorrect reading. Of course **Prescriptions and health conditions** may also be a factor.

DUI cases are among the most challenging Criminal cases, as you must deal with the Court and DMV…each independent of the other. My USC Pre Law/ Pre Med science background helps me understand the potential flaws in the chemical tests.

The DUI results in your CDL being snatched and the driver given a Pink Piece of Paper, which is a Temporary License, with the Administrative Per Se info. It explains the driver has 10 calendar days to request a DMV Hearing… and a Stay. This protects the client's right to a hearing and driving privileges from being suspended. If a hearing is not requested the license will be suspended on the 30th day after the arrest.

GIVE THIS CARD TO ARRESTING OFFICER WITH LICENSE | INSURANCE | REGISTRATION:

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

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

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

21 MENTAL HEALTH FACTS THAT CAN HELP YOUR LOVED ONES

HEALTH

BY STAN POPOVICH



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

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

1. Getting help for your mental health is the best thing you can do.

2. Ignoring your mental health issues will only prolong the problem.

3. Running away from your mental health issues does not work.

4. There is no such thing as a quick fix when it comes to your mental health.

5. There is nothing wrong in asking for assistance for your anxieties and stresses.

6. Your situation is not hopeless regardless of what you may think.

7. Focus on your recovery rather than trying to please others.

8. Go to the nearest hospital if you are experiencing a mental health crisis.

9. Your mental health is just as important as your physical health.

10. You have to make an effort in finding the answers to your mental health issues.

11. Focus on the facts of your situation rather than your fearful thoughts.

12. Joining a support group is a great way of finding people who can relate to you.

13. Follow the advice from the professionals, rather than your friends.

14. Do not try to manage your mental health problems all by yourself.

15. Determine the source of your anxieties and then find ways to overcome them.

16. Do not make assumptions regarding your current mental health situation.

17. Do not underestimate the power of God when it comes to your mental health.

18. Learning from your past mental health experiences will help you in the present.

19. Drugs and alcohol are not the answers. They just make things worse.

20. It takes practice in managing your mental health. Be patient but persistent.

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

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

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

The key to overcoming your mental health issues is to "learn" effective techniques to manage your anxieties and stresses and "applying" these skills to your life. The best way to learn these techniques is by talking to a mental health professional.

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

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



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SWAG FOR THE SOUL



BY AIMEE MOSCO

DISCERNING ENERGETIC INFLUENCE

Everything and everyone have an energy signature, and that underlying energy is the basis for all that exists. However, this great vibrational force that sits at the seat of creation is mostly invisible. While we may not be able to calculate energy measurements with the naked eye, energy and vibrational output of objects and living beings can be measured with sensitive equipment. Vibrational emanations go undisputed for this reason.

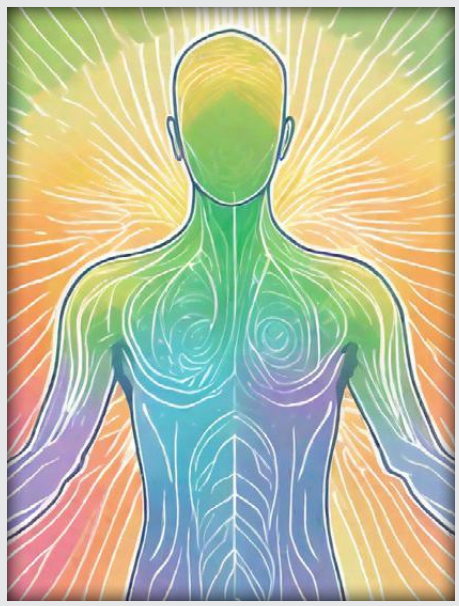
Even if were unable to prove the existence of life force energy that flows from the auric field of a living being, our internal gauges tell us in an irrefutable way that we are impacted by the energetic emanations of others through various channels. We often feel sensations and emotions we cannot explain when we are around others. Sometimes we can feel a person's eyes on us from across the room, or we can feel tension in the air when two people are at odds with one another in our presence. This can even impact emotions we are generating from within ourselves. We internalize these sensations and communications without intending to or realizing that we are doing it.

When you start paying attention to these energetic influences with heightened awareness and intention, you may find that you are able to "read" the energy that is emanating from another person *before* the influence integrates in your auric field. If you are able to read these kinds of vibrational emanations, you can choose in any moment to receive the influence, or to return it to the point of origin.

The energy emanations of others can fortify you or they can tear you down if you let them. When you take measures to discern the value and compatibility of energy emanations bound for your energy field, you can direct those vibrations to go to work for you or you can block their path and remain detached. When you feel sensations and emotions coming from outside of yourself that have an undercurrent of love or joy, and these emotions align with what you are aiming to experience, let those vibrational communications in. Allow them to fortify you and claim their influence. If you feel sensations and emotions with a fear base spiraling toward you, raise your shield with the intent to return those communications to sender. You have the power to discern which energetic influences honor you and which do not. When you exercise even a minimal degree of heightened awareness and intention, you can tap into this ability and actively alter the influences that affect your experiences.

In my pursuit to assist you in processing energies with a greater degree of awareness, I invite you to join my Telegram group ***DIVINE PURPOSE Discussions.*** Go to https://t.me/+8XQ9bgCiF0A2YzIx and enjoy the light of this supportive community.

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

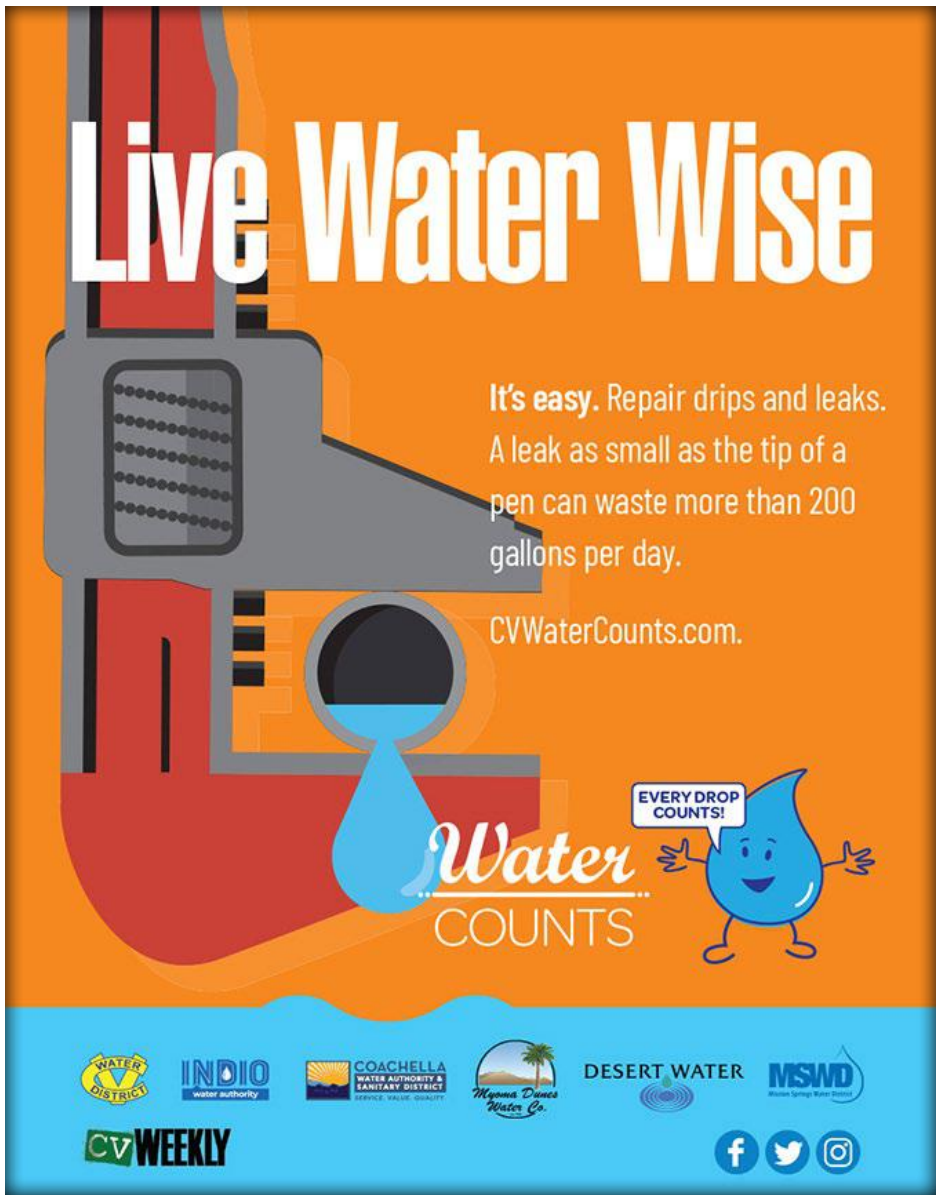


SWAG for the SOUL











ROB BREZSNY'S freewill ASTROLOGY

WEEK OF APRIL 25

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ARIES (March 21-April 19): Have you ever gotten your mind, heart, and soul in sweet alignment with the spiritual beauty of money? An opportunity to do that is available. During the next four weeks, you can cultivate an almost mystical communion with the archetype of well-earned wealth. What does that mean? Well, you could be the beneficiary of novel insights and hot tips about how best to conduct your finances. You might get intuitions about actions you could take to bring more riches into your life. Be alert for help from unexpected sources. You may notice that the more generous you are, the more the world's generosity will flow your way.

TAURUS (April 20-May 20): Bordering the Pacific Ocean for a thousand miles, Chile's Atacama Desert is a place of stark and startling beauty. Unfortunately, its pristine landscape is also a dumping ground for vast amounts of discarded clothes that people bought cheaply, wore out quickly, and didn't want anymore. Is there any other place on earth that more poignantly symbolizes the overlap of sacred and profane? In the coming weeks, Taurus, you will possess a special aptitude for succeeding in situations with metaphorical resemblances to the Atacama. You will have an enhanced power to inject ingenious changes wherever messiness is mixed with elegance, wherever blemished beauty requires redemption, and wherever lyrical truths need to be rescued from careless duplicity or pretense.

GEMINI (May 21-June 20): My Gemini friend Alicia thrives on having a quick, acute, whirling-dervish-like intelligence. It's one of her strong points now, but it wasn't always. She says she used to be hyperactive. She thought of serenity as boring—"like some wan, bland floral tea." But after years of therapy, she is joyous to have discovered "a kind of serenity that's like sweet, frothy hot chocolate spiced with cinnamon and nutmeg." I'm guessing that many of you Geminis have been evolving in a similar direction in recent months—and will climax this excellent period of relaxing growth in the coming weeks.

CANCER (June 21-July 22): All Cancerians who read this oracle are automatically included on the Primal Prayer Power List. During the next 13 days, my team of 13 Prayer Warriors and I will sing incantations to nurture your vigor, sovereignty, and clarity of purpose. We will envision your dormant potentials ripening. We will call on both human and divine allies to guide you in receiving and bestowing the love that gives your life supreme meaning. How should you prepare for this flood of blessings? Start by having a long talk with yourself in which you describe exactly why you deserve these gifts.

LEO (July 23-Aug. 22): A meme on Instagram said, "The day I stopped worrying about what other people think of me was the day I became free." This sentiment provokes mixed feelings in me. I agree it's liberating not to be obsessed with what people think of us. On the other hand, I believe we should indeed care about how we affect others. We are wise to learn from them about how we can be our best selves. Our "freedom" includes the discernment to know which ideas people have about us are worth paying attention to and which are best forgotten and ignored. In my opinion, Leo, these are important themes for you to ruminate on right now.

VIRGO (Aug. 23-Sept. 22): The city of Mecca in Saudi Arabia is a holy place for Islam. Jerusalem is the equivalent for Judaism, and the Vatican is for Catholicism. Other spiritual traditions regard natural areas as numinous and exalting. For instance, the Yoruba people of Nigeria cherish Osun-Osogbo, a sacred grove of trees along the Osun River. I'd love it if there were equivalent sanctuaries for you, Virgo—where you could go to heal and recharge whenever you need to. The coming weeks will be an excellent time to identify power spots like these. If there are no such havens for you, find or create some.

LIBRA (Sept. 23-Oct. 22): In my astrological opinion, you are entering a period when you can turn any potential breakdown into a breakthrough. If a spiritual emergency arises, I predict you will use it to rouse wisdom that sparks your emergence from numbness and apathy. Darkness will be your ally because it will be the best place to access hidden strength and untapped resources. And here's the best news of all: Unripe and wounded parts of your psyche will get healing upgrades as you navigate your way through the intriguing mysteries.

SCORPIO (Oct. 23-Nov. 21): According to my astrological perspective, you are entering a phase when you could dramatically refine how relationships function in your life. To capitalize on the potential, you must figure out how to have fun while doing the hard work that such an effort will take. Here are three questions to get you started. 1 What can you do to foster a graceful balance between being too self-centered and giving too much of yourself? 2. Are there any stale patterns in your deep psyche that tend to undermine your love life? If so, how could you transform or dissolve them? 3. Given the fact that any close relationship inevitably provokes the dark sides of both allies, how can you cultivate healthy ways to deal with that?

SAGITTARIUS (Nov. 22-Dec. 21): I feel sad when I see my friends tangling with mediocre problems. The uninspiring dilemmas aren't very interesting and don't provoke much personal growth. They use up psychic energy that could be better allocated. Thankfully, I don't expect you to suffer this bland fate in the coming weeks, Sagittarius. You will entertain high-quality quandaries. They will call forth the best in you. They will stimulate your creativity and make you smarter and kinder and wilder. Congratulations on working diligently to drum up such rich challenges!

CAPRICORN (Dec. 22-Jan. 19): In 1894, a modest *Agave ferox* plant began its life at a botanical garden in Oxford, England. By 1994, a hundred years later, it had grown to be six feet tall but had never bloomed. Then one December day, the greenhouse temperature accidentally climbed above 68 degrees F. During the next two weeks, the plant grew twice as tall. Six months later, it bloomed bright yellow flowers for the first time. I suspect metaphorically comparable events will soon occur for you, Capricorn. They may already be underway.

AQUARIUS (Jan. 20-Feb. 18): Have you felt a longing to be nurtured? Have you fantasized about asking for support and encouragement and mentoring? If so, wonderful! Your intuition is working well! My astrological analysis suggests you would dramatically benefit from basking in the care and influence of people who can elevate and champion you; who can cherish and exalt you; who can feed and inspire you. My advice is to pursue the blessings of such helpers without inhibition or apology. You need and deserve to be treated like a vibrant treasure.

PISCES (Feb. 19-March 20): In his book *Attention Deficit Disorder: A Different Perception*, Thom Hartmann theorizes that distractibility may have been an asset for our ancestors. Having a short attention span meant they were ever alert for possible dangers and opportunities in their environment. If they were out walking at night, being lost in thought could prevent them from tuning into warning signals from the bushes. Likewise, while hunting, they would benefit from being ultra-receptive to fleeting phenomena and ready to make snap decisions. I encourage you to be like a hunter in the coming weeks, Pisces. Not for wild animals, but for wild clues, wild signs, and wild help.

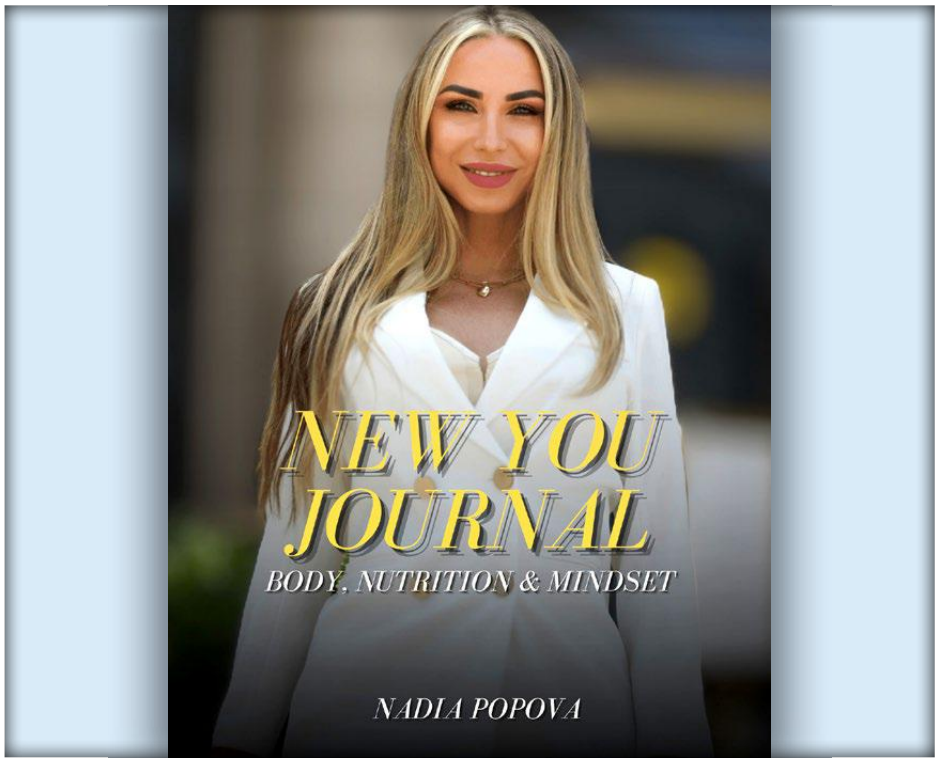
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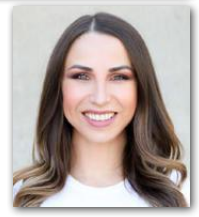
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Rob Brezsny - Free Will Astrology
freewillastrology@freewillastrology.com CV

SEND ME A TRAINER

INTRODUCING THE NEW YOU JOURNAL: BODY, NUTRITION & MINDSET





BY COACH NADIA POPOVA

I invite you to start a completely new chapter of your life with my transformational journal, designed for women seeking body, nutrition, and mindset empowerment to live the happiest life they ever could. My journal is here to guide you through every step of the way, focusing on body, nutrition, and mindset improvement through sport, mindfulness practices, healthy eating, and journaling.

Let's make your wellness journey fun and effective! Share with your journal your highs and lows, clear your mind, leaving any negative thoughts on the pages, accept daily challenges, practice gratitude to notice all the beauty and happiness in your daily life, and keep track of your activity and nutrition to progress and flourish! Here's how it works.

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1. GOOD MORNING: You can track your sleep, make notes of what you're thankful for, your morning thoughts and planning (clothes, beauty, and meals.).

2. MINDSET SHIFT: Every day, a new prompt or task is provided in this section to finish. It will provide you with a more profound understanding of your quest to develop your identity.

3. TAKE ADVANTAGE OF THE DAY: Examine what needs to get done versus what you want to get done on your daily to-do list. Take a moment to assess your list. Prioritize the things you need to do. Complete your daily schedule.

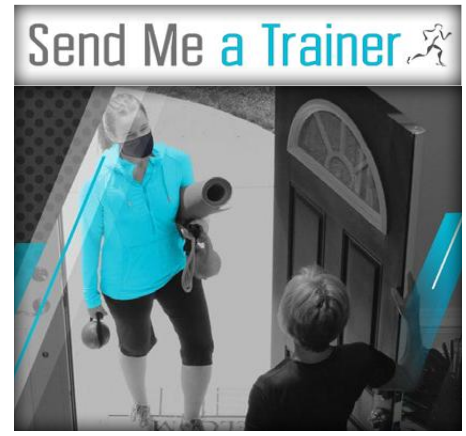
4. DAY: Mid-day tracking - how is your day going and lunch planning. Fitness keep track of your fitness to help you sustain and accomplish your goals.

5. GOOD EVENING: Now is the time to think back on your day and plan for the next one.

6. WHAT I ATE TODAY: You can keep track of your daily meal and water intake here.

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CANNABIS CORNER

CANNABIS USE DISORDER





BY RUTH HILL R.N.

Cannabis use disorder (CUD) is a term used instead of cannabis abuse or addiction. According to the medical manual that codes diseases, CUD is a problematic pattern of cannabis use leading to clinically significant impairment or distress, as manifested by at least two of the following, occurring within a 12-month period:

• Cannabis is often taken in larger amounts or over a longer period than was intended. There is a persistent desire or unsuccessful efforts to cut down or control cannabis use.

• A great deal of time is spent in activities necessary to obtain cannabis, use cannabis, or recover from its effects.

• Craving, or a strong desire or urge to use cannabis.

• Recurrent cannabis use results in failure to fulfill role obligations at work, school, or home.

• Continued cannabis use despite having persistent or recurrent social or interpersonal problems caused or exacerbated by the effects of cannabis.

• Important social, occupational, or recreational activities are given up or reduced because of cannabis use.

• Recurrent cannabis use in situations in which it is physically hazardous.

• Cannabis use continues despite knowledge of having a persistent or recurrent physical or psychological problem that is likely to have been caused or exacerbated by cannabis.

• Tolerance, as defined by either: (1) a need for markedly increased cannabis to achieve intoxication or desired effect or (2) a markedly diminished effect with continued use of the same amount of the substance.

• Withdrawal, as manifested by either (1) the characteristic withdrawal syndrome for cannabis or (2) cannabis is taken to relieve or avoid withdrawal symptoms.

That's a lot of criteria which injects a bias in diagnosing this disorder. A patient comes to the ER with symptoms of a stroke. The patient tells the physician he also smokes marijuana. The physician then concludes erroneously that cannabis causes strokes. Bias in scientific studies state in their hypothesis: "despite federal regulations cannabis is the most abused drug in the U.S."

In the U.S. 55 million people use cannabis almost as many people who smoke cigarettes. One in three women use cannabis in the US. Where are all these addicted cannabis users? How then do we treat this disorder with so many biases? It is not unusual to replace abuse of one drug with another pharmaceutical. Opioid addiction is treated with methadone.

A published report in the July 2019 JAMA Internal Medicine, titled "Nabiximols for the Treatment of Cannabis Dependence: A Randomized Clinical Trial," described an Australian study that probed the use of a standardized cannabis extract for treating cannabis dependence.

The extract, called nabiximols (and marketed under the brand name Sativex), is an ethanol-based sublingual spray containing roughly equal parts THC and CBD, which has been approved for treating multiple sclerosis in many countries around the world.

In another 2019 study, scientists at Harvard and Yale described their efforts to treat cannabis addiction with galantamine, a drug for Alzheimer's dementia. After finding the treatment had no effect on cannabis addiction, they somehow assert that their data "support the feasibility of the administration of galantamine for individuals with CUD." The results of both studies did not show the benefit use of the pharmaceutical. Neither did the studies show any discernable risk for cognitive damage with CUD.

Cannabis craving is rarely as intense as heroin. Substituting cannabis for opioid alcohol or heroin addiction is well established. It doesn't mean cannabis does not have a risk of abuse. The harm reduction in using cannabis as an exit drug is well established by statistics.

The medical community will always try to treat CUD with a pharmaceutical. This is an oxymoron. Studies to treat CUD employ subjects that do not want to quit and omit discussing the harm associated with the pharmaceutical used to replace cannabis. Look at the list of adverse effects of galantamine. Would you want to replace your joint with this drug?

One does not suffer the same effects of withdrawal as a person who is addicted to heroin opioids or alcohol. CUD shares the same types of behavior as addiction to gambling or eating. The abuse incidence is 9% compared with 40% for alcohol. Again, I ask. Where are all those addicted cannabis users?

Ruth Hill - direct questions to hilruth@gmail.com. CV


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