

FEBRUARY 2016

# The Gem

The Voice of Business

## 10TH ANNUAL **Hot Rod & Custom Car Show** **SATURDAY, FEBRUARY 6**

*See Page 17 for details!*

**Why Every Business  
Needs Insurance**

**Cycling Safety Tips**

**Impress Your Valentine with  
Wine & Chocolate Trivia**

**When Styles Collide:  
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**Reflecting on  
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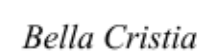
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To promote and enhance business growth, civic well-being and a sound quality of life.

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- Creating a Strong Local Economy
- Promoting the Community
- Providing Networking Opportunities
- Representing the Interests of Business with Government
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*On the cover: The 10th Annual Hot Rod & Custom Car Show is February 6 in La Quinta. Photo credit: John Greenwood.*

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## CHAMBER CHAIRMAN'S MESSAGE

### Reflecting on Community Leaders We've Lost

*By: Jason Schneider, Chamber of Commerce Chairman*

It's a busy time in beautiful La Quinta and all over the Coachella Valley. As we jump full swing into the hustle and bustle of season, it's important to take a moment and reflect on the incredible community in which we live. We have had some great successes over the past six months, but have also lost some irreplaceable people in our La Quinta and East Valley family. In just the past three months, we have lost Elliott Newton, Fred Ex and Cris Romero – each of whom served their communities tirelessly in their own unique ways.



Elliott (known affectionately as “The Potter of La Quinta”) loved to interact with people and was truly at home when he could share his love of ceramics with kids and adults alike. He volunteered at the Coachella Valley History Museum as well as at local elementary schools.

While it's hard to believe, Fred Ex truly was greater than his name. He worked tirelessly at anything he committed to and was one of the most positive people you would ever meet. He had that old school “Rat Pack” feeling about him and exuded the classic Palm Springs vibe.

Although she was small in stature, Cris Romero had the biggest heart and personality of any volunteer I've had the pleasure of serving with. My first exposure to Cris was through Cub Scouts with my son. Cris was everywhere and was involved in absolutely every non-profit organization I came in contact with. To know her was to know true joy and happiness with your place in this world.

The one common theme from each of these incredible individuals was their heart for service to the community. They will be missed but the best way to honor their lives and service is to get involved. The memory of these tireless volunteers will live on forever in the La Quinta Chamber and throughout the Coachella Valley.

*Jason Schneider is a CPA with OR CPAs. He can be reached at (760) 777-9805.*



### Remembering Cris Romero

An amazing person left the Coachella Valley at the start of the New Year. Cris Romero died from natural causes on January 2. She was an activist, a friend, a community cheerleader and an ambassador for valley chambers. She brought with her a style all her own and a joke for everyone.

“May we all honor her cheery spirit by being kind and laughing a little bit more every single day. She is already missed by everyone who was lucky enough to know her. What an amazing, loved woman,” said Katie Stice, vice president of the La Quinta Chamber of Commerce

She was born in Thermal and lived in the Coachella Valley her entire life. Her presence in the Coachella Valley has spanned many decades. Her life and community commitment will be remembered as truly great.

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# Don't Miss It! 10th Annual Hot Rod & Custom Car Show is Saturday, February 6

Submitted by: La Quinta Chamber of Commerce

Enjoy cars? How about Hot Rods? Does your pulse race when seeing a cool custom car? Then this is the event for you! Dozens of car enthusiasts will be displaying their prides and joy, and YOU get to view them all. Entertainment, food and a beer garden complete the experience.



**10<sup>th</sup> Annual  
Hot Rod & Custom Car Show  
Saturday, February 6  
11 a.m. - 4 p.m.**  
La Quinta Community Park  
77-865 Avenida Montezuma  
**FREE ADMISSION**  
Hosted by  
Desert Recreation District

Help select the *People's Choice* entry. There is also a *Mayor's Choice* trophy and *Best Hot Rod In Spirit*

*of Jim Varco* trophy. Plaques will be awarded for Best Street Rod-Open Car, Best Street Rod-Closed Car, Best Paint, Best '50s, Best Sports Car-Foreign, Best Classic, Best '60s, Best Special Interest, Best Engine, Best '70s, Best Motorcycle, Best Custom, Best '80s, Best Low Rider, Best Sports Car, Best Truck, Best Orphan, Best Muscle Car.

Interested in displaying YOUR car? Contact the chamber for further information at (760) 564-3199.

Special thanks to our Turbo Sponsors: **Desert Recreation District** and **The Chandi Group**; and Overdrive Sponsor: **The Desert Sun**. Partner Sponsors are **Classic Party Rentals** and the **City of La Quinta**. The event is hosted by **Desert Recreation District**.

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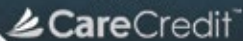



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# Valentine's Day: The Perfect Holiday for Wine & Chocolate Trivia

By: *Betty Berrysmith, Jule's Market*

Valentine's Day – the day we indulge in very decadent things like wine and chocolate. There's no better time to enjoy some wine and chocolate trivia!



## Interesting Facts About Wine:

- ◆ One ton of grapes makes about 60 cases of wine, or 720 bottles. One bottle of wine contains about 2.8 pounds of grapes.
- ◆ California is the fourth-largest wine producer in the world, after France, Italy, and Spain.
- ◆ The world's oldest person attributed her ripe old age (122) to a diet of olive oil, port wine and 1kg of chocolate per week.
- ◆ When Tutankhamun's tomb was opened in 1922, wine jars buried alongside him were labeled with the year, the name of the winemaker and descriptions about the quality of the wine. The labels could actually comply with modern wine label laws of several countries today. In ancient Egypt, the ability to craft wine that improved with age was considered alchemy and was a privilege reserved for the pharaohs.

- ◆ And my favorite wine trivia: Plato argued that the minimum drinking age should be 18, and then wine in moderation may be tasted until 31. When a man reaches 40, he may drink as much as he wants to cure the "crabbedness of old age."

## Interesting Facts About Chocolate:

- ◆ Chocolate liquor remains solid at normal room temperatures, but liquefies at about 92 degrees, which is about the same temperature of the human tongue ... which is the secret behind chocolate's cherished melting qualities.
- ◆ It takes approximately 400 cacao beans to make one pound of chocolate.
- ◆ Mayans used chocolate in baptisms and in marriage ceremonies. It was also sometimes used in place of blood during ceremonies. Mayan emperors were often buried with jars of chocolate by their side.
- ◆ A Hershey's bar was dug up after 60 years from Admiral Richard Byrd's cache at the South Pole. Having been frozen all those years, it was still edible.
- ◆ One chocolate chip can give a person enough energy to walk 150 feet.
- ◆ And my favorite piece of chocolate trivia: In 1513, according to Hernando Valdez, you could pay 30 cocoa beans for a rabbit!



*Betty Berrysmith is the Resident Wine Specialist at Jule's Market, located at 78-130 Calle Tampico in La Quinta. Jule's Market has an extensive wine collection and great chocolates, and can create those special gift baskets for your loved ones this Valentine's Day. For more information, call (760) 777-9000.*



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**Sat. Feb. 13, 10am-2pm — 4th Annual *Strut Your Mutt* Dog Show & Expo**  
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- 8:00** Registration & Light Breakfast Foods
- 8:45** Learn Hands-Only CPR with This Easy Demonstration
- 9:00** Technology to Keep the Heart in Rhythm  
Hetal Bhakta, MD - Electrophysiologist
- 9:45** Heart-Healthy Cooking Demonstration  
Chef Justin Bailey and a Dietitian from Desert Regional
- 10:00** Diet Evolution: A Recipe for Heart Health  
Steven Gundry, MD - Cardiothoracic Surgeon and Nutrition Advocate
- 10:45** Mid-Morning Stretch -  
Alicia Rios, RN and Jean Novales, RN
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## CITY MANAGER'S MESSAGE



### Protecting Our Gem of the Desert

*By: Frank J. Spevacek,  
La Quinta City Manager*

El Niño is here...and according to an updated forecast by the National Oceanic Atmospheric Administration, there is an 80 percent chance of lasting into early spring. The City places great emphasis on improving and maintaining its storm drains and retention basins to ensure utmost flood protection. In addition, a focused drainage study is nearing completion, which will further identify preventative storm drain measures.

The City's drain systems and retention basins are

designed to handle storm water runoff under what is commonly referred to as "100-year" storm event. This is a storm that has only one percent chance of occurring in any given year, and it is the Federal Emergency Management Agency's (FEMA) and the County of Riverside's standard for flood control system design.

Late summer storms in 2013 and 2014 exceeded this 100-year storm standard. In 2015, the City retained a highly regarded consultant to review the existing storm water facilities and identify how the system may be improved to exceed the FEMA and Riverside County standards. The City is identifying how to ensure that major city streets are passable for public safety vehicles and motorists as well as to minimize property damage in up to a 500-year storm.

The draft focused drainage study will be presented to the City Council in late February 2016. The study will identify storm drain options for the lower Cove,

Village and Eisenhower Drive, and will provide cost estimates to construct 500-year storm facilities to service this area. The terrain in this area is relatively flat and when storms flood the adjoining mountains, the run-off flows to this area.

Residents are also encouraged to stay informed and be prepared – "Are you in a flood zone?", "Have you considered flood insurance?", "Have you discussed an emergency response plan with your family?" Make sure your home is well equipped – clean your gutters and water drains and verify your roof and landscaping are well maintained. You can also get involved – the City offers Community Emergency Response Team (CERT) trainings where you can learn basic disaster response skills. And your friendly Public Works staff will be happy to meet with you to discuss additional flood protection options.

*"There is no harm in hoping for the best as long as you are prepared for the worst." – Stephen King*

## PUBLIC WORKS AT WORK

The Public Works Department is busy working on a variety of projects. Some of our recent activities are centered on safety projects and water conservation efforts.

### A Safer Washington and Miles

The cities of La Quinta and Indian Wells have recently completed safety upgrades at Washington Street and Miles Avenue, which include:

- ✓ Installing new, brighter safety lighting for better illumination at night.
- ✓ Installing new street name signs illuminated by light-emitting diode (LED) technology, making it easier for drivers to read.
- ✓ Replacing old vehicle detection equipment with state-of-the-art video detection cameras that have special detection for bicycles.

- ✓ Initiating work on double left-turn lanes on Washington Street and a separate right-turn lane for westbound Miles Avenue (approaching Washington).

### Federal Dollars Yield Safety Benefits

The City has been awarded over \$3 million in grant funding through the federally-funded Highway Safety Improvement Program. This is great news, given that the City competed Statewide with 212 other agencies. The money will help the City upgrade to a state-of-the-art traffic signal communication system using fiber optic technology. It will also accelerate the City's program to upgrade its old safety lighting and street name signing at various traffic signals.

### Converting Turf is in Full Swing

Removing natural grass and old sprinklers from City medians and parkways is a priority these days as the City continues its efforts to reduce water usage. These "turf conversion" efforts replace existing grass and old irrigation systems with desert landscaping

and drip irrigation. There are currently four of these projects underway at: Civic Center Campus, Fritz Burns Park, Fire Station No. 70 (near PGA West), and Madison Street (between Avenue 54 and Avenue 56).



The City anticipates a water savings of up to 70 percent where desert landscaping with drip irrigation is used, and up to a 100 percent savings in non-irrigated areas where only rock will be used. The combined projects are expected to yield an estimated 9 million gallons of water savings per year.

*For more information on any of these projects, please call the Public Works Department at (760) 777-7075.*



## FIRE DEPARTMENT

### Heating Safety

• Keep anything that can burn at least three feet away from heating equipment, like the furnace, fireplace, wood stove, or portable space heater.

- Establish a three-foot “kid-free zone” around open fires and space heaters.
- Never use your oven to heat your home.
- Heating equipment and chimneys should be cleaned and inspected every year by a qualified professional.
- Remember to turn portable heaters off when leaving the room or going to bed.
- Always use the right kind of fuel, specified by the manufacturer, for fuel burning space heaters.
- Make sure the fireplace has a sturdy screen to stop sparks from flying into the room. Ashes should be cool before placed in a metal container. Keep the container a safe distance away from your home.
- Install wood burning stoves following manufacturer’s instructions or contact a professional to do the installation. All fuel-burning equipment should be vented to the outside to avoid carbon monoxide (CO) poisoning.
- Install and maintain CO alarms to avoid the risk of CO poisoning. If you smell gas in your gas heater, do not light the appliance. Leave the home immediately and call 911.



*Did you know that heating equipment is one of the leading causes of home fire deaths? With a few simple safety tips and precautions you can prevent most heating fires from happening.*

For more information, please visit [rvcfire.org](http://rvcfire.org).

## La Quinta’s Long Term Economic Growth

The City Council revamped its Economic Development Strategy Plan, which outlines the City’s path for pursuing long term economic growth. A key component is seeking participation and feedback from the community.

Share your ideas! La Quinta residents and business owners are encouraged to get engaged and provide input during February and March.

### Making Headlines

Complete an online survey at [la-quinta.org](http://la-quinta.org) from the “Making Headlines” section on the City’s homepage.

For more information or questions about the survey, please contact Ted Shove, Business Analyst at (760) 777-7131 or via email at [tshove@la-quinta.org](mailto:tshove@la-quinta.org).

## POLICE DEPARTMENT



### Nextdoor – When Neighbors Start Talking, Good Things Happen

Nextdoor is the free, private social network for your neighborhood. It makes it easy to communicate with your neighbors about the issues that matter most in your community. Over 10,000 neighborhoods across the country are using Nextdoor to:

- Share recommendations about local services and businesses (e.g. babysitters, plumbers, dentists)
- Organize neighborhood events (e.g. National Night Out, Neighborhood Watch, HOA meetings)
- Report suspicious activities, help prevent crime and receive updates from city officials
- Create groups to connect with parents, pet owners and other neighborhood groups
- Get to know your fellow neighbors



Neighbors only – each Nextdoor website is password protected and private to you and your neighbors. Members must verify that they live in the neighborhood before they can join. Feel confident knowing that you are talking with people who actually live in your neighborhood.

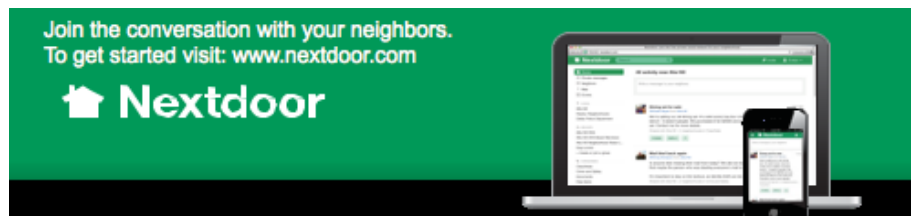


All your information is private – Nextdoor takes privacy very seriously! All members must verify their addresses before accessing their password protected, encrypted websites. None of your personal information or anything you share is available on search engines, nor shared with advertisers or third parties.



Make your neighborhood safer – research has shown that one of the best ways to prevent crime is to get to know your neighbors. When neighbors know each other, they look out for one another. Nextdoor makes it easy to meet your neighbors, create watch groups, report suspicious activity, and prevent crime before it happens.

For more information, please visit [nextdoor.com](http://nextdoor.com) or get answers to your questions at [help.nextdoor.com](http://help.nextdoor.com).





## IT'S YOUR LIBRARY

### Tweens! (ages 9-12)

**Tween Makerspace: Art – Tuesday, February 2, 4 p.m.**

**Tween Book Club – Tuesday, February 9 and 23, 4 p.m.**

Please visit the Children's Reference Desk to sign up.

**Tween Movie: "Hook" – Thursday, February 11, 4 p.m.**

This film is rated PG. The movie and popcorn are sponsored by Friends of the La Quinta Library.

### Special this month! Family Fun Night and Bilingual Storytime Combined (all ages)

**Wednesday, February 3, 5:30 p.m.**

Join Ms. Sarah and Ms. Minerva for Valentine's Day stories and fun craft painting ceramic hearts sponsored by Old Town Artisan Studio, which will then be gifted to local convalescent homes for Valentine's Day! Space is limited.

### Charles Dickens: A Steampunk Celebration (all ages)

**Saturday, February 6, 2 p.m.**

Join us to create Steampunk crafts and to celebrate the birthday of beloved author Charles Dickens. Participants are encouraged to dress up. There will be a costume contest for "Best in Steampunk!" Space is limited.

### Teens! (ages 13-18)

**Teen Magna Club, Saturday, February 6, 4 p.m.**

**Teen Think – Art/Science/Tech Workshop, Saturday, February 13, 4 p.m.**

**Teen Book Club, Saturday, February 20, 4 p.m.**

**Teen Advisory Board Meeting, Friday, February 26, 4 p.m.**

For more information, visit [laqlibteen.blogspot.com](http://laqlibteen.blogspot.com).

### Chinese New Year Celebration

**Sunday, February 7, 1:30 p.m.**

**(Sponsored by Friends of the La Quinta Library)**

Celebrate with a Cherry Tree painting project and Chopstick craft. Enjoy refreshments, sweet treats, and more! Space is limited and online registration is required at [rivlib.info](http://rivlib.info) or call (760) 771.0395 for more information.

**Everything Roses (ages 9-17) Monday, February 8, 4:30 p.m.**

Join us to learn how to make unique crafts like felt roses, painted book page roses, and hard candy roses! Registration is required at [rivlib.info](http://rivlib.info) or call (760) 564-4767 for more information.

**Desert Regional Medical Center Lecture: "How to Bounce Back from a Heart Attack" by CHF Nurse Practitioner Denise Rigney and Alicia Rios, RN Tuesday, February 9, 4 p.m.**

You're not alone – 735,000 Americans have a heart attack each year. Join us for a practical look at recovering from a heart attack. Call (800) 491-4990 to register.

**Pajama Tales – Wednesday, February 10, 5:30 p.m.**

Kids, wear your favorite PJ's for this fun storytime!

**Pinterest Craft Club: Valentine's Cork Trivet**

**Saturday, February 13, 11:30 a.m.**

Join this monthly club for adult crafters featuring our favorite crafts from Pinterest! This month's project is painting cork trivets using heart stencils. Registrations are required at the Adult Reference Desk or at (760) 564-4767.

**"La Quinta Reads" Book Club – Monday, February 22, 11:30 a.m.** Adults, join us for a lively book discussion.

Sign up at Adult Reference Desk or call (760) 564-4767.

**Eisenhower Medical Center Lecture: *How to Maintain a Healthy Heart* by Dr. Rezai – Tuesday, February 23, 4 p.m.**

Learn how some simple lifestyle changes can impact the health of your heart. Call (760) 423-4855 to register.

**Family Fun Night – Friday, February 26, 4:30 p.m.**

Join us for fun board games and more.

**Book Babies Storytime (ages 0-2), Tuesdays, 10 a.m. and**

**11 a.m.; Preschool Storytime (ages 2-5), Thursdays at 10 a.m. and 11 a.m. – Join Ms. Sarah for a fun storytime!**

**Bilingual Storytime every first Wednesday, 5:30 p.m.**

**(now through April)** Join Ms. Minerva for an interactive storytime in English and Spanish, on February 3. Enjoy stories, songs, and creative crafts!

**Colonel Mitchell Paige Middle School (ages 3-12)**

**Every Tuesday and Thursday, 6 p.m.**

Enjoy a variety of special programs like Pajama Storytime, No-Bake Cooking, Tween Book Club, Tween Electronics Learning Lab, Crafty Days, and STEAM Activities. Program themes rotate weekly and are age specific.

**NOTICE: The children's area of the Library will be CLOSED on February 24 at 1:30 p.m. to hold the annual City Council meeting. The area will not be accessible once closed.**

**Please be sure to plan ahead and use the computers or get any library materials prior to the closure.**

**The Library will be CLOSED on February 12 and 15.**

For more information call (760) 564-4767 or visit [rivlib.info](http://rivlib.info).

## WELLNESS CENTER EVENTS

### Heart Healthy Nutrition

How can you lower your cholesterol naturally? February is healthy heart month and Dr. Rhonda Donahue presents important information that will answer your questions on how to maintain a healthy heart. The lecture is scheduled for Monday, February 8, from 11 a.m. to 12 p.m. Please call (760) 564-0096 to make a reservation.

### Live Well Clinic Visits the Wellness Center

Vitamin B-12 injections will be offered at the Wellness Center on Fridays from 9 a.m. to 10:30 a.m. by appointment or on a walk-in basis (cash or credit card accepted).

### Family Hospice Care

Your local bereavement support group is open to all who have experienced the death of someone close. Support is free of charge in a non-religious, safe and caring environment. First time attendees please register by calling the Family Hospice Care office at (760) 674-3344. Group meets on Fridays from 10 a.m. to 11 a.m.

### Wellness Journey Class

Angie's Option, Inc., Grass Roots Movement representative will be presenting a DVD based class on the following topics: "How has our food been altered," "Synthetic versus Real Supplementation," "Glycosylation and why Glycosylation matters." The lecture is scheduled for Saturday, February 6, from 9 a.m. to 10:30 a.m.

### AARP Tax Assistance

Volunteers will be offering free tax preparing services for simple tax forms; all necessary documents are required at the time of reserving your appointment. Appointments are taken on a weekly basis only; first call, first reserve. Tax appointments are scheduled on Fridays from 11 a.m. to 1 p.m.

### Jump! Senior Presentation

What have you dreamt to do and haven't accomplish? Speaker and Founder Web Weiman of the non-profit organization "Jump!" assist seniors with achieving their dreams. See how seniors like you are inspired by "Jump!" Minimum of five participants are required. Drop-in participants are welcome if the minimum has been met.

## EXPLORE YOUR MUSEUM



The La Quinta Museum is located at 77-885 Avenida Montezuma (across the street from the La Quinta Community Park) containing historical artifacts and information on La Quinta and also offers seasonal events and classes for all to enjoy. Hours are Tuesday through Saturday from 10 a.m. to 4 p.m. (closed on Sundays and Mondays). Admission and all programs are free, but donations are always welcomed! The bottom floor gift shop offers unique and fun gifts for friends and family and the elevator will take you to the current exhibits.

### EXHIBITS

#### **“By Design – 2016” opened Tuesday, January 5**

Design concepts and themes affect many aspects of our lives and often reflect change in our preferences over time. This exhibit showcases design influences in fashion, interior, industrial, architectural and landscape design from 1850 to the present, highlighting the Victorian Era (1850-1910). The exhibit will be on display until March 31.

**Local History Gallery** – Features the Cahuilla Indians as well as local La Quinta history.

### EVENTS

#### **Story Time and Craft with Miss Beth (Ages 3 – 5)**

**Wednesday, February 3, 10:30 a.m. – 11 a.m.**

Enjoy fun time with stories, songs and a craft.

#### **First Friday Concert – Hotflash!**

**Friday, February 5, 5 p.m. – 6 p.m.**

Hotflash! Features local musician Sandii Castleberry. Bringing bluegrass/folk music to the Museum.

#### **La Quinta Museum Coloring Club for Adults**

**Friday, February 5, 5 p.m. – 6 p.m.**

Coloring pages will be provided. Coloring books are available for purchase in the Museum Gift Shop.

#### **Brown Bag TED\* Talk**

**Tuesday, February 9, 12 p.m.**

Each month we explore a new and entertaining topic. Bring your lunch and enjoy a TED\* Talk on the big screen. Cookies and water provided.

\*Technology Entertainment Design

#### **“Little Plates” Chef Program at the Museum**

**Wednesdays, February 10 and 17, 2 p.m. – 3 p.m.**

We are pleased to welcome chefs from some of La Quinta’s finest dining establishments for a cooking demo/tasting. Seating is limited and reservations are requested. For more information or to make a reservation please call (760) 777-7170.

#### **Adult Craft Night with S.C.R.A.P. Gallery**

**Thursday, February 11, 6:30 p.m. – 7:30 p.m.**

Join us for a fun evening of Valentine making at the Museum. S.C.R.A.P. Gallery always has a great program with upcycling and recycling.

#### **La Quinta Museum Fiber Friday**

**Friday, February 12, 1 p.m. – 3 p.m.**

Are you a knitter? Do you crochet? How about needlepoint? We are starting a new program for all of our fiber loving friends. Bring your own project to work on. This will be a chance to share ideas and inspiration.

#### **“Pulses Talk”**

**Tuesday, February 16, 4 p.m. – 5 p.m.**

2016 is the Year of Pulses (beans, legumes, etc.) and Mary Cardas of Savory Spice will talk about pulses used in cooking.

#### **Appraisal Event with Tim Gordon**

**Sunday, February 21, 10 a.m. – 4 p.m.**

Do you have a treasure? TV star and professional appraiser Timothy Gordon will be here for a one-day event. Appointments are welcomed, please call (760) 777-7170 to make yours!

#### **Senior Moments/Trending Topics**

**Tuesday, February 23, 10 a.m. – 11 a.m.**

Grab you neighbor and stop by the Museum for a cup of coffee. This community outreach program brings experts in various fields to share information. For more information and a list of upcoming topics, please call the Museum.

#### **Story Time and Craft with Miss Beth**

**Wednesday, March 2, 10:30 a.m. – 11 a.m.**

Fun time with stories, songs and a craft!

## SILVERROCK RESORT

**Walk the Rock** — SilverRock continues the popular 9-hole “Walk the Rock” program this month. Golfers are able to walk and play golf starting at 3:30 p.m. The fee for La Quinta residents with valid La Quinta Resident Cards is \$20 (juniors under the age of 17, \$10). The fee for non-La Quinta residents is \$40. Contact the golf shop for reservations at (760) 777-8884.

**Food and Beverage Hours** — The SilverRock Grill is open daily from 7 a.m. to 3 p.m. Breakfast will be served all day and lunch will be offered from 10:30 a.m. to 3 p.m. Try our delicious fresh Kobe hamburgers or our all-time favorite fish tacos. The menu also features fresh chicken and turkey accompanied with organic mixed green salads that are good for the heart. Happy Hour is served daily from 3 p.m. to 6 p.m. Hope to see you at SilverRock enjoying the vistas!

**La Quinta Resident Cards** — La Quinta Resident Cards are issued and renewed at the SilverRock Resort golf course administration trailer open Mondays, Wednesdays, and Fridays from 10 a.m. to 3 p.m.; and the first Saturday of every month from 8 a.m. to 12 p.m. It is located in the SilverRock Resort parking lot. For more information, call (760) 771-1669.

**SilverRock App** — The easiest way to book tee times for SilverRock is through our App. Download the free SilverRock App to start booking your tee times. It is available in both iPhone and Android phones.

*The SilverRock golf course is located at 79-179 Ahmanson Lane (off Avenue 52). For general questions, please call (760) 777-8884.*

### La Quinta Launches Online Community Trash and Recycling Survey

The City of La Quinta monitors performance and customer satisfaction of services provided to residents and businesses. The feedbacks received establish a framework upon which services are improved. This month we seek your feedback on current refuse collection and recycling services. Get engaged! Complete a short online survey to tell us how we are doing.

Visit us at [la-quinta.org](http://la-quinta.org) – “Making Headlines” on the City’s homepage.

*For more information or questions about the survey, contact Ted Shove, Business Analyst at (760) 777-7131 or via email at [tshove@la-quinta.org](mailto:tshove@la-quinta.org).*

## UPCOMING SPECIAL EVENTS

### BNP PARIBAS OPEN, March 7-20

Indian Wells Tennis Garden

This tournament is the largest two-week combined ATP World Tour Masters 1,000 and WTA Premier professional tennis tournament in the world. It features the top men and women professional players competing in a 96 singles draw and 32 doubles draw. You may purchase tickets at: [bnpparibasopen.com](http://bnpparibasopen.com).

### YOUTH EGG HUNT, Saturday, March 26, 9 a.m.

La Quinta Park (Across from La Quinta High School)

Join us for the annual Youth Egg Hunt. The event includes: egg hunt areas by age group, chalk drawing contest, pictures with the Easter Bunny, and more.

## SPORTS

### Open Gym (Boys & Girls Club) 7 p.m. – 9 p.m.

Volleyball: Mondays/Thursdays

Basketball: Tuesdays/Wednesdays

### Disc Golf Tournament

Saturday, February 13 at 10 a.m. at the top of the Cove / Cove Oasis. \$10 per person (on-site registration). In partnership with Helix Disc Golf. All ages and experience levels welcomed. Prizes awarded to the top finishers in each division (youth, novice, advanced).

### Youth Tennis

The La Quinta Tennis Academy is now forming classes for the next session beginning on Monday, February 8 at Fritz Burns Park. Join us for the best tennis instruction in the Valley.

## WELLNESS CENTER EVENTS

### Live Well Clinic B-Vitamin Injections

(fee will be charged)

Fridays, 9 a.m. – 10:30 a.m.

### Register now for upcoming Luncheons!

Thursday, February 11, 11:15 a.m.

Thursday, March 10, 11:15 a.m.

\$4 per person (maximum of 2 people per household). *Online registration is available at [la-quinta.org](http://la-quinta.org).*

### Session IV: February 8 – March 18

#### 10 and Under Classes

(once a week \$66, twice a week \$120)

**Red I:** (8 and under – Beginner)

**Red II:** (8 and Under Intermediate)

Mondays/Wednesdays 4 p.m. – 5 p.m.

**Orange I:** (10 and Under Beginner)

Tuesdays/Thursdays 4 p.m. – 5 p.m.

#### 11 and Over Classes

(once a week \$99, twice a week \$198)

**Level I:** (Beginner)

**Level II:** (Intermediate)

Mondays/Wednesdays 5 p.m. – 6:30 p.m.

For more information or to enroll a student into the program, visit [LaQuintaTennisAcademy.com](http://LaQuintaTennisAcademy.com) or call the office at (760) 895-1817.

### Ageless Health and Nutrition,

**Rhonda Donahue, PhD**

Lecture: The Truth About Calcium

Monday, February 8,

11 a.m. – 12 p.m.

### Wellness Support Group

#### Grass Roots Movement

Topics: Altered foods, Synthetic vs Natural, Glycosylation  
Thursday, February 25, 6 p.m. – 7 p.m.

Please register at [la-quinta.org](http://la-quinta.org).

## GUIDED HIKES & WALKS

### Dog Hikes presented by the Santa Rosa and San Jacinto Mountains National Monument

Wednesdays, February 3, and March 2, 8:30 a.m. – 10:30 a.m.

Dogs! Fetch your master and your leash for a session of adventurous canine companionship. Be trained on observing Bighorn Sheep and other desert animals. We'll explore a desert trail with happy tails! Learners welcome, but no aggressive dogs, please. Meet at the top of the Cove (corner of Calle Tecate and Avenida Madero).

### Hikes around the Coachella Valley with Philip Ferranti

**Mecca Hills** – Saturday, February 6, 9 a.m.

**White Water Canyon – Pacific Trail Loop\***  
Saturday, March 12, 9 a.m.

All participants should dress appropriately and bring water. Meet and carpool from 42185 Washington Street (Albertson's Shopping Center Palm Desert – south parking lot, first two rows in front of the Postal Connection).

\*Group potluck immediately following at Whitewater Preserve Visitor facility. Please contact Philip Ferranti to participate at (760) 345-6234.

### Family Hike

#### Wellness in Nature; Scavenger Hunt with Volunteer Hike Leader

Saturday, February 6, 9 a.m.

An easy 1-2 mile hike at the top of the Cove. Meet at the Cove Oasis/top of the Cove parking lot.

### 100th Hike

Mark Johnson, a La Quinta Community Services Commissioner and Hiking Coordinator for the Koko-Nuts hiking group completed his 100th Bear Creek Trail hike on December 30, 2015. Congratulations, Mark!

### Bear Creek Palm Oasis Hike with Jeff Smith and Cam Barrows

Saturday, February 13, 8 a.m.

Strenuous, 9-mile round trip, 2,000' + elevation gain (5+ hours) to the Bear Creek Palm Oasis and back. Meet at the Cove Oasis/top of Cove parking lot.

### Exploring Cahuilla Trails Hike with Hal Summers

Saturday, February 20, 8 a.m.

An easy hike exploring the alluvial fans around Bear Creek, old indian trails, and learn about locations of past Cahuilla campsites. Meet at the Cove Oasis/top of the Cove parking lot.

### Family Hike - Geology Rocks with Volunteer Hike Leader

Saturday, March 5, 9 a.m.

An easy 1-2 mile hike at the top of the Cove. Meet at the Cove Oasis/top of the Cove parking lot.

### Spring Wildflowers Hike with Katie Barrows

Saturday, March 19, 8 a.m.

Easy hike around the Bear Creek Wash Environs. Meet at the Cove Oasis/top of the Cove parking lot.



# COMMUNITY SERVICES CLASSES & PROGRAMS: FEBRUARY & MARCH

Online registration available at [la-quinta.org/register](http://la-quinta.org/register). For program questions, please call (760) 564-0096.

## LA QUINTA BOYS AND GIRLS CLUB COMMUNITY ROOM

Dance, Play, Pretend (2.5 - 5 years) 9 a.m. – 9:45 a.m. F

## COLONEL MITCHELL PAIGE MIDDLE SCHOOL

Italian for Everyone\* 6 p.m. – 8 p.m. T

Beginning Spanish\* 6 p.m. – 7 p.m. TH

(\*Pre-registration required. Register with YMCA (760) 341-9622 or [ymcaofthesdesert.org](http://ymcaofthesdesert.org))

Dodge Ball 6 p.m. – 7 p.m. T/TH

Nia the Workout 6 p.m. – 7 p.m. T/TH

(Fusion of martial arts, healing arts, and dance. Pre-registration required.)

## LA QUINTA LIBRARY CLASSROOM

Chair Yoga (Silver Sneakers) 12:15 p.m. – 1 p.m. T

## LA QUINTA LIBRARY COMMUNITY ROOM

Dance, Play, Pretend (2.5 - 5 years) 4 p.m. – 4:45 a.m. M

Gentle Flex Yoga 10:45 a.m. – 11:45 a.m. M

Gentle Flex Yoga 10:15 a.m. – 11:15 a.m. W

## LA QUINTA HIGH SCHOOL DANCE ROOM 1006

Beginning Ballet (5 - 10 years) 6:30 p.m. – 7:15 p.m. TH

Rojas Martial Arts (4 years and up) 6 p.m. – 7 p.m. M/W

## WELLNESS CENTER

### (Creative Wellness)

Acrylic Painting 10:30 a.m. – 12 p.m. M (Mar)

Ballroom Dance Beginning 7 p.m. – 8 p.m. T

Ballroom Dance Intermediate 6 p.m. – 7 p.m. T

Friday Social Ballroom Dance 6 p.m. – 7:30 p.m. F (Feb 12)

Friday Social Ballroom Dance 6 p.m. – 7:30 p.m. F (Mar 18)

Beginning Guitar 6 p.m. – 7 p.m. T

Second Level Guitar 7 p.m. – 8 p.m. T (Mar)

Floral Perfect (floral design) 1 p.m. – 4 p.m. TH (Feb 9)

Line Dancing 11:30 a.m. – 12:30 p.m. W

La Quinta Glee (5-14 years) 6 p.m. – 7 p.m. TH

La Quinta Voices 10 a.m. – 11 a.m. T

Sketch & Draw 9 a.m. – 10:30 a.m. T (Feb)

Ukulele Strummers (Advanced) 1 p.m. – 3:45 p.m. F

Ukulele (Beginning) 3 p.m. – 4:30 p.m. W

Voice Overs 9 a.m. – 11 a.m. S (Feb 27)

Watercolor 10:45 a.m. – 12:15 p.m. T

### (Nutritional Wellness)

Herb & Vegetable Group 9 a.m. – 10:30 a.m. F (Feb 5)

Herb & Vegetable Group 9 a.m. – 10:30 a.m. F (Feb 19)

Fara's Food "Mainly Vegetarian" 11 a.m. – 12:30 p.m. W (Feb 17)

Happy Belly (Raw Saurkraut!) 10:30 a.m. – 12 p.m. W (Mar 9)

### (Intellectual Wellness)

AARP Safe Driver 8:30 a.m.-4:30 p.m. W (Mar 30)

Beginning Bridge 10 a.m. – 12 p.m. W (Jan)

Beginning Computer 6 p.m. – 8 p.m. W (Feb)

Intermediate Computer 6 p.m. – 8 p.m. M

Intermediate Bridge II 10 a.m. – 12 p.m. W (Mar)

Use a Digital Camera 9 a.m. – 11a.m. W

Use Digital Camera II 9 a.m. – 11 a.m. W (Mar)

Duplicate Bridge Play 12 p.m. – 3:30 p.m. M

### (Physical Wellness)

Basic Exercise Form 11:15 a.m. – 12:15 p.m. T (Feb 9)

Basic Exercise Form 11:15 a.m. – 12:15 p.m. T (Mar 8)

Chair Exercise 10:15 a.m. – 11 a.m. W/F

Chair Massage CMT (appt & sample) 8:30 a.m. – 10 a.m. W

Chair Massage CMT (sample) 10:15 a.m. – 12:15 p.m. TH

HIIT (High Intensity Interval Training) 7 a.m. – 7:45 a.m. M/W

Know Your Core 11:15 a.m. – 12:15 p.m. T (Feb 16)

Know Your Core 11:15 a.m. – 12:15 p.m. T (Mar 15)

Mat Pilates 8:15 a.m. – 8:45 a.m. M/W/F

Mindful Movement 10:30 a.m. – 11:15am W

Morning Workout 9 a.m. – 10 a.m. M/W/F

Personal Trainer (14 years & up) 12 p.m. – 4 p.m. M/W/F

PIYO (Pilates & Yoga Fusion) 2:15 p.m. – 3 p.m. T/TH

Sunset Yoga (15 years and up) 6 p.m. – 6:45 p.m. M/W

Taekwondo (4 years & up) 5 p.m. – 8 p.m. M/W

Tai Chi Balance & Strength 2:15 p.m. – 3 p.m. T/TH

Tai Chi Chuan 11:15 a.m. – 12 p.m. T/TH

Tai Chi Intermediate 12:15 p.m. – 1 p.m. T/TH

Tai Chi Advanced 1:15 p.m. – 2 p.m. T/TH

Yoga for Health (Silver Sneakers) 11:15 a.m. – 12 p.m. T

Zumba (Night) 6 p.m. – 7 p.m. M/W

Zumba (Day) 10 a.m. – 11 a.m. T/TH

### (Social Wellness)

Ukulele Concert 1:30 p.m. – 3:30 p.m. F (Feb 26)

Ukulele Concert 1:30 p.m. – 3:30 p.m. F (Mar 25)

Duplicate Bridge Play\* 12 p.m. – 3:30 p.m. M

(\*call Mimi (760) 360-3917)

Social Bridge\* 12 p.m. – 3:30 p.m. M

(\*call Doris (760) 564-2878)

Mah Jongg 1 p.m. – 4 p.m. T



# 10<sup>th</sup> Annual Hot Rod & Custom Car Show

**Saturday, February 6 ♦ 11 a.m. – 4 p.m.**

**La Quinta Community Park**

**77-865 Avenida Montezuma, La Quinta**

**Hosted by Desert Recreation District**

- ♦ **Free Admission** ♦ **Entertainment**
- ♦ **Food** ♦ **Beer Garden** ♦ **Vendors**

## **TROPHIES For:**

**People's Choice, Mayor's Choice &  
Best Hot Rod "In Spirit of Jim Varco"**

## **AWARDS FOR:**

- ♦ **Best Street Rod – Open Car**
- ♦ **Best Street Rod – Closed Car**
- ♦ **Best Sports Car – Foreign**
- ♦ **Best Sports Car** ♦ **Best Classic**
- ♦ **Best Special Interest** ♦ **Best Truck**
- ♦ **Best Low Rider** ♦ **Best Orphan**
- ♦ **Best Muscle Car** ♦ **Best Motorcycle**
- ♦ **Best Custom** ♦ **Best Engine** ♦ **Best Paint**
- ♦ **Best '50s, '60s, '70s, & '80s**



**Register Today at [LQChamber.com](http://LQChamber.com) or call (760) 564-3199.**

## Health Plan Changes for 2016

By: Randy Foulds,  
Foulds & Feldmann Insurance



Another season of annual open enrollment for Medicare Advantage plans and Covered California is over. Thousands of us changed plans. But even if you didn't change your health plan, there are probably changes you need to be aware of.

Each year, deductibles, copays and out-of-pocket limits for each plan are reviewed and revised. In the flood of mail you received from your insurer was an annual notice of plan changes. Be sure you are aware of those changes and especially what your copays are supposed to be, if any.

Provider contracts, hospitals, doctors, labs etc., are changing all the time. Don't assume your doctor stayed in your network. And please don't rely on your doctor's office staff for definitive network information. These staffs are often overwhelmed with the sheer number of plans available.

### Get Connected Online

The very best network information can be found by registering online with your insurer, and using their smartphone app. Insurers will now be fined for each incorrect provider directory listing, so I bet they will be more accurate soon.

Once you have confirmed your co-pays, your deductible and your in-network doctors, take the extra step to find which Urgent Care is in your plan, near your home and your work. Most plans have much lower co-pays for urgent care than for emergency room visits.

### No More PPOs?

At least one doctor group has decided to no longer accept ANY PPO's or traditional Medicare. They believe they can better operate with all patients being in a managed care system. While I might not agree with their decision, it may be a positive change for doctors with a high patient load, and one way to streamline billing and scheduling. Ensure your family members know what health insurance plan you have, and carry your ID cards with you. In case of emergency, your family needs to know where you keep that card and the contact information for your primary care physician.

Even though open enrollment is over, there may be changes that can affect your coverage. Stay in touch with your health insurance agent and report your life changes. Note what things you like and don't like about your new health plan so you can use that information to decide whether you need to change your plan next year.

Use your new benefits. You are paying for them and worked hard to get them!



Randy Foulds of Foulds & Feldmann Insurance Agency is a certified agent for Covered California and a health plan specialist in La Quinta. You can reach him at (760) 777-9400.

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activity to make the business grow? A full-time job, wife, kids, weekend trips, etc. all make it difficult if your business is a profit-seeking activity.

The taxpayer's history in the business he or she has chosen, their use of professional advisors, adequate capital contribution, financial status of the taxpayer – all are considered when determining whether the business is a profit-seeking activity.

Even if the taxpayer and their tax preparer determine the activity has a profit-seeking motive, not all of the business expenses are deducted. IRC 195 limits most expenses to \$5,000 in the year of expense; the balance to be amortized over a period of 180 months (15 years).

### Profit-Seeking vs. Hobby

That's the law – so how is this the problem? How many business owners, new or experienced, think their business is a hobby? None. Most tax preparers don't spend the time to determine if the activity is profit-seeking. Both the taxpayer and tax preparer maintain the status quo: "It's the same as last year," or "I started a side business again."

The problem arises in an audit...18 months to two years after the return has been filed. Then, because of the errors found in the audit, the prior year and preceding year tax returns are audited.

Lesson of the day: Either you or your tax preparer need to make absolutely sure your business is a profit-seeking activity. In today's IRS, audits are concentrating on the small business and self-employed to close the so-called social security tax gap. It's a brand new war; make sure you have all the tools to survive.



*Joseph M. Tames is an Enrolled Agent (a federally-licensed tax practitioner.) He has over 20 years' experience, specializing in tax audits, appeals, protests, collections and*

*bankruptcy options. For the latest in tax planning and defense, please call him at (760) 851-5999. You can also reach him by email at [jtames@askmytaxmanjoe.com](mailto:jtames@askmytaxmanjoe.com) or visit his website at [AskMyTaxManJoe.com](http://AskMyTaxManJoe.com).*

## How to Prove You're in Business to Deduct Expenses

**By: Joseph M. Tames, Enrolled Agent**

One of the last, great tax deductions available today is opening a new business.

You must show a profit three out of five years in order to evade the "hobby" loss classification (Internal Revenue Code [IRC] Sec. 183). This means you can spend and spend the first two years with no repercussions. Business expenses would reduce taxable income.

If the taxpayer's business does not show a profit three out of five years and the taxpayer desires to deduct business expenses, then the taxpayer must be prepared to prove said business is a profit-seeking activity.

This is where the audit and subsequent appeals fun begins.

### Beyond Business Basics

It is not enough for a taxpayer to set up a sole proprietorship, corporation or limited liability company. It is not enough for a taxpayer to obtain tax identification numbers, open business bank accounts and begin spending money. It is also not enough for a taxpayer to advertise, buy product for resale, or even hire employees.

What determines whether your business is a profit-seeking activity or a hobby, according to Treasury Regulation 1.183-2(b), is "the manner in which the taxpayer carries on the activity."

First and foremost, does the taxpayer devote enough time in the business



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# Communication with Your Tax Professional is Paramount

By: Jason Schneider, OR CPAs

With the ever increasing complexity in the tax code, it's imperative to stress the importance of communication with your tax professional. As taxpayers, it seems as if we are bombarded with tax paperwork from February through April, and frankly, some of it just simply does not make any sense. From W-2s and 1099s to 1095s and 1098s, the tax world is full of documents that can overwhelm and confuse us. This is why communication is paramount in ensuring that you have productive and positive interaction with your tax professional.

In order for us to prepare an accurate return and put you into the best possible tax position, we need to have accurate and complete information. It's not unusual to prepare a return only to find out later that the taxpayer did not give us the "whole story" or explain fully the nature of the transaction – which could ultimately lead to an incorrect amount of taxes paid.



In many instances the tax treatment of a transaction will differ depending on the nature of that transaction. What might be investment expenses for one person could be an itemized deduction for another person, depending on the circumstances of the transaction. By communicating effectively, you give us the information we need to effectively use our tools to help your tax situation.

In addition to communicating the nature of certain transactions, take the time to go over the tax documents you receive and compare them to your prior year tax return. For the most part, our tax situations remain relatively stable from year to year,

so if you find that you are missing some documents that you had last year, you might need to see if you misplaced them or inquire with the issuer to see if they were, in fact, sent out.

At the end of the day, your tax professional can only prepare the return from information that you provide. As we roll into filing season, make sure that you have gathered all documents and that you are able to explain any transactions which occurred during the year that may be out of the ordinary for your typical tax situation.

By being proactive and communicating effectively with your tax professional, you can ensure that you are put into the best possible tax situation and that your returns are prepared correctly and efficiently.



Jason A. Schneider, CPA, joined OR CPAs in August 2008. He has been in public and private accounting for over 10 years. For more information, call OR CPAs at (760) 777-9805.



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## Don't Let Fear Rule Your Year

By: Jenny Wallis, AskJennyNow

Imagine what life would be like if we had no fear. Wouldn't it be wonderful if we only followed what's creative and inspired? Sadly, we have an easier time choosing fear over inspiration, choosing what is guaranteed over the unknown. When we are wanting to create something, we often come from a place of fear instead of a place of possibility.

Let's make a conscious effort to choose our inspiration over our fear. Listening to our inspiration can never lead us the wrong way. It may feel like we are alone, but in the end, our love always takes care of us. When faced with a situation it is often easier for us to have faith in the tangible, the act of assertion, than it is for us to believe in ourselves.



It seems as though we trust more in trying to make things happen by taking action rather than allowing things to happen.

What exactly is fear and why does it seem to take over our thoughts and confidence? Put very simply, fear is a free-floating resistance to the inevitable ebb and flow of life. When we have fear, we are blocking creativity and inspiration. Remember that fear breeds desperation.

We have all had the experience of being desperate for something at one time or another. We know that desperation seems to repel things from coming to us. That's why we have had the experience of struggling very hard with something, and when we step away and then approach it from a different angle, we figure it out right away. When we step away, we are releasing the desperation and opening ourselves up for creativity. '

The thoughts of self doubt, unworthiness and scarcity attack thoughts – thoughts of not being enough. These fearful thoughts will never stop, but now we know that we can identify them, acknowledge them and even challenge them.

Let's trust in ourselves and have faith in the unknown – we are being guided in the perfect direction. Imagine if the Google or Facebook geniuses had listened to their fears?

*"Fear based thoughts project fear based experiences."* – Gabrielle Bernstein



For more information on AskJennyNow, go to [AskJennyNow.com](http://AskJennyNow.com) or contact her via email at [Jenny@askjennynow.com](mailto:Jenny@askjennynow.com) or by calling (760) 505-0952.

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## Pedal with Care – Cycling Safety Tips

*By: Elisa Guerrero, Old Town Peddler*

The desert is a paradise in the winter and springtime, which means more people are enjoying the great outdoors on their bicycles and sharing the roads with other vehicles. Here are some important safety tips for bicyclists and the drivers sharing the road with them:

### Protect your Noggin!

It's important to wear a helmet if you're out on a bike, especially if you are riding on roads with heavy traffic or enjoying the mountain trails. Don't forget, in California, it's the law for all riders under 18 years old.

### Go with the Flow

Always ride in the same direction as the other traffic on the road. This will keep bicyclists more visible to drivers because they will be looking for common traffic hazards as they turn on-to and off-of the roadways.

### Stay in Your Lane

This goes for bikes and cars alike! Whenever possible, it is best for cyclists to use the designated bike lanes to increase their safety.

### Obey Traffic Signals and Signs

Bicyclists must obey red signal lights and stop signs. It's also a good idea for those on a bike to stop at yellow lights, since bikes are usually slower than motor traffic and they may not make it through the intersection before the light changes.

### Stay Visible

Cyclists should try to signal their turns and lane changes early and often to help motorists know to leave room and stay clear.

### Lighten Up!

When riding at night, all bicycles must be equipped with a headlight and a red rear reflector, as well as white or yellow reflectors on the pedals or rider's shoes.

### Stay Sober

Just as it is illegal for drivers to operate a vehicle under the influence of alcohol or drugs, the same is true for a bicyclist.

### Left Turns

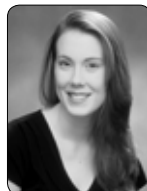
Bikers have two options when turning left: Signal and carefully move into the left side of the traffic lanes with the other vehicles, or move onto the sidewalk and cross at the cross-walk as pedestrians do.

### Watch for Parked Cars

Always pass parked cars carefully to avoid being hit by an opening door. Passengers don't have access to mirrors to check before exiting the vehicle.

### Drivers – Stay Alert!

When you are behind the wheel, remember to keep an eye out for bicyclists. Look carefully before changing lanes, making turns, and be especially watchful at night. Remember: cyclists don't have seatbelts, windshields, or bumpers protecting them from a collision.



*Elisa Guerrero is co-owner of Old Town Peddler, an all-inclusive bike rental and delivery service in La Quinta. Reserve your bikes today by calling (760) 625-7290, or find them on the web at [LQBikeRental.com](http://LQBikeRental.com).*

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## Health Benefits of Juicing

*By: Kerry Anderson,  
SIP Coffee House & Juice Bar*

There are many benefits of juicing regularly. Even a few juices a week can have a beneficial effect upon your health.

When you juice, you use more fruits and vegetables than you could actually eat. This provides an abundant concentration of health-promoting nutrients. You would need to juice about 3-4 apples or oranges to produce one glass of juice. Most vegetables have less water content than fruits and you will need even more of them. To get a glass of carrot juice, 8-10 of them would be needed!

### Juice Detoxifies.

Juicing benefits the liver significantly. It cannot be understated how important a healthy liver is to our overall health. The liver is the most powerful detoxifying organ in the body. The skin, kidneys and lungs are also detoxifying organs, but the liver is the "big gun" of this group.

Pro-vitamin A (beta carotene), Vitamins C & E and the mineral, Selenium, are all powerful antioxidants that are needed for detoxification. Getting an abundance of these nutrients is a big help to the liver. Vitamin E also helps to protect liver cells from the harmful effects of toxins, helping to prevent liver diseases.

Juicing foods high in Vitamin A, like carrots, is fundamental for overall skin health. Vitamin A is needed for creation and maintenance of epithelial skin cells. These are the outer skin cells that are exposed to the environment. As an antioxidant, Vitamin A also protects the skin from free radicals found in UV light and pollution in the air.

### Vitamin C is Key.

All fruits are a source of Vitamin C, which is another vitamin essential to skin health. Vitamin C is needed for creation of collagen – a sticky elastic substance that keeps the skin supple and young. Citrus fruits are exceptionally good sources of Vitamin C.

Juicing can also be very good for your heart health. Studies show that people who eat diets high in fruits and vegetables are significantly less likely to develop heart disease. Two phytochemicals called Lycopene and Anthocyanins have also been found to lower cholesterol, lower blood pressure and lower the risk of stroke in those who consume them regularly. Lycopene and anthocyanins are found abundantly in red/purple fruits and vegetables such as red grapes, watermelon, blueberries and tomatoes.



*Kerry Anderson is the owner of SIP Coffee House & Juice Bar, located at 44100 Jefferson Street, near the intersection at Fred Waring. For more information, call (760) 668-5048.*

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## Make it a Priority to Repair or Repurpose Old Jewelry

*By: Lauren Boucher, Boucher Fine Jewelers*

You likely glaze right past all the broken jewelry sitting in your jewelry bowl, or box – because it's become over-worn, too loose in some areas, or too big or too small. Maybe the prongs on your wedding ring have worn down. Just maybe, you almost lost a prized possession because the clasp was too weak or broken – thinking it might be too expensive to fix or not worth the effort of dragging it in for an estimate.

Sadly I did, even though my master jeweler is right on the premises! I'm a jeweler and even I was too late in repairing my favorite tennis bracelet – knowing the clasp was not secure, only to look down one day and it was missing. Let me say that the house has never been cleaner than that day.

The loss was not so much the broken ornament itself, but the memories attached to it and whom it came from – now gone forever. Even a professional can learn from her oversight and hope that you do not wait that long or lose something that precious to you. It is literally pennies on the dollar to repair many precious pieces that have sat in its secret location ready to be given new life for a loved one, a friend or worn again and reborn! And an estimate is free at many jewelers.



To cut the cost of custom design making, take in broken gold jewelry to be smelted and used towards the design. What is currently the trend in jewelry-making are photos of pets, which can laser treated onto a pendant. I am astonished how life-like they are. It is a cost effective idea, and one that has lasting value.

### Cleaning Tips:

**GOLD** - Easy cleaning of 14K, 18k, 22k and 24k gold jewelry with or without stones: Place your item into a small bowl with a teaspoon of gentle hair shampoo, then clean the item thoroughly with a soft toothbrush from top to bottom. Rinse, and repeat. If you cannot clean tougher particles out, take to your local jeweler for a sonic cleaning, and steam. Most are free.

**SILVER** - If your silver is *not* Rhodium plated, which is like a coat of high shine over silver and gold, then your silver will look like it is turning black. This silver must be cleaned frequently, as the oxidation will easily take over and is very hard to clean completely. Before this happens, simply submerge your small pieces into a solution of "Hagerty Silversmith Polish." It is messy, but harmless to the touch and

cleans your jewelry like new. Larger pieces will require patience and many paper towels.

*Lauren Boucher is the owner of Boucher Fine Jewelers, located at 46-600 Washington Street, Suite #2 in La Quinta. Lauren can be reached at (760) 777-8100.*



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## Increasing Your Estate Plan's Performance

By: **Gloria Franz,**  
**Franz Tatum Wealth Management**

A recent survey by U.S. Trust found that "there is a gap between the importance the wealthy place on providing family security and what they are actually doing in terms of estate planning." A majority of survey participants have an estate plan in place, but 39% indicate their plans are not comprehensive enough to properly manage distribution of their wealth. This may be because leaving a financial inheritance is less important for many of them than achieving other goals, including:

- Financial security for self and family
- Financial freedom
- Travel
- Quality relationships with family and friends

The survey respondents also had concerns about their heirs' ability to handle the responsibilities of wealth. Just over one-half had not fully disclosed their wealth to their children and 15% had disclosed nothing at all. Some of the fears preventing disclosure included the effect the knowledge might have on their children's lives and concerns that family money could be wasted.

### Make Sure Estate Plan Does it All

If one of your priorities is providing ongoing financial security for your spouse and family members, then it's important that estate planning do more than address tax issues. A comprehensive estate plan should include the priorities shown in the pyramid.



### Financial security

Once there is comfort with financial security, it is necessary to establish goals for the distribution of wealth. Things to consider include:

- Who will receive the assets?
- How much will each person/entity receive?
- How will the wealth be distributed?

### Estate protection

Safeguarding your estate comes next. Protection from:

- Creditors or lawsuits
- Former family members
- Disgruntled or irresponsible family members

### Management continuity

The next consideration is continuity of management and caretaking for the estate. It can be a good idea to consider the benefits of:

- Revocable & irrevocable trusts
- Life insurance trusts
- Charitable trusts

### Taxes

Finally, the potential tax burdens related to an estate should be addressed.

### Everyone Needs a Legacy Plan

Regardless of wealth, everyone needs a legacy plan. It is common for a person who is not concerned about taxes to simply not plan. This is a mistake. Even if your legacy plan consists of a simple Will & Power of Attorney documents, planning is necessary.

*Gloria Franz is a CERTIFIED FINANCIAL PLANNER™ and can be reached at (760) 770-2003 or by emailing [gloria@franztatum.com](mailto:gloria@franztatum.com).*

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# Every Business Needs Insurance

By: *Carrie Babij, Desert Insurance Solutions*

Like it or not, every business needs insurance. General liability insurance is required by your landlord before you sign your lease. Workers' compensation insurance is required by the state before your employees can start. Other forms of insurance protect your business and your personal assets from business-related risk.



For personal insurance, you have a number of options. But for business insurance, the use of an independent, experienced insurance broker is highly recommended. You want somebody who knows what they are doing, can access multiple carriers on your behalf, and can bring it all together in one package.

Size of brokerage doesn't matter because independent brokers typically deal with the same carriers. "Boutique" or small brokers don't necessarily have a limited range of services; they strive to deliver a higher level of service to a limited number of clients.

Without the proper service from their broker, businesses can run into trouble with their insurance. Here are some examples:

## Limits

A small business might establish loss limits that are required by a landlord to rent space. If those limits aren't updated over time, business assets could grow to exceed them, risking exposure to uninsured lawsuit expense.

## Coverages

Many risks are not covered by a standard business owner's policy (BOP) including professional liability, cyber-liability, employee lawsuits and earthquake. Assault and battery is typically not covered for restaurants except through endorsement.

Let's say one of your employees drives their car to grab lunch for the team and they get in an accident. Your business is liable and, unless you have a hired/non-owned auto coverage endorsement on your general liability policy, it's not covered by insurance.

## Contract Terms

Some contracts cover losses if they occur during the policy period, and others cover losses if the claim is made during the policy period. Businesses need to avoid gaps. Other contracts have "legal defense inside limits" which means legal costs could eat up your insurance – leaving little for settlements. These contract terms make a big difference.

If you have commercial insurance with the right broker, they think about this stuff for you. Get the right broker.



*Carrie Babij is President of Desert Insurance Solutions in La Quinta, and has more than 25 years' experience with both high net worth personal lines and commercial lines of insurance. To learn more visit [DesertInsuranceSolutions.com](http://DesertInsuranceSolutions.com) or call Carrie Babij at (760) 564-6800.*

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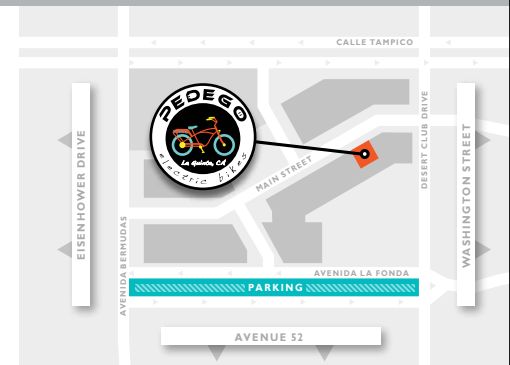
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# Love Yourself & Live Healthy

By: *Natalie Angrisani, JNA Marketing*

In large part, we are in control of our health, not our doctor – and taking control of your health doesn't really depend on whether or not you have medical conditions. Taking control means developing habits and discipline.

The most important thing you can do is educate yourself. Learn about your health and how you can take care of your body. Having a healthy body gives you a healthy heart. Sometimes just finding different ways of doing things can help.

Here are some tips to keep your body healthy:

**1. You need to take a really good vitamin.** Does that mean expensive? No. I mean one that is 100% natural and will address your body's daily nutritional supplemental needs.

**2. You need to keep your body moving.** We are supposed to walk at least 10,000 steps a day. The best way to monitor that is to have a walking monitor that can be clipped to your belt or pants. When you get your heart pumping you are getting your body moving and getting your body in better shape all around.



**3. You need to eat more vegetables and less processed foods.** We have to get back to making dinners instead of using processed foods that are easy and quick. I fall into that category. I'm retraining myself to make better choices for my family. On Sundays, why not make it a family fun cooking day? Get everyone in the kitchen and make 5 dinners for the week, then put them in the freezer when cooled. During the week, pull out a dinner from the freezer and leave in fridge to thaw while at work or school. It is something to get used to, but it can make Sundays very memorable.

These are simple changes but they could save you or someone you love from something very serious. It only takes a few good changes and you can have a healthier life.

Set goals and work on your mind and thought patterns. You have to believe that you love yourself enough to be healthy. Learning to accept what you can't change, but striving to change what you can, is key. You'll succeed in living healthy when you are comfortable with yourself and make healthier choices.



*Natalie Angrisani, owner of JNA Marketing, LLC is a Vollara Certified Nutrition Coach for Essentials for Life, a whole-food, complete nutritional supplement system that addresses core daily nutritional supplementation needs with vitamins, minerals, antioxidants, flora, and enzymes. For more information, visit [IFeelGreatChallenge.com](http://IFeelGreatChallenge.com) or contact Natalie by phone at (760) 501-8905 or by email: [jnamarketingllc@gmail.com](mailto:jnamarketingllc@gmail.com).*



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## BUSINESS DEVELOPMENT & CONNECTIONS CALENDAR

For a complete calendar of events, visit [LQChamber.com](http://LQChamber.com) and follow Facebook page: [facebook.com/lqchambercommerce!](https://facebook.com/lqchambercommerce) 

### Mayor's Luncheon "State of the City"

Thursday, February 4, 11:30 a.m. – 1:30 p.m.

La Quinta Country Club

\$40 per person in advance; \$50 at door

Sponsored by Dr. Curry: Coachella Valley Care

### RIBBON CUTTING

Thursday, February 4, 4 p.m.

Escape Room Palm Springs

560 S. Williams Road, Palm Springs

### ADBAM – MEDIA MARKETING SUMMIT & AUCTION

Friday, February 5, 10 a.m. – 5 p.m.

Indio Performing Arts Center,

45-175 Fargo Street, Indio

\$79 Members \$99 Non-Members or

\$350 Table of Four Plus an AdbAM Membership

Indio Chamber: Phone (760) 347-0676

### HOT ROD & CUSTOM CAR SHOW

Saturday, February 6, 11 a.m. – 4 p.m.

Live Entertainment by the Two Twelve Band,

Food & Beer Garden, and Retail Vendors

La Quinta Community Park, 77-865 Avenida

Montezuma, Free admission

### FLASH LUNCH MOB

Thursday, February 11, 11:30 a.m.; - 1:30 p.m.

Arnold Palmer's Restaurant, La Quinta

### RIBBON CUTTING

Friday, February 12, 4 p.m.

Skin Extraordinaire

La Quinta Chamber of Commerce Office

78-495 Calle Tampico, La Quinta

### PRESIDENTS' DAY HOLIDAY

Monday, February 15 - Chamber Office Closed

### BUSINESS MIXER

Wednesday, February 24, 5:30 p.m. - 7:30 p.m.

Las Casuelas Quinta, 78-480 Highway 111

Members \$5 Members/\$10 Non-Members

### UPCOMING SPECIAL EVENTS:

### GOLF FESTIVAL

La Quinta & Indio Chamber Golf Tournament

Thursday, April 7

Terra Lago, Indio

### ALL VALLEY LEGISLATIVE LUNCHEON

Friday, April 8

Agua Caliente Resort & Casino, Rancho Mirage

## TASTE OF LA QUINTA: A Great Day to Savor & Sip

The 7th Annual Taste of La Quinta held on January 9 was a great success! Thank you to the event sponsors, restaurant participants, wine vendors, volunteers, Board of Directors, Committee, Ambassadors and staff for a lovely day in Old Town La Quinta. Close to 1,000 people attended the event and we were all thankful for beautiful La Quinta weather. Save the date for next year, Saturday, January 14, 2017!



## NEW MEMBER SPOTLIGHT

### Angel Guru, Denise Myers

Denise Myers is a gifted international psychic and medium. She and her husband are Reiki Masters, New Thought Ministers and run an animal rescue, rehab and adoption center in Joshua Tree. They live on two and a half acres, which they share with fifteen dogs, four cats, a mini horse and a pony as well as seven chickens. They are both angel card readers, certified by Doreen Virtue.



*Angel Reader Guru*

Denise is available by appointment for readings and mediumship. Readings can be done in person at MaRouge Coffee House in Yucca Valley, by telephone, via FaceBook messenger or email.

Mediumship gatherings for individuals or a group can be arranged. She is a 3rd generation tea leaf reader and uses an interesting mixture of tea leaves and angel cards.

*Denise can be reached at (760) 220-8405 for an appointment or through her web page at [AngelReader.guru](http://AngelReader.guru). You can also email Denise at [angelreaderguru@gmail.com](mailto:angelreaderguru@gmail.com).*

## NEW MEMBER SPOTLIGHT

### Gregory D. Barton, CPA & Associates

With offices in Palm Springs, Lancaster and now La Quinta, Gregory D. Barton CPA & Associates is an all service CPA firm who loves their clients and loves working with clients who love them. Gregory D. Barton CPA & Associates assists in maximizing dollars, making smart decisions on investments, and managing a business for profitability. The energetic and enthusiastic firm boasts 14 experienced associates who are eager to offer guidance and make sure you are in the best shape through the year when it comes to filing taxes, and more.



Named by Intuit® as one of the Top 20 Accounting Firms of the Future, Gregory D. Barton CPA & Associates embraces a cheerful business personality – bright colors and warm spirits – to accent their personalized service, while assisting clients with innovative strategies and counsel to best fit their financial portfolio. The firm prides itself on its customer service and ability to service many valley residents, restaurants and inns and well as tons of other businesses and individuals all over the country.

*New clients are invited to a free 30-minute consultation to evaluate their tax and financial status. To book an appointment, call (760) 771-3546 or (760) 969-6499. For more information about Gregory D. Barton CPA & Associates, visit [GregBartonCPA.com](http://GregBartonCPA.com) or visit the new office at 79-220 Corporate Centre Drive, Ste. 103, in La Quinta.*

## NEW MEMBER SPOTLIGHT

### SMG Audio Video

SMG Audio Video is a company that does it all, including home automation, TV installation, surround sound and outdoor music as well as low voltage wiring so you as a customer can be safe knowing that a licensed, bonded and insured company is working for you.



Owner Shawn M. Ginn has over 16 years in customer service experience – which is concise and clear. He understands customer wants and needs. The company's primarily goal is creating an easy-to-use custom system designed to fit the customers' individual needs.

SMG Audio Video takes pride in providing a personal touch to its customer whether it is a small installation or a whole house automation. SMG Audio Video specializes in commercial and residential buildings, remodels, custom homes and Alexander Homes.

*For more information, or if you would like to set up an in-home consultation, please contact SMG Audio Video at (760) 880-9977 or by emailing [SMGAudioVideo@gmail.com](mailto:SMGAudioVideo@gmail.com).*

## NEW MEMBER SPOTLIGHT

### Educational Funding Solutions

Educational Funding Solution's (EFS) mission is to help families make the best financial and college choices. EFS has developed a process that anticipates what needs to be done to meet financial requirements and deadlines for over 4,000 public and private colleges. Correct and timely filing of paperwork is one of the biggest challenges for college-bound families. Busy parents can rest assured that EFS has the experience and knowledge to know what needs to be done and when.



Dennis Stewart, the founder of EFS, works directly with families, organizations and corporations – educating members and employees on how to make higher education an affordable reality without jeopardizing the family's current lifestyle, savings and/or retirement goals. He is the author of two books: *"Securing Financial Aid"* and *"The College Retirement Solution and Tax-Free Retirement."*

EFS utilizes little known, safe financial strategies that help families pay the high cost of a college education. The earlier a financial plan is put into place, the sooner you'll have peace of mind for your children's future.

*For a free consultation, email [dennis@educationalfundingsolutions.com](mailto:dennis@educationalfundingsolutions.com) or call (818) 597-1532. Website: [educationalfundingsolutions.com](http://educationalfundingsolutions.com).*

## NEW MEMBER SPOTLIGHT

### The Ideal Match

The Ideal Match is the matchmaking service for local singles. Karian Forsyth, owner of The Ideal Match, provides exclusive, confidential, and highly personal matchmaking services focusing on compatibility. Karian and her team have been connecting singles in the Palm Desert area and in San Diego for many years.

With The Ideal Match, your safety is the highest priority. The Ideal Match matchmaking service offers one of the strongest commitments to dating safely in the industry. That's because every one of their singles must qualify and pass an in-person screening and a mandatory background check. If they don't pass, they can't be a member.

The Ideal Match is truly an elite, confidential and selective personal service. You must not only qualify for membership, but members can't be misleading about age, income, marital status or physical appearance because of the in-person interview and background check.

The Ideal Match vets a potential match for you much like a headhunter, and won't waste your valuable time, energy or emotions. The Ideal Match coaches are successful because there are quality members (not game players) that are ready to make a commitment and meet quality singles in person. The Ideal Match makes the experience fun and offers coaching, image consulting and amazing singles events.

Connect with The Ideal Match today. Call the local center director, Denise Short, at (760) 674-2007 or go to [TheIdealMatch.com](http://TheIdealMatch.com).



## NEW MEMBER SPOTLIGHT

### Elg Design

A native of L.A., elg design owner Evanne ("Ev") Levin Gerisch, brings her SoCal sensibilities, creativity and professionalism as a former entertainment attorney to the design profession – applying her considerable insights, listening skills and understanding of her clients' lifestyle, priorities and budgetary considerations to create a living environment that reflects her clients' uniqueness.



Elg Design has earned the prestigious Angie's List "Super Service Award" multiple years, including 2015 (given to under 5% of listed companies), along with Angie's Honor Roll designation in 2013 and 2015, and 2014's Best of Houzz – based on client reviews.

Elg derives special pleasure from discovering 'finds' and offering a fee structure that enables a broader client base accessibility to interior design services. She is known for thinking outside the box, working in close communication with her clients, and welcomes projects of all sizes from a single paint or space-use consultation or artwork and accessory placement to decorating, furnishing and remodeling.

As a Certified Green AP designer, Elg offers decorating options that include 'eco-friendly' choices, giving clients the opportunity to contribute to the planet's well-being while beautifying their habitat.

Mention **The Gem** for Specials. Contact Elg Design at (310) 383-5006, or by emailing [elg.elgdesign@gmail.com](mailto:elg.elgdesign@gmail.com) or find her at [facebook.com/elg.elgdesign](https://www.facebook.com/elg.elgdesign).

## NEW MEMBER SPOTLIGHT

### Old Town Peddler

Old Town Peddler is an all-inclusive bike rental and delivery service located in the La Quinta Village. The owners are natives of the Coachella Valley and love this top resort destination they call home. Did you know there are over 6,000 vacation rental homes in the desert? But surprisingly, there are only a handful of places to rent a bicycle.

Here's what sets them apart: they recognize that their customers are here on vacation. It should feel like a vacation at all times. That's why they deliver – for free. They also repair and maintain each customer's bike while it's being rented. They don't nickel-and-dime for every little thing or even charge by the hour. They know that their customers aren't really paying for a bike. Visitors pay for great service and convenience, and are here to have fun.

Find them in the La Quinta Village next door to the Post Office, or online at [LQ Bike Rental.com](http://LQ Bike Rental.com). You can also call (760) 625-7290 for reservations.



## NEW MEMBER SPOTLIGHT

### Steven B. Robbins Foundation

The Steven B. Robbins Foundation is a nonprofit that raises money and provides college scholarships to graduating high school seniors in the Coachella Valley whose parents have or have had cancer.



After Steve Robbins battled multiple cancers in the last ten years of his life, his children began searching for scholarships when they were college bound. They found that there were none for this niche. Following his death caused by leukemia in September 2012, they decided to change that and created the Steven B. Robbins Foundation.

The Steven B. Robbins Foundation awarded their first scholarships last spring, and are excited to see what they can provide local students this coming year.

For more information, email [info.sbrfoundation@gmail.com](mailto:info.sbrfoundation@gmail.com), visit their website at [SBRFoundation.org](http://SBRFoundation.org) and like them on Facebook at [facebook.com/sbrfoundation](https://www.facebook.com/sbrfoundation) to see how you can get involved, and for updates on upcoming events.



## RIBBON CUTTINGS & CHAMBER EVENTS



**Ribbon Cutting at Dickie's BBQ Pit, La Quinta, 79-555 Highway 111, (760) 863-3777, on January 13.**



**Ribbon Cutting for Desert Medical Care & Wellness, 47-020 Washington Street, La Quinta, (760) 848-4999, on December 11, 2015.**



**Joint Ribbon Cutting Dean Apple Magician, Serving areas of Southern California, (760) 898-3846 and Falto's Cigar Club, 78-370 Hwy 111 Ste 145, La Quinta, (760) 578-0125, on January 8.**



**Ribbon Cutting Ceremony for Diane Kelly & Graceful Passages, Serving the entire Coachella Valley, (760) 391-3699 for Diane Kelly and (760) 512-0142 for Graceful Passages, on December 11, 2015.**



**Ribbon Cutting at WeGoShop.com, Serving the entire Coachella Valley, (760) 600-7307, on December 30, 2015.**



**Ribbon Cutting at Educational Funding Solutions, Serving the entire Coachella Valley, (818) 597-1532, on January 15.**



**Educational Workshop: "How to get (almost) FREE advertising through public relations." Hosted by La Quinta Chamber on January 12.**



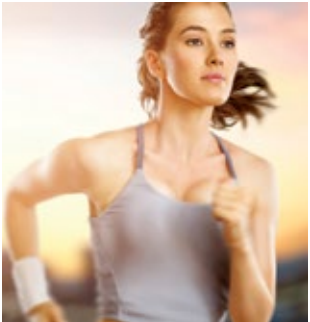
**Flash Mob Lunch at Soul of Mexico, 44-100 Jefferson St, Indio, (760) 200-8787, on December 10, 2015.**



**Flash Mob Lunch at Indian Springs, Flash Mob at Indian Springs, 79-940 Westward Ho Drive, Indio, (760) 200-8988, on January 14.**



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## Anatomy of a Scam

By: **Richard Bentley, LegalShield**

To protect against a scam, it is useful to understand how one is put together. Here is a look at the fundamental elements:

**Contact information and facts are collected.** The scammer has secured your private identifying

information (PII) that might include, name, email address, telephone numbers, address, and/or additional information they may use to get in touch with you. If the contact information is not first acquired by the scammer, then they are going to lay out bait of some kind-- a fabricated job opportunity ad that may cause you to contact the scammer.

**A powerful experience is presented.** This is where the scammer gives you the reason they need to have your PII and/or money from you. The fake rationale may be one of the following:

- You won the lottery held in another state or country (even though you never entered that lottery).
- You are offered a well-paying, work-from-home job.
- Your credit card or bank account is in imminent danger of being closed or your access to it restricted.
- A person in a foreign country requires your assistance getting a substantial amount of money transferred to the U S A.

**Use these techniques to avoid falling victim to a scam:**

- Hang up on anyone you consider to be a scammer. Do not push any buttons on your telephone or speak to the unknown caller.
- Reputable businesses will not send email or text messages asking for your PII. Remove these types of messages without responding.
- Don't trust Caller ID. Scammers are able to mask their number.
- Think before supplying your PII, clicking on a web link inside an email, or answering an offer, etc.
- Do not pay any money towards a debt which is not your own.
- Never give anyone your passwords.
- Be mindful whenever making use of an internet search engine. The first links listed are actually paid ads. Make sure you are visiting a legitimate website.



*Richard Bentley is an Independent Associate with LegalShield. For more information on membership and the IDShield program, go to RichardBentley.us or call (203) 589-1796. LegalShield is providing 1.4 million families with legal peace of mind*

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## Is Your Child Dog-Safety Savvy?

By: **Dr. Lori Friesen**,  
*HowDogsHelpKids.com*

Ask your child to answer these questions with “true” or “false.”

1. When you meet a new dog, it's okay to run over and pet them.
2. If a dog chases you, stop and stay as still as you can.
3. It's okay to pick up a dog you don't know.
4. You should never pet a dog you see in a car.
5. It's a good idea to share your toys with your dog.
6. Dogs like it if you run, yell, and jump around them.
7. Dogs love hugs.
8. You can take your dog's toys away from him/her whenever you want.
9. It's not ok to wake up a dog by yelling or poking him or her.
10. If a dog is shaking, licking his lips, and panting, he's probably feeling stress.

Answers:

1. False: Some dogs may be shy or sick and might not like to be touched by strangers, so first ask a dog's owner if the dog is friendly. If the answer is yes, put your hand out slowly for the dog to sniff before reaching out to touch them, and then pet them under the chin or on their

chest. Reaching out over a dog's head can be scary for them!

2. True: If a dog is chasing you because he wants to play, he will see this as a game if you run away from them. If a dog is chasing you and he seems unfriendly, still don't run. Instead, act like a tree or roll into a ball and be very still and quiet. Usually dogs will become bored with you and will go away.

3. False: Many dogs don't like to be picked up, especially if he doesn't know you, is in pain, or is afraid for any reason. It's best to ask the owner.

4. True: Dogs who are in cars can be territorial and therefore may not be friendly to strangers who approach them.

5. False: This can be confusing for your dog. Instead, give him or her toys and stuffed animals of their own, and put your toys away.

6. False: Quick movements can scare dogs, and when dogs are scared, they will defend themselves by either biting or running away.

7. False: Hugging a dog can be very scary for them! They don't enjoy this the way people do.

8. False: This can be dangerous because your dog will try to protect his food and toys.

9. True: If you frighten a dog, they might bite because they are trying to defend themselves.

10. True: If you see your dog exhibiting these behaviors, remove him/her from the situation you think is causing him or her stress. Crowded places, loud noises, and sometimes even other animals around can cause your dog to feel stress.



*Dr. Lori Friesen is the creator of "How Dogs Help Kids Read and Succeed in the Classroom," a program that teaches children dog safety, responsible pet ownership, and*

*compassion for dogs while empowering them to become stronger, more confident readers. This program is offered in partnership with Loving All Animals. Dr. Lori can be reached at [HowDogsHelpKids.com](http://HowDogsHelpKids.com) or [drlorifriesen@gmail.com](mailto:drlorifriesen@gmail.com).*

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# Five Things to Do After a Car, Motorcycle, Pedestrian, or Bicycle Accident

By: *R. Sebastian Gibson, Law Offices of R. Sebastian Gibson*



1. The first thing you should always do after an auto, truck, motorcycle, pedestrian or bicycle accident is **call the police** and try to get the officer to do a traffic collision report. Without a police report, the other driver who just admitted they were at fault may tell a different story when they speak to their insurance company. Check yourself and see if you're

feeling any symptoms of pain or are dizzy, nauseous or if your heart is beating irregularly. If so, tell the officer so they can call an ambulance.

2. If you are hurt, **don't decline an ambulance** so long as you have health insurance, MediCal, Medicare, cash or medical payments coverage on your auto insurance policy. If your car is totaled or badly damaged, it's smart to be checked out. You could have a much bigger medical issue than that neck or back pain you're feeling. Additionally, insurance companies evaluate cases differently if you've been taken to a hospital by ambulance as opposed to seeing your doctor a few days later.

3. If you have a cell phone, **take photos of the accident scene** or better yet, ask someone to do it for you if you're badly hurt. In general, the police don't take photos unless the damage is extensive, the injuries are severe or someone has died.

4. **Call an experienced personal injury lawyer** before you speak with your insurance company or the other party's insurance company adjuster. The first thing insurance adjusters want to do is record your statement, and they have tricks they use that can affect the value of your case even if you were clearly not at fault. Without legal advice, for instance, you may not tell the adjuster about all of your injuries which can hurt you later. Remember, your own insurance company may be the company that will have to pay your claim if the other driver had no insurance or their insurance lapsed – and insurance companies don't like to pay money if they can avoid it.

5. **Follow up with your doctor** or preferably by a specialist if you are in pain or are having other symptoms such as sleeping too much – which could be an indication of brain damage. Insurance companies also evaluate cases differently depending upon how soon you follow up with a doctor or chiropractor, whether you've seen a specialist and whether you've begun a course of physical therapy or chiropractic treatment. Sitting in the Jacuzzi or having someone massage you at home may help you feel better, but an insurance company will treat that with a grain of salt.



*Sebastian Gibson has offices in Palm Desert and Corona del Mar. Learn more by visiting [SebastianGibsonLaw.com](http://SebastianGibsonLaw.com) or call Sebastian Gibson at (760) 776-1810 for a consultation. You can also email Sebastian Gibson at [sgibsonesq@aol.com](mailto:sgibsonesq@aol.com).*

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*La Quinta Historical Society Presents*

## **HERITAGE OF TENNIS AT LA QUINTA RESORT (Part One)**

*A panel of legendary tennis pros, who were there at the start of what has become the largest ATP - WTA combined event in the world, will tell the story of its creation and evolution.*

Over its three decades, La Quinta Resort Tennis Club has attracted a veritable Who's Who of celebrities and pros – from Pancho Gonzales to Tracey Austin. The tennis program got underway in 1978 when a consortium of famed former players – led by Charlie Pasarell, along with Tom Gorman, Arthur Ashe, Stan Smith, Bob Lutz, Marty Riessen, Roscoe Tanner and Dennis Ralston – joined forces to create one of the premier tennis facilities in the country. Pasarell and his team helped the resort gain national attention by staging a high-profile professional tournament sponsored by Grand Marnier, now known as the BNP Paribas Open, which eventually resulted in the resort's sunken tournament-style center court, built in 1981. While La Quinta Resort no longer hosts the BNP Paribas Open, it is the official hotel for the event.

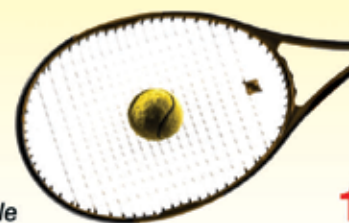
### **Upcoming Tours:**

**Desert Gardening and Coachella Valley Water District Tour** - Mar 24 @ 8:30 am – 1:30 pm

We will travel by bus to the Coachella Valley Water District garden, followed by visits to three other La Quinta residential gardens, the city's demonstration garden on Avenue 52 and finish at La Quinta Museum. We will learn ways to keep your garden beautiful with drought tolerant landscaping and ways to save water.

**Mission Inn Tour and Lunch – Riverside CA** - Apr 7 @ 8:00 am – 4:00 pm

We will travel by bus to the Mission Inn in Riverside. This includes a docent led tour of the National Historic Landmark Mission Inn. Lunch is included at one of the on-site Restaurants (your choice of 3 restaurants): Mission Inn Restaurant, Las Campanas (Mexican), Bella Trattoria (Italian). You will also have time to explore the Inn on your own and check out the shops in the area.



Lunch will be served on the patio overlooking center court at La Quinta Resort

**February 25, 2016**  
**11:30 am – 1:30 pm**

**Members: \$45**

**Non-Members: \$55**

Tickets can be purchased at:

**La Quinta Museum**

77-885 Avenida Montezuma

La Quinta, CA 92253

for more info call **760.777.7170**

[www.laquintahistoricalsociety.com](http://www.laquintahistoricalsociety.com)



# La Quinta Arts Festival Coming Up March 3-6; Two Art Under The Umbrellas Happening This Month

Submitted by: La Quinta Arts Foundation

Save the dates for these wonderful events coming up, brought to you by La Quinta Arts Foundation — and it's all happening right here in the Village of La Quinta!



Having commanded the #1 position nationally on the list of fine art festivals for three straight years (2013, 2014, 2015), the next annual four-day *La Quinta Arts Festival* is slated Thursday - Sunday, March 3-6, 2016 from 10 a.m. to 5 p.m. at the La Quinta Civic Center Campus, hosting 220 world-class contemporary artists from 35 states, Canada, and Argentina. These talented exhibitors will present original art works in every media category and price range.

Come experience what more than 20,000 art patrons have been raving about for years. Indulge your senses while you explore the magnificent outdoor gallery, exploring the amazing artworks, and enjoying gourmet food, drink and daily live entertainment. Tickets are on sale now. Visit [LQAF.com](http://LQAF.com) for tickets, updates, and many surprises to come.

In the meantime, La Quinta Arts Foundation will bring two editions of *Art Under the Umbrellas* to Old Town La Quinta on back-to-back Saturdays, February 6 and February 13 from 10 a.m. to 4 p.m. Each show will feature 80 Southern California and Southwest artists setting up shop along Old Town's picturesque streets. Lively entertainment by the ever-popular Steve Madaio Band will entertain art patrons throughout the day as they stroll the artist booths, and visit Old Town's boutique shops and trendy restaurants. It's fun, free and fabulous, with complimentary parking available throughout the downtown Village area.

Making it easy to shop for Valentine's Day gifts that are sure to wow your loved ones, Art Under the Umbrellas will showcase an impressive lineup of 20 jewelry artisans at both February events. Two of the most successful jewelers include German born goldsmith Dorothee Naumburg, renowned for her bold, high karat sculptural designs, and La Quinta based contemporary silversmith Kathy Caldwell. Caldwell's handcrafted silver and gold jewelry designs include distinctive pendants, bracelets, rings and necklaces, all featuring her signature clean lines. (Pictured above.)

La Quinta Arts Foundation is now in its 34th season of non-profit service through which \$1.2 million has been awarded in visual arts college scholarships. Visit [LQAF.com](http://LQAF.com) for more information or call (760) 564-1244.

# LA QUINTA ARTS FESTIVAL

March 3-6, 2016



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# Smokey Robinson Presents *Human Nature — The Motown Show* Benefits College of the Desert

Human Nature, Australia's top selling pop vocal group and a Las Vegas favorite, will bring the sounds of Motown to the McCallum stage for an entertaining evening in support of College of the Desert (COD) Foundation. "Stepping Out For College of the Desert: Smokey Robinson Presents Human Nature – the Motown Show" will take place on Wednesday, March 23 at 8 p.m. at the McCallum Theatre.

The critically acclaimed Australian quartet puts a modern twist on classic Motown hits, performing songs by the Four Tops, the Supremes, the Temptations, Stevie Wonder, and more. With 23 best-selling albums and appearances on hit TV shows "Dancing With the Stars," "The Oprah Winfrey Show," and their own PBS Special, the group has entertained millions worldwide with exciting live performances for more than 20 years. These talented Aussie blokes will have the audience dancing and singing in the aisles as they remember exactly why the Motown sound is so timeless.

Tickets for "Smokey Robinson Presents Human Nature – the Motown Show" are \$125, \$85, and \$65 per person, and may be purchased by calling the McCallum Box Office at (760) 340-2787 or visit [MccallumTheatre.com](http://MccallumTheatre.com). For more information about College of the Desert Foundation and sponsorship opportunities, call (760) 346-3363 or visit [CODFoundation.org](http://CODFoundation.org).



## The Rotary Club of La Quinta to Present *Strut Your Mutt* Dog Show & Expo

This year's *Strut Your Mutt* is the Rotary Club of La Quinta's Fourth Annual dog show and expo. It will be held February 13 from 11 a.m. to 2 p.m. at La Quinta Community Park, 77-865 Avenida Montezuma in La Quinta. The money raised from the show helps

support the Rotary Club of La Quinta's many projects in the Coachella Valley, which includes college scholarships for qualified La Quinta students.

For a barking good-time – time you can see a pet parade, watch the judging of the fanciful dog show, learn dog skills and training techniques, participate in Police K-9 and Bloodhound demonstrations, enjoy dog/kid races, watch the retriever show, visit vendors and vie for some raffle prizes.

There will also be dog skills/training demonstrations, pet vendors, service providers, entertainment and food. General Admission is free and there is no charge to enter your dog in any of the 12 fun events. All leashed dogs are welcome.

Celebrity judges include Bianca Rae, morning show anchor at KESQ News Channel 3; Patrick Evans, chief meteorologist at CBS Channel 2; and La Quinta Mayor Linda Evans. For more information, go to [StrutYourMuttLaQuinta.com](http://StrutYourMuttLaQuinta.com), email [strutyournuttlaquinta@yahoo.com](mailto:strutyournuttlaquinta@yahoo.com) or call (760) 393-2503.

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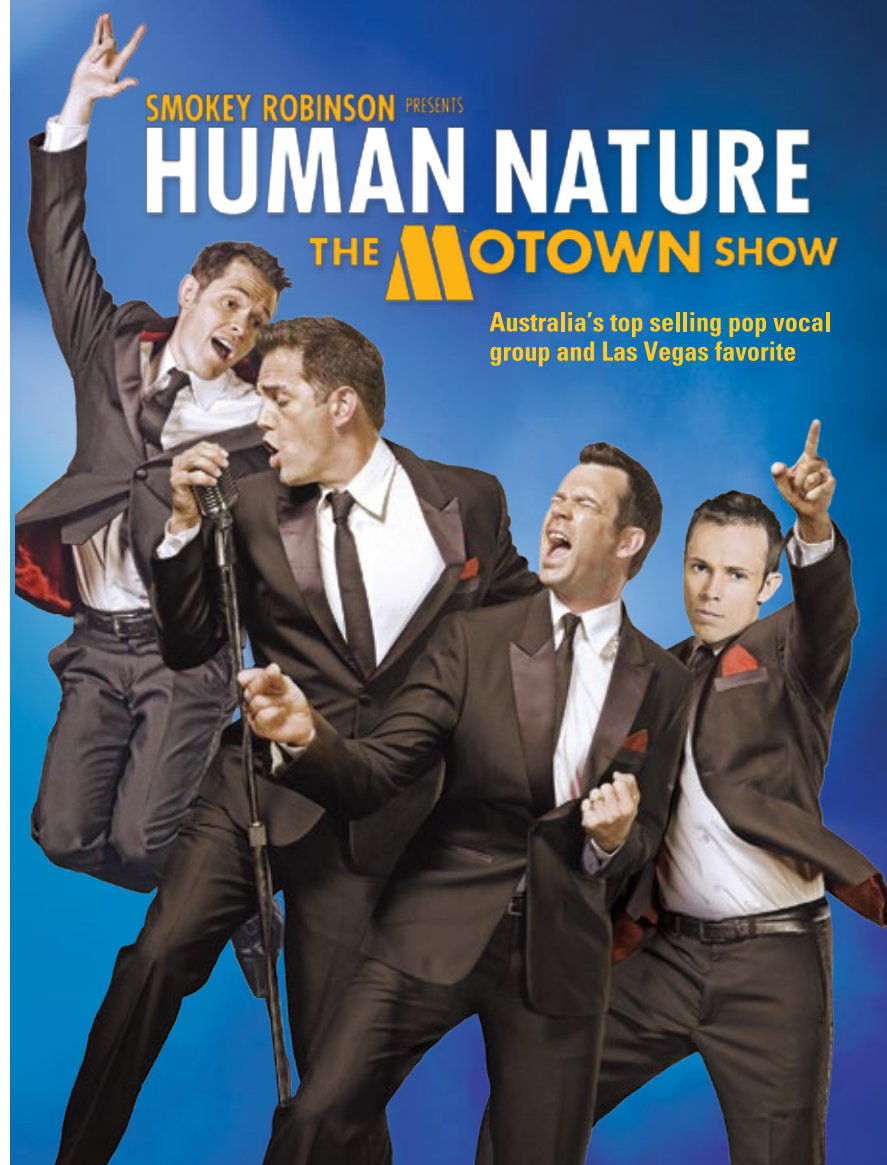


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# The Wellness Center

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\$50 for La Quinta residents  
\$75 for non-residents

Monday - Friday  
5:30am - 9pm

Saturday  
8am - Noon

Wellness Center offers a variety of services and facility offerings to assist you in your wellness journey. Here are some examples:  
(Program offerings may require additional fees)

### Intellectual Wellness

Expand the mind and learn new skills

- Life-long learning courses
- Technology programs
- Computer Lab
- Facility-wide WiFi

### Social Wellness

Connect with others

- Nintendo Wii Golf & Bowling
- Social Bridge
- Mah Jongg
- Dominos

### Physical Wellness

Improve fitness and overall health

- Yoga
- Pilates
- Tai Chi
- Martial Arts
- Interval Training

### Creative Wellness

Spark your inspiration

- Music
- Language
- Arts & Crafts
- Dance

### Nutritional Wellness

Fuel your body with good food

- Healthy Cooking
- Nutritional programs
- Community Herb Garden



La Quinta  
GEM of the DESERT



Wellness Center

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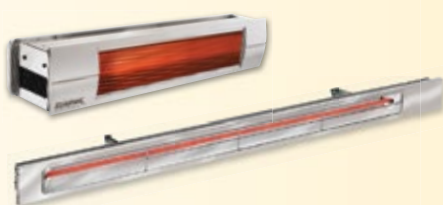
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