

DECEMBER 2015

# The Gem

The Voice of Business

## The Holidays & New Businesses Light Up La Quinta

**Are You Ready for El Niño?**

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**Changing Your Décor for the Season**

**December is a Time to Give Back!**  
*Ways You Can Help This Holiday Season*

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### MISSION STATEMENT

To promote and enhance business growth, civic well-being and a sound quality of life.

### STRATEGIC OBJECTIVES

- Creating a Strong Local Economy
- Promoting the Community
- Providing Networking Opportunities
- Representing the Interests of Business with Government
- Political Action

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**Don't Miss Our Annual Toys for Tots Mixer**

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Cambria - 73-520 El Paseo, Ste. A, Palm Desert

Admission: An Unwrapped Toy OR \$20 per person

Questions? Call the La Quinta Chamber at (760) 564-3199



## CHAMBER CHAIRMAN'S MESSAGE

### December is a Time to Give Back, La Quinta!

By: Jason Schneider, Chamber of Commerce Chairman

It's the holiday season – and many of us are looking for ways to “give back” to those in need. The La Quinta Chamber of Commerce is proud of its member organizations who are working to help those less fortunate, and here are some ways you can support them by making donations this month:

**Augustine Casino** is hosting its annual Canned Food & Toy Drive, benefiting Coachella Valley Rescue Mission and Galilee Center. Donations can be brought to the casino at 84-001 Avenue 54 in Coachella. (760) 391-9500

The **Coachella Valley Rescue Mission** serves 175,000 meals a year to those in need. Drop off your donations seven days a week at the Donation Desk, 8 a.m. – 4 p.m., or after hours at the security office. They are located at 47-470 Van Buren Street in Indio. (760) 347-3512

The mission of the **Galilee Center** is helping those who are most underprivileged. They appreciate donations of gently-used clothing, furniture, shoes, and household/kitchen items. You can drop off usable goods at their office location, 66-101 Hammond Road in Mecca, and at 1030 6th Street, Unit #5, in Coachella. To arrange for a pickup, please call the office at (760) 396-9100.

**Martha's Village & Kitchen** is one of the largest providers of homeless services in the Coachella Valley and Riverside County. Their thrift store accepts donations and you can call for pick-ups: (760) 775-6060, opt. 1. The store is located at 45-596 Fargo Street in Indio, and is open from 9 a.m. to 6 p.m., Monday-Saturday.

We at the La Quinta Chamber of Commerce encourage you all to support these organizations and give generously this holiday season!

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



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## Finding a Purpose

**By: Victoria Llort,  
American Outreach Foundation**

As the holidays approach and people are thinking of ways to “give back,” I thought it would be appropriate to explore the topic of finding a purpose.

Years ago, I attended a business seminar. The facilitator offered the customary icebreaker exercise to get us interacting and setting the tone for the day. The exercise went like this

Write down your answer to this question, “What do you do?” Like most of my colleagues, I wrote down my job title.

He then asked us to write down the answer to his next question, “Why do you do it?” I thought for a moment and then wrote something like, “Because I like doing it.”

The facilitator persisted by asking, “And why do you do that?” Hmm ... I thought. Well, “It helps people.”

“And why do you do that?” Yikes! This was going to be a long morning. I wrote, “Helping people feels good.”

“And why do you do that?” The facilitator repeated this question at least a dozen times. Our responses required deep thinking and introspection. Later, he asked us to partner up and share our responses.

Afterward, the facilitator delivered his pièce de résistance: “Were any of

your responses similar?” And, “I’ll bet I can tell you what the most common response was.”

Actually, my final response was, “I want to leave my imprint on the world.” This answer was very similar to what my partner had written.

Our leader then said, “How many of you wrote something like, “I want to make a difference?” We all raised our hands.

This was a pivotal moment in my life. I’d never given much thought to my daily actions and the reasons underlying them. The truth is, we all want to matter — to make a difference.

When I first retired, I found myself drifting. I was accustomed to having a job and a schedule. I wondered about my new identity. “Who am I now?” That’s when I discovered volunteering.

Volunteering gives value to our past experiences and allows us to share our skills, wisdom and heart with others. Volunteering offers an opportunity to try new things and can challenge us to expand our comfort zones.

Volunteering helps create our desired legacy. Making life easier for someone else, evoking a smile, receiving a thank-you, making a new friend – this is how we make a difference.

The Coachella Valley is rich in volunteer opportunities, whether you choose the American Outreach Foundation, as I have, or another organization in need of help. All we have to do is put ourselves out there.



*Victoria Llort is the Director of Fundraising Initiatives and Spokesperson for the American Outreach Foundation, a Coachella Valley*

*based 501(c)3 organization. She can be reached at (760) 674-4861 or Victoria@AmericanOutreachFoundation.com.*



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# How to Think About Insurance

By: Carrie Babij, Desert Insurance Solutions



How should you think about insurance? A bad way to look at it is that you “win” if you collect more in claims than you paid in premiums.

If it’s a big claim, the best you can

hope for is to offset your financial loss, but even so you will have experienced a very unpleasant hassle.

If it’s a series of small claims, your insurance company will increase your rates or cancel your insurance.

Either way, you don’t win.

A good way to think about insurance is to “partner” with your insurance company. You get protection against

unavoidable major risks at reasonable rates. In return, you manage the risk exposure for yourself and the insurance company. You “win” if you never have a claim.

The best risk management ideas are as follows:

## HOMEOWNER:

**Maintain** (i.e., replace old water heaters before they blow, cut down old trees before they fall)

**Protect** (i.e., get a water leak detection system, link your smoke alarm system to the fire department)

**Control** (i.e., don’t own a vicious dog, trampoline or water slide)

## AUTO:

**Avoid Distractions** (i.e., texting, phone, eating, and make-up)

**Drive Defensive** (i.e., maintain speed limit, avoid aggressive moves)

**Set Rules for Young Drivers** (i.e., limit friends in car, limit night driving)

## SMALL BUSINESS:

**Control Professional Risk** (i.e., get professional education, avoid distraction and overwork where mistakes can be made)

**Manage Workers** (i.e., establish policies and training for a safe workplace)

**Manage Premises** (i.e., take steps to avoid slips/falls)

**Manage Autos** (i.e., maintain your vehicles, require clean records for drivers and don’t allow texting)

**Manage Product** (i.e., establish a risk management culture and use quality control engineering)

**Limit Employee Lawsuits** (which include sexual harassment, wrongful termination, failure to hire, hostile workplace and retaliation)

One key for small businesses is to find a single experienced insurance broker they can trust and let them shop the carriers. If small businesses shop on price alone across different brokers, they create an incentive for less ethical brokers to propose stripped down insurance coverage. You don’t want that.

Bottom line: forget about getting your premiums back in claims dollars. My hope for all my client friends is they never have a single claim.



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.

8

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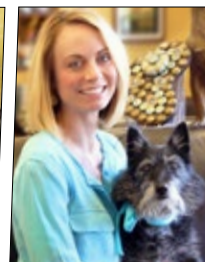
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# Are You Ready For *El Niño*?

By: Doug Motz, Douglas Motz Insurance Agency



The National Weather Service's Climate Prediction Center says that all computer models are now predicting a strong El Niño to peak in the late fall or early winter. A host of observations have led scientists to conclude that "collectively, these atmospheric and oceanic

features reflect a significant and strengthening El Niño."

"This definitely has the potential of being the Godzilla El Niño," said Bill Patzert, a climatologist with NASA's Jet Propulsion Laboratory in La Cañada Flintridge.

## The first thing you need to do is **PREPARE!**

Before the threat of flooding happens, residents and businesses should be prepared in advance for flood conditions that may occur, especially with this threat of El Niño coming. Just because you are not in a flood zone doesn't mean you will be free of damage to your home or business in the event of heavy rains or flooding.

The first step you should do is review your current insurance policy and know what is and is not covered. Most homeowners' insurance policies don't cover flooding, and only flood insurance will offer financial protection from flooding. If you are not covered and you think your home is at risk of flooding this winter, now is the time to buy flood insurance.

**One Important Note:** You have a **30 day waiting period** BEFORE your flood policy will go into effect, unless it is a new purchase and mandatory from the bank.

Flood insurance is very affordable, and policies that cover building and contents usually cost less than \$500 a year on average.

## Preparing for El Niño:

- ◆ Know your risk
- ◆ Prepare your family for an emergency
- ◆ Make a basic disaster supply kit
- ◆ Have a family communication plan
- ◆ Plan evacuation routes
- ◆ Keep important papers in a waterproof safe place
- ◆ Make a list and take pictures of possessions



For further information and to purchase flood insurance, call Douglas Motz Insurance Agency at (760) 200-0270 or go to [DougMotz.com](http://DougMotz.com). License # 0F00702

Graphic: Courtesy ABC News

## Annual Tree Lighting Ceremony Friday, December 4 at 6 p.m.



## SHOPPING, DINING & THE ARTS



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# How Supply and Demand Affect Exit Strategy

By: *W Bruce Steever*,  
*BusinessExitAdvisor.com*

Owners must be cognizant of how critical professional advice regarding their future business exit/transition is. According to U.S. Census Bureau statistics, there are 30 million U.S. businesses today. The majority are small- to mid-sized enterprises, with potential values ranging from the thousands of dollars up to several million dollars. The big unknown – who might be the optimal buyer(s) of your business?

## A Wide Base of the Triangle

The following illustrates the multitude of small businesses relative to the very small number of large, publicly-traded businesses on top of the pyramid:



Since a growing number of business owners are Baby Boomers, as Baby Boomers begin to exit through retirement, supply will likely outweigh demand – putting pressure on valuations.

## Size Matters

To put this data into even greater perspective, owners of smaller businesses are generally going to have a harder time with their exit. Small businesses are often far more dependent upon the individual efforts of the owner(s). As a result, many of these owners are actually not selling an enterprise; rather, they are selling a “job.” It is vital that owners understand the difference and are aware of what, if anything, they can do to increase the odds of finding a potential buyer.

## Timing and The Economy

So far in 2015, despite the recent volatility in the world and U.S. stock markets, we are seeing an improved economy and a willingness of buyers to acquire businesses. These factors have a huge impact on a business exit; it wasn’t too long ago when we faced a global financial crisis and a depressed economy, creating reduced buyer demand for businesses.

Since recessions typically last for several years (on average), owners need to consider their age and how much longer they want to operate their business, especially if they have yet not started planning their exit strategy.

With the oldest Baby Boomers approaching their 70’s, the next economic slow-down could result in many of them getting “trapped” in their businesses. When the economy does eventually recover, many Baby Boomers will be quite anxious to get out of their businesses, resulting in a glut of businesses “chasing” potential buyers or successors. Only the best businesses will be offered the best valuations.

## Protect Your Wealth, Start Planning Today

Owners should begin exit strategy planning today, in order to protect and extract the wealth that is trapped in their illiquid business. Furthermore, a business-oriented exit advisor can also help you bolster your business results and enhance exit value.

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Graphic: U.S. Census Bureau Statistics



*W Bruce Steever helps business owners evaluate their professional/personal needs & options, measure their mental/financial readiness for an exit/transition, develop customized Exit*

*Strategies and, most importantly, successfully execute the exit strategies. For more information, contact W Bruce Steever at [WBS@BusinessExitAdvisor.Com](mailto:WBS@BusinessExitAdvisor.Com) or (714) 342-9034.*

# Wellness Center Now Open



Sign up for your fitness membership today!  
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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)

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- Dance

## Physical Wellness

Improve fitness and overall health

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- Pilates
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- Interval Training

## Nutritional Wellness

Fuel your body with good food

- Healthy Cooking
- Nutritional programs
- Community Herb Garden



Wellness Center

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760.564.0096

# LA QUINTA City News



## CITY MANAGER'S MESSAGE



### We're Listening

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

The City has been improving its communication with residents and business owners alike, involving them in our financial processes (Advisory Board), our quest to provide desired community services (Community Services Survey), and getting input on what is most important to the community in terms of code compliance (Code Compliance Outreach and Survey).

In addition, we are expanding our communication through *The Gem* as well as Facebook, Twitter, our City website ([la-quinta.org](http://la-quinta.org)) and our recreation website, [PlayinLaQuinta.org](http://PlayinLaQuinta.org). But the most important communication tool we have to offer is the one where you do the communicating: the GoRequest app.

This smartphone application is an easy-to-use method for telling us things that are important to you. Did you notice graffiti on a stop sign by your home? Use GoRequest to report it. See a loose dog in harm's way? Use GoRequest. See pooling water in the street or broken tree branches blocking traffic? GoRequest is a direct link to the people who can do something about it...and fast! All employees, in the field and in City Hall, are directly linked to this system, which not only enables

fast reporting and responses, but a way to track services our employees are able to provide to La Quinta on a daily basis.

Smartphone users can download GoRequest for free, then click the "New Issue" tab, select an issue, make comments, and even take a photo to send us. We'll stay in contact with you and, when the issue is resolved, give you the opportunity to let us know how we did. If you'd like to know more about GoRequest, please go to our website or call us...we'll be happy to explain how it works in more detail. No Smartphone? No problem! You have a direct link to the GoRequest system via our City website. I highly recommend GoRequest to all La Quinta residents (including your teenagers). The more eyes we have, the safer our community will be!

## PUBLIC WORKS AT WORK

### Award Winning Projects

It's been a busy year for Public Works. In addition to crews conducting clean-up and El Niño preparedness activities, engineering staff has been busy with a number of public projects. Recently, three of these projects were recognized by the American Public Works Association (APWA). The award-winning projects are highlighted below:



### Saving Water, Beautifully

The City embarked upon a landscape demonstration project that has become the wave of the future. This Avenue 52 Perimeter Landscaping Project

is located north of Fritz Burns Park. It was honored with a "Project of Merit" award by the Coachella Valley Branch of APWA. The project features a beautiful desert plant palette that will be used at various locations throughout the City, is easier to maintain, and will save millions of gallons of water annually over turf.



### Healthy La Quinta

In La Quinta, recreation and fitness are in high demand. The City had just the project to meet the growing needs of those seeking health and wellness opportunities. This project entailed the expansion and transformation of the former Senior Center into what is now the La Quinta Wellness Center. This stunning facility has a state-of-the-art fitness area and offers a variety of exercise and recreation classes. The Wellness Center project was also honored by the Coachella Valley Branch of APWA with a "Project of Merit" award. And in less than one year in operation, the facility already has sold almost 2,000 fitness memberships and has doubled program offerings to the community.

### Inspiring Our Future

Public Works staff had an inspiring summer working with students interested in public works and engineering as a career. These talented young men and women completed a 6-week program at City Hall and the City Yard. A total of 14 students from various Coachella Valley high schools completed the program with 25 to 30 hours of volunteer service and instruction. The Southern California Chapter of APWA recognized this program with a "Public Works Awareness" award for the 7th year in a row.



*For more information about the Public Works Department, call (760) 777-7075 or go to [la-quinta.org/Your-Government/Public-Works](http://la-quinta.org/Your-Government/Public-Works).*



## FIRE DEPARTMENT

Winter holidays are a time for families and friends to gather, host gatherings or parties, decorating homes and business, as well as Christmas trees. But that also means a greater risk for fire. Following a few simple tips will ensure a happy and fire safe holiday season:

**Holiday Decorating** — Choose decorations that are flame resistant or flame retardant. Make sure to keep decorations away from heat sources, windows, and doors. Keep lit candles away from decorations and other things that can burn.

Properly install your holiday lights. Use lights that have the label of an independent testing laboratory. Be sure to use indoor lights inside, and outdoor lights outside. Make sure electrical cords have no frayed, cracked, or broken sockets. Do not attempt to repair a worn light set - throw it away and purchase a new replacement! Don't overload electrical outlets. Don't link more than three light strands unless the directions indicate it's safe. Use clips, not nails, to hang lights so the cords won't get damaged. And do not leave lights turned on for prolonged periods (or unattended).



**Christmas Trees** — Christmas trees can remain relatively fire resistant if you follow these simple steps: make sure to recut the trunk of your tree at least two inches above the old cut as soon as you get home. This allows it to continue to pull moisture into its foliage. Keep the trunk in water immediately after it's recut. Moisture is the key to keeping the tree fresh and thereby enhancing its fire resistance. If the tree will be kept outside for a few days, stand it in a bucket of water until you are ready to bring it indoors. Make sure to check the water levels daily - never let the water level go below the bottom of the trunk. Commercial floral preservatives can also be added to the water to help keep the tree fresh.

Locate the tree away from sources of heat. Avoid placing any tree, live or artificial, near a heater outlet, wood stove, or fireplace. Place it in the coolest location possible. Never leave a lighted tree unattended. Remove the tree immediately after the holidays.

And remember:

- Two of every five home decoration fires are started by candles
- Nearly half of decoration fires happen because decorations are placed too close to a heat source, such as a fireplace or furnace.
- One of every three home Christmas tree fires is caused by electrical problems.

For more fire safety information, go to [rvcfire.org](http://rvcfire.org).

Some information provided by the National Fire Protection Association by [nfpa.org](http://nfpa.org).

## POLICE DEPARTMENT

### Annual Toy Drive

Officers from the Riverside County Sheriff's Department Thermal Station and La Quinta Police would like to invite all members of our community to join us as we conduct the 10th Annual Christmas Toy Drive for needy children. The Christmas season is truly a wonderful time for offering a message of hope to these young children and their families. We will be hosting a toy drive on:

**SATURDAY, DECEMBER 12 — 9 A.M. to 2 P.M.**

**LA QUINTA TARGET**

**LA QUINTA WALMART**



We will be happy to accept new unwrapped toys (no toy weapons or battery-powered toys, please). There is also a collection box located in City Hall for donations (final date to donate will be December 12). Thank you for your participation and generosity.

### Community Services Resident Survey Results

During the summer, the City conducted a Community Services Resident Survey (through Public Research Group) to identify priorities for future park, facility, program and service needs, while getting feedback on existing amenities. Data was collected through mail, e-mail, and telephone surveys. Some of the major findings from the 558 who responded to the survey are as follows:

- ✓ 95 percent of respondents who participated in a community services program during the past 12 months said programs were either good or excellent.
- ✓ 90 percent were satisfied with the "value" of parks and recreation services.
- ✓ Most important programs included outdoor fitness, special events and indoor fitness.
- ✓ Top three recommended park improvements: shade (trees/structures), trails, and restrooms.
- ✓ Top three items respondents were most willing to fund: walking and biking trails, fitness and wellness programs, and new/improved outdoor aquatic facilities.

Residents were also asked about the most important actions or programs the City could implement to improve and expand parks and recreation. The top three were special events, walking trails, fitness and wellness, and improve/renovate existing parks and facilities. The City will now be concentrating on the following:

- Shade in outdoor recreation spaces
- Additional fitness and wellness programs and spaces
- Building restrooms at additional locations
- Upgrading the Fritz Burns Park aquatic facility

In addition to the survey, a link was included to allow residents to provide feedback. The full survey report, including resident feedback, is available at [la-quinta.org](http://la-quinta.org).



## IT'S YOUR LIBRARY

*The La Quinta Public Library offers free programs for the whole family!*

### Friends of the La Quinta Library Bookstore

Visit the bookstore to find a book or...to purchase a gift! Bargain priced books, CD's, and much more are available for purchase during normal Library hours. All proceeds support free Library programs and events.

### We need your photos and memories!

Library staff is creating a 10th Anniversary Timeline in preparation for the Library's grand opening celebration on December 16 (Wednesday at 3 p.m.). Please submit your pictures or typed memories by emailing the Branch Manager at [sue.duran@rivlib.net](mailto:sue.duran@rivlib.net).

### Library Booth at the Certified Farmers' Market in Old Town La Quinta, first Sunday of every month.

Visit our booth for a free book from 8 a.m. to 11 a.m., on December 6. Join Ms. Sarah for storytime and songs at 10 a.m. on the event lawn (sponsored by Friends of the La Quinta Library).

### Teen Manga Club, December 5 at 4 p.m.

### Teen Think (Art/Science/Tech Workshop), December 11 at 4 p.m.

### Teen Book Club, December 19 at 4 p.m.

### Teen Advisory Board Meeting, December 21 at 4 p.m. (ages 13-18)

Join Ms. Gina for the programs above. For more information on teen programs, visit: [laqlibteen.tumblr.com](http://laqlibteen.tumblr.com).

### Tween Makerspace: Science Activities, December 8 at 4 p.m.

### Tween Book Club, December 15 at 4 p.m.

Join Ms. Sarah for the programs above. Please see the Children's Reference Desk to sign up.

**Activities at Colonel Mitchell Paige Middle School Every Tuesday and Thursday at 6 p.m. (ages 3-12)** (Programs only held on December 1, 3, 8 and 10 this month.) Enjoy special programs like crafts, STEAM activities, cooking, and pajama storytime.

### Desert Regional Medical Center Lecture: "The Hippest Hip – Recent Developments in Minimally Invasive Hip Replacement" by Dr. Rogar Monday, December 7 at 4 p.m.

Learn more about new advances in hip replacement and more. Call (800) 491-4990 to register.

### Pajama Tales December 9 at 5:30 p.m.

Kids, wear your PJ's for this special storytime!

### NEW! "Pinterest Craft Club" Card Making and Hot Cocoa (for Adult Crafters) Saturday, December 12 at 11:30 a.m.

Do you love crafting? This monthly club will feature our favorite crafts from Pinterest. Enjoy hot cocoa and get creative making your own holiday card! Registrations are required. Please see the Adult Reference Desk or call (760) 564-4767 to sign up.

### "La Quinta Reads" Book Club meeting Monday, December 14 at 11:30 a.m.

Adults, join us for a lively book discussion. See the Adult Reference Desk or call (760) 564-4767 to sign up.

### Family Fun Night Wednesday, December 16 at 5:30 p.m.

Special winter stories and crafts!

### Gingerbread House Workshop Saturday, December 19 at 2 p.m. (ages 12 and under)

Join us for our Second Annual Gingerbread House Building program. First come, first served (as supplies last for the first 100 children). No registration required.

### Family Movie: "ELF" (Rated PG) Tuesday, December 22 at 2 p.m.

While school is out, join us in your favorite winter PJ's to enjoy this fun movie, popcorn and sweet treats! Pick up your entry ticket at the front desk on the day of the program.

### The Library will be CLOSED on December 25 and 31.

For information on programming, call (760) 564-4767 or visit [rivlib.info](http://rivlib.info). Follow us on Facebook at [facebook.com/laquintalibrary](https://facebook.com/laquintalibrary) and at [LaQuintaPublicLibrary.wordpress.com](http://LaQuintaPublicLibrary.wordpress.com).

## WELLNESS CENTER EVENTS

- **Easy Weight Loss Tips**  
**Monday, December 7, 11 a.m. to 12 p.m.**  
Dr. Rhonda Donahue has important information on how exercise can influence how fast the weight comes off, and how to lose weight in a healthy manner. 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 11 a.m. by appointment or on a walk-in basis (cash or credit card accepted).
- **Upcoming Luncheons!**
  - Holiday Luncheon**  
**Thursday, December 17, 11:15 a.m.**
  - January Luncheon**  
**Thursday, January 14, 11:15 a.m.**Register today! \$4 per person (maximum of 2 people per household). *Online registration is available at [la-quinta.org](http://la-quinta.org).*
- **Eisenhower Lecture Series**  
**Tuesday, January 19, 4 p.m. – 5 p.m.**  
Dr. Lindley and Cari Sudmeier, NP, will provide nutrition tips for promoting weight loss, while preventing hunger and maximizing success.
- **Wellness Support Group**  
**Grass Roots Movement**  
**Thursday, January 28, 6 p.m. – 7 p.m.**  
Topics: Altered Foods, Synthetic vs Natural, Glycosylation – (*reservations required*).  
*Online registration is available at [la-quinta.org](http://la-quinta.org).*



## EXPLORE YOUR MUSEUM



The La Quinta Museum is a two-story building located at 77-885 Avenida Montezuma (across the street from the La Quinta Community Park) that contains 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!

### EXHIBITS

#### Wonders of Nature

**Seeds: Nature's Artful Engineering**

**Mushrooms: Keys to the Kingdom Fungi**

**Pollinators: Keeping Company with Flowers**

These exciting new exhibits will explore different aspects of nature (on exhibit through Sunday, December 13).

#### Local History Gallery

Features Cahuilla Indian as well as local La Quinta history.

### EVENTS

**Story Time and Craft at the Museum with Miss Beth (Ages 3-5)**

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

Gingerbread will be the theme for this fun time with stories, songs and a craft.

**La Quinta Museum Coloring Club for Adults**

**Friday, December 4, 1 p.m. – 3 p.m.**

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

**La Quinta Historical Society Presents the La Quinta Artists' Open Studio Tour**

**Sunday, December 6, 10 a.m. – 5 p.m.**

Tickets and maps will be available on the day of the tour at the La Quinta Museum. Your \$10 donation supports the programs of the La Quinta Historical Society. Talented La Quinta residents will display what they do with their creative imaginations in their studios. Come see what your neighbors are creating!

**Brown Bag TED\* Talk**

**Tuesday, December 8, 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

**Casita Lighting with Manny the Movie Guy, Los Palmeros Mariachi and S.C.R.A.P. Gallery**

**Thursday, December 10, 5 p.m. – 7 p.m.**

Let's celebrate the holidays together! Please join us for churros and champurrado as we welcome Manny the Movie Guy to light up the casita. Karen from S.C.R.A.P. Gallery is coming for a fun holiday Craft Night. Open to all.

**La Quinta Museum Coloring Club for Adults "Crazy Holiday Sweater Party"**

**Friday, December 18, 1 p.m. – 3 p.m.**

Wear your craziest holiday sweater! Fun prizes, refreshments, and best of all...coloring!

**Story Time and Craft at the Museum with Miss Beth (Ages 3 – 5)**

**Wednesday, January 6, 10:30 a.m. – 11 a.m.**

Fun time with stories, songs and a craft.

The Museum will be closed on **Friday, December 25** for the Christmas holiday and **Friday, January 1** for the New Year's holiday.



**laquintamuseum**  
77-885 avenida montezuma • la quinta • ca • 92253

## SILVERROCK RESORT

### Golf Instruction

Need help with your golf game? Come see us at SilverRock and one of our certified PGA Professionals will set you up with a lesson. Lesson packages are available and are a perfect gift for the holiday season.

### Walk the Rock

SilverRock continues the popular Walk the Rock program this season. Golfers are able to walk and play golf starting at 2:30 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. Please contact the golf shop for reservations or questions at (760) 777-8884.



### SilverRock Grill

The SilverRock Grill is now open for breakfast and lunch daily from 7 a.m. to 3 p.m. We invite you to come enjoy the beautiful outdoor patio with awe-inspiring mountain views, whether you're a golfer or not! Breakfast is served all day, and lunch from 10:30 a.m. to 3 p.m. Happy Hour specials are also available daily from 3 p.m. to 6 p.m.

*The SilverRock golf course is located at 79-179 Ahmanson Lane (off Avenue 52); (760) 777-8884.*

## UPCOMING SPECIAL EVENTS

### Christmas Tree Lighting Ceremony & Holiday Block Party

Friday, December 4

6 p.m. – 8 p.m. – Christmas Tree Lighting Ceremony

8 p.m. – 10:30 p.m. – Holiday Block Party



Join the City of La Quinta and Old Town La Quinta as we ring in the holiday season with the annual Christmas Tree Lighting Ceremony and Holiday Block Party.

Celebrate the season with a special visit from Santa, festive music, and activities for all ages.

Old Town La Quinta is located at 78-100 Main Street.



**CELEBRATING 10 YEARS!**

**La Quinta Library  
10 Year Anniversary  
Wednesday, December 16 at 3 p.m.  
La Quinta Library  
Free Admission**

Join us at the Library for an anniversary party like no other. The Library is celebrating 10 years and you will not want to miss out on all the excitement.

## SPORTS

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

Volleyball: Mondays/Thursdays

Basketball: Tuesdays/Wednesdays

### Youth Tennis

La Quinta Tennis Academy is now forming classes for the next session beginning Monday, December 14 at Fritz Burns Park. Join us for the best tennis instruction in the Valley.

Session III: December 14 – February 5

(No lessons 12/21 – 1/1)

6-week session

10 and Under Classes (Once a week \$66, Twice a week \$120)

Red I: (8 and Under Beginner) and Red II: (8 and Under Intermediate)

Mondays and Wednesdays 4 p.m. – 5 p.m.

Orange I: (10 and Under Beginner)

Tuesdays and Thursdays 4 p.m. – 5 p.m.

11 and Over Classes (Once a week \$99, Twice a week \$198)

Level I: (Beginner) and Level II: (Intermediate)

Mondays and Wednesdays 5 p.m. – 6:30 p.m.

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



## GUIDED HIKES & WALKS

**Hikes around the Coachella Valley with Philip Ferranti  
Back of the Cove Loop, La Quinta  
Saturday, December 5 at 9 a.m.**

Meet at the Cove Oasis parking lot located just off Calle Tecate.  
Use this GPS coordinate in Google Maps: 33.648640, -116.311463  
All participants should dress appropriately and bring water.

**Guided Cove to Lake Hike with Volunteer Leader  
Saturday, December 19 at 8 a.m.**

Meet at the Cove Oasis parking lot located just off Calle Tecate.  
Use this GPS coordinate in Google Maps: 33.648640, -116.311463  
Moderate hike approximately 5 miles (3 - 4 hours) from the Cove Oasis to Lake Cahuilla and back. **Please no dogs on this hike.**

# COMMUNITY SERVICES CLASSES & PROGRAMS: DECEMBER & JANUARY

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

## COLONEL MITCHELL PAIGE MIDDLE SCHOOL

Italian for Everyone*	6 p.m. – 8 p.m.	T	(Jan)
Beginning Spanish*	6 p.m. – 7 p.m.	TH	(Jan)
(*Pre-registration required. Register with YMCA (760) 341-9622 or <a href="http://ymcaofthesdesert.org">ymcaofthesdesert.org</a> )			
Basketball Skills	6 p.m. – 7 p.m.	T/TH	
Nia the Workout	6 p.m. – 7 p.m.	T/TH	(Jan)
(Fusion of martial arts, healing arts, and dance)			

## LA QUINTA LIBRARY CLASSROOM

Chair Yoga (Silver Sneakers)	12:15 p.m. – 1 p.m.	T	
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## LA QUINTA LIBRARY COMMUNITY ROOM

Dance, Play, Pretend (2.5 - 5 years)	4 p.m. – 4:45 a.m.	M	(Jan)
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	(Jan)
Rojas Martial Arts (4 years and up)	6 p.m. – 8 p.m.	M/W	

## WELLNESS CENTER

### (Creative Wellness)

Acrylic Painting	10:30 a.m. – 12 p.m.	M	(Jan)
Beginning Guitar	6 p.m. – 7 p.m.	T	(Jan)
Intermediate Ukulele	3 p.m. – 4:30 p.m.	TH	(Jan)
La Quinta Glee (5-14 years)	6 p.m. – 7 p.m.	TH	
La Quinta Voices	10 a.m. – 11 a.m.	T	
Ukulele Strummers (Advanced)	1 p.m. – 3:45 p.m.	F	

### (Intellectual Wellness)

AARP Safe Driver	8:30 a.m. – 4:30 p.m.	W	(Jan 27)
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### (Nutritional Wellness)

Herb & Vegetable Group	9 a.m. – 10:30 a.m.	F	(Dec 4)
Herb & Vegetable Group	9 a.m. – 10:30 a.m.	F	(Dec 18)
Herb & Vegetable Group	9 a.m. – 10:30 a.m.	F	(Jan 15)

### (Physical Wellness)

Ballroom Dance (Intermediate)	6 p.m. – 7 p.m.	T	
Ballroom Dance (Beginning)	7 p.m. – 8 p.m.	T	
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	
Friday Social Ballroom Dance	6 p.m. – 7:30 p.m.	F	(Dec 18)
Friday Social Ballroom Dance	6 p.m. – 7:30 p.m.	F	(Jan 15)

### (Physical Wellness)

HIIT (High Intensity Interval Training)	7 a.m. – 7:45 a.m.	M/W	
Line Dancing	11:30 a.m. – 12:30 p.m.	W	
Mat Pilates	8:15 a.m. – 8:45 a.m.	M/W/F	
Morning Workout	9 a.m. – 10 a.m.	M/W/F	
Personal Trainers (14 years and up)	12 p.m. – 4 p.m.	T/W/TH	
PIYO - Pilates and Yoga Fusion	2:15 p.m. – 3 p.m.	T/TH	
Sunset Yoga (15 years and up)	5:30 p.m. – 6:15 p.m.	M/W	
Taekwondo (4 years and up)	5 p.m. – 8 p.m.	M/W	
Tai Chi Advanced	1:15 p.m. – 2 p.m.	T/TH	(Jan)
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	
Yoga for Health (Silver Sneakers)	11:15 a.m. – 12 p.m.	T	
Zumba	6 p.m. – 7 p.m.	M/W	(Jan)

### (Social Wellness)

Beginning Bridge	10 a.m. – 12 p.m.	W	(Jan)
Duplicate Bridge Play* (*call Mimi (760) 360-3917)	12 p.m. – 3:30 p.m.	M	
Intermediate Bridge I	1 p.m. – 3 p.m.	W	(Jan)
Mah Jongg	1 p.m. – 4 p.m.	T	
Social Bridge	12 p.m. – 3:30 p.m.	M	
Ukulele Concert	1:30 p.m. – 3:30 p.m.	F	(Jan 29)

## RENTALS

### Book Park Rentals Online!

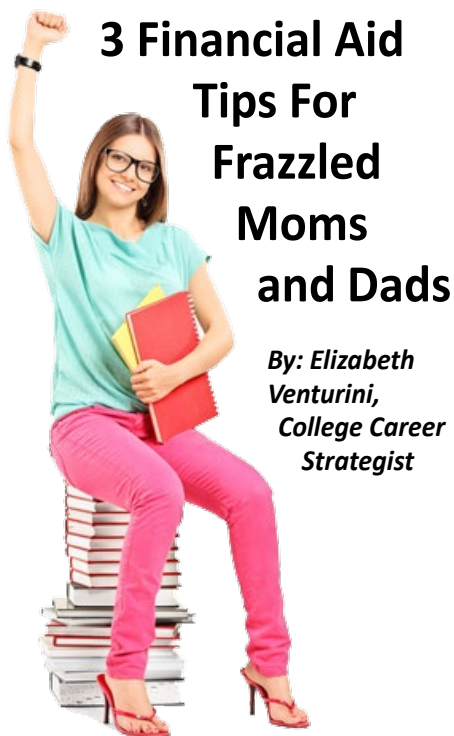
Reserve the Fritz Burns Park or La Quinta Park by visiting [la-quinta.org/register](http://la-quinta.org/register) and click "Search" > "Facility"> "Calendar" and select your date and time.

### Having an Event? We've got you covered!

The La Quinta Wellness Center is available for private rentals! This facility is perfect for your wedding reception, birthday party, company gathering, banquet, neighborhood event, family reunion, or other social event. The multi-purpose room has a capacity of 200 and includes usage of tables and chairs for up to 200 people. An elevated stage and dance floor are included; large kitchen is available for additional fee. Call (760) 777-7090 for more information and pricing.







## 3 Financial Aid Tips For Frazzled Moms and Dads

By: **Elizabeth Venturini,**  
**College Career Strategist**

Next to the purchase of a home, a college education is the second biggest investment parents make. With today's skyrocketing college tuition costs, paying for college is a major dilemma giving frazzled parents cause for grief. Since most parents need assistance to foot the bill, here are three tips to help secure college funding.

### Chase the Right Money

Here are four main sources of scholarships and grants and a recent percentage breakdown of this money:

- Federal government 44%
- Colleges 36%
- State government 9%
- Private scholarships 6%

Many families waste a lot of time chasing the wrong kind of money such as name-brand scholarships. The competition for these scholarships is fierce. Your student will have a better chance with private scholarships if they focus on local scholarships such as those in your community or workplace; and, focusing on maintaining high GPAs and admittance test scores to receive merit aid from schools.

### The Early Bird Gets the Worm

The Free Application for Federal Student Aid (FAFSA) determines a student's eligibility for federal student aid, including low-cost loans, grants, and work-study. The FAFSA may also determine a student's eligibility for state and school aid as well. Many financial aid programs are first-come, first-served. The FAFSA can be completed as early as January 1 of the year a student intends to enter school. If your student is applying to higher-cost colleges or some scholarship programs, you also may have to file the CSS PROFILE application. There is a fee charged with the PROFILE.

### Know the Admissions Game Colleges Play

Keep in mind that each institution that a family includes on the FAFSA will be able to see all the other schools that your student is applying to. Some schools, no one knows how many, use the order that a student lists his or her schools to help make admission and financial aid decisions. It is best to just list the colleges alphabetically.

Today's college admissions process is too complex for most parents to understand, and the financial pitfalls for making mistakes are great. Skip the drama and get expert advice from a professional who can guide you and your teen with selecting colleges, the financial aid process, and career planning so you can save precious time and money.



With Elizabeth Venturini's inspired guidance and support, Desert Cities' students can show up like winners on their college applications, essays, and extra-curricular

activities. Moms and Dads have peace-of-mind knowing they received the help they needed to make the best college choices. To enroll in Elizabeth's programs, email her at [Elizabeth@CollegeCareerResults.com](mailto:Elizabeth@CollegeCareerResults.com) or go to [CollegeCareerResults.com](http://CollegeCareerResults.com).

## Get An Executive Physical That's More Than "Business As Usual."

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Executive Physical packages start at \$1,800 and are not covered by insurance.



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## Don't Be Surprised By Change; Plan For It

Submitted by: SCORE Coachella Valley

**CHANGE** Though days still have 24 hours, and years are guaranteed to have no fewer than 12 months, it sometimes seems as if the world is turning faster and faster. Patterns, trends, and technologies that were rock-solid last year can spike in a different direction at a moment's notice.

With the right approach to planning, small businesses can thrive amid this hectic environment. Indeed, it's critical to constantly look ahead and seek out ways to keep pace and,

often, anticipate what's on the horizon. Learning how to anticipate these trends can help keep you current on everything from sales strategies and customer desires to technology tools and the general economy. And the more you test the winds of change, the better your chances of success down the road.

Staying on top of trends means staying connected. Though it's easy to be overwhelmed with information today, you can filter out the clutter using customizable tools such as Google Alerts, which monitor the Web for new content about developing news stories, industry activity, and local events you're interested in.

Groups such as your local chamber of commerce or professional/trade organizations frequently update members and the public on key trends and issues affecting regions and/or industries. They also sponsor conferences, seminars, and expert speakers who offer the latest information and insights. And because these events are also great forums for networking, you can exchange observations with colleagues who are tracking other business metrics.

At the same time, don't make a snap decision just because you overhear someone talking about a particular issue. Flexibility is critical in today's business environment, but so, too, is careful risk management. Investing time in research about a particular trend or opportunity will pay off with a more informed, more confident course of action.

Though entrepreneurs should always be prepared to embrace new ideas or approaches, there's still a lot to be said for sticking with the basics. Herm Rowland, who has guided his family-owned Jelly Belly Candy Company through several decades of shifting trends, says he's always worked by three guiding principles:

- Always maintain quality in products and business practices.
- Tell the truth; be honest.
- Make sure that what you are doing feels right in your gut.



To learn more about managing change and other critical small business issues, contact a Coachella Valley SCORE mentor by calling (760) 773-6507 or visiting [ScoreCV.org](http://ScoreCV.org). If you are someone with expertise in managing change and are interested in becoming a SCORE mentor, call to find out how you can help Coachella Valley SCORE grow small businesses.

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## The Valley's Preferred Movie Theatre Experience is Now Open.



## CENTURY LA QUINTA AND XD

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## Does Your Business Need An Audit?



By: **Pedro T. Rincón, OR CPAs**

As an owner of a privately held business, you may have concerns about why a company might need audited financial statements. Financial statement audits provide the highest level of assurance. They can only be performed by a Certified Public Accountant.

Audits provide an unbiased, objective examination of the financial statements of the company, including the selective verification of specific information such as accounts receivable and inventory. Audits require gaining an understanding of internal controls, testing of selected transactions and communication with third parties.

At the conclusion of an audit, an auditor will issue a report on the financial statements, which can be shared with third parties, containing the auditor's opinion as to whether the financial statements are presented fairly, in all material respects, in accordance with generally accepted accounting principles (GAAP).

While not required by law, there are some important reasons why an audit might be useful or required, for example:

Investors, lenders or creditors may need to know the state of your current financial condition so they can base their financial decisions accordingly. With that said, your bank could request an audit, at your expense.

- If a company holds assets in a fiduciary capacity for an expansive group of people for business purposes. A good example would be an asset management company or a business that has more than 100 employees in its 401(K).
- In unique industries, an audit may be required due to regulation. For example, country clubs whose bylaws require an annual audit or a not-for-profit who receives government funding.

• Succession planning is another reason a business owner may choose to have an audit. Having reliable financials is important when preparing a business for sale.

• For various reasons, the owner(s) may make the decision to have an audit. This may happen in a situation where an owner wants their business to have a yearly "check up" exam. The audit exam may uncover problems that a business owner wasn't aware of, and knowing that the auditors come in once a year to take a close look at things keeps your business on its toes.

These are the main reasons that a company would need an audit. With this information, you now have the ability to plan ahead and gauge when your company may need an audit. Make sure to talk to your CPA and discuss which type of audit is right for you.



*Pedro T. Rincón, CPA, CVA has approximately 15 years of experience in accounting with an extensive background in providing accounting and tax services for agriculture, construction, distribution, hospitality and not-for-profit entities. In addition, he is a Certified Valuation*

*Analyst providing valuation and litigation consulting services to small business owners and attorneys. For more information, call OR CPAs at (760) 777-9805.*

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## Take an Active Role in Your Healthcare Plan

By: **Randy Foulds,**  
**Foulds & Feldmann Insurance Agency**

Thousands of seniors enrolled in Medicare Advantage plans in the last 2 months – many for the first time. All these new enrollees selecting new health plans mean much more administration for the insurers. And that means more mistakes.



In a recent discussion with a major insurer, they pointed out to the agents

in the room that their clients, the many new enrollees, have to take an active role in administering their coverage. We can no longer assume that all the insurance coverage we signed up for is doing exactly what it is supposed to do, or covering what we expect. As consumers, the burden has shifted to us to have basic knowledge of our health plan benefits.

At the every least, if you're a Medicare beneficiary, you should know the following:

- What is the exact name of your insurance plan? The name of the insurer, the plan name, and level of coverage is all listed on your ID card.
- What type of plan is it? HMO, PPO, Advantage plan, Medigap F, N, G, etc.?
- How much is your deductible?
- How much is your copay?

- Is there any coverage available before your deductible?
- Are you limited to one particular physicians group?
- Can you select your own specialists in network, or must you have a referral from your primary care physician?
- You need to know what urgent care facility or emergency room is in your network, too, and which hospital your primary care physician has admitting privileges at.

The best way to gather this information is to sign up for access to your insurer's website. Each insurer has a consumer website with a members section. By enrolling for access to their website, you will be able to track your medical expenses, amount applied to your deductible, see if your copay has been accounted for, find specialists in your network, even estimate out of pocket costs for common procedures.

If you don't have this information at hand, or can't go online to retrieve it, call your insurer and ask for it to be sent to you. If you have a certified agent, they can answer these questions, as well, and help you register online.

Take an active role in your healthcare and health insurance, know your costs and you will be able to avoid surprises. Most importantly, you will catch any errors before they cost you.



*Randy Alan Foulds is an independent health and life insurance agent in La Quinta. Foulds & Feldmann Insurance Agency can be reached at (760) 777-9400.*

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## 5 Kid-Focused Healthy Holiday Tips

By: *Dr. Brian Myers, Live Well Clinic*

Holiday season is a time for families to come together and celebrate. These celebrations typically include special gatherings, recipes, and foods. Almost every parent observes changes in their kids' behavior resulting from eating holiday foods loaded with sugar, refined flour, and the wrong types of fat. You can maintain your kids' health during the holiday season by promoting smarter, healthier habits that will give them a head start on the New Year.

Here are 5 usable tips to help you succeed:

**1. Smaller plates:** I'm sure you've heard this before, but it bears reminding – using smaller plates compels us to take less food to the table and typically results in less over-eating.

**2. Chew your food:** Encourage your kids to take the time to chew food thoroughly. This is important for two reasons. First, less total food is eaten by the time your stomach tells your brain it's full, and second, chewing is an important part of digestion – by coating our food in enzymes that break it down into useable particles.

**3. Incorporate three major components:** I typically don't care what diet you want to call it, as long as each plate is comprised of mostly plants with an adequate amount of healthy fats,

and a moderate amount of protein, I'm pretty happy. Rather than focusing on removing unhealthy fats, refined sugars, and simple carbohydrates, let's focus on what should be there.

**4. Use desserts as a disguise:** Here's an opportunity to gently shift the idea of what dessert is – from cakes and ice cream to simpler treats like berries. My favorite is some plain Greek yogurt with berries and a few dark chocolate chips. Healthier foods like avocado and black beans are replacing ingredients in some traditional dessert recipes, as well.

**5. Focus on color:** Encourage kids to include at least four colors of healthy foods in their daily nutrition. This can be a fun game to play – how many different colors can you incorporate?

Holiday time is often thought of as weight-gaining time thanks to more sugary, high-calorie foods and treats, but with some patience and redirection, this can be the start of a healthier, smarter New Year.



*Dr. Brian Myers is a naturopathic primary care doctor with a focus on pediatric and family health at Live Well Clinic in La Quinta. For more information, go to [LiveWellClinic.org](http://LiveWellClinic.org) or call (760) 771-5970.*

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## Is My Shoulder Pain From Arthritis?

By: Dr. Naota Hashimoto, DC

The shoulder consists of two main joints. The first is the glenohumeral joint. This is a ball-and-socket joint in which the head of the upper arm (humerus) fits into the glenoid cavity of the scapula (shoulder blade). The second is the acromioclavicular. This joint is formed by the meeting of the collarbone (clavicle) with the top of the scapula (acromion).

Hyaline cartilage located on the ends of these bones generally allows for movement of the arm in the socket without friction, but a loss of cartilage here can cause the bones to rub against each other. The principal symptom of shoulder arthritis is steadily worsening pain, especially when the arm is moved. However, patients with this condition are also likely to experience considerable stiffness in the joint and weakness at the shoulder. Sleeping may become difficult as the condition worsens, especially on the most affected side.

Osteo-arthritis typically will develop years after an injury to the smooth hyaline cartilage on the joint surface of the joint. Once the edge of the joint is rough, increased wear over time will accelerate this arthritic process from developing, which is why it is more prevalent in people over 50 and especially those who were active when they were young.

Initial management of shoulder arthritis is usually non-surgical.

Possible treatment options include:

- Spinal and shoulder mobilization techniques
- Targeted exercise programs to increase shoulder mobility and stability
- Heat and ice treatment
- Nutritional supplements such as glucosamine and chondroitin, both of which build cartilage and can slow joint degeneration
- Non-steroidal anti-inflammatory drugs (NSAIDs)
- Corticosteroid injections
- Acupuncture
- Deep laser treatment
- Hyaluronic acid injections
- Platelet Rich Protein (PRP) injections

The majority of shoulder cases if caught earlier enough will respond well from a combination of any of the above therapies. Obviously, avoiding surgery is the best option, however taking pain medication without a functional treatment program can lead to atrophy of rotator cuff muscles which will make a future shoulder surgery recovery more difficult.

PRP injections are an effective injection when others have failed. This is a process where we isolate growth factors from your own blood and re-inject it into an area that needs an accelerated healing response.

Although this is becoming increasingly popular in the medical community, it is always best to get an evaluation because there is no "one size fits all" approach to treating the shoulder.



Dr. Hashimoto, DC, works at Desert Medical Care & Wellness in La Quinta, located at the corner of 48<sup>th</sup> Avenue and Washington (behind Walgreens) and can be reached at (760) 777-8377. He is offering free consultations for shoulder injuries this month.

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## How to Choose the Right Wine for the Occasion

**Submitted by: Jule's Market**

Robert Louis Stevenson once said, "wine is bottled poetry." Like poetry, there are different sentiments for different occasions with wine.

Answering the following questions will give you a great starting point for your selection. Picking a wine that you are familiar with, and that you like, is a great choice.

- **What is the occasion?** A holiday celebration, a wedding, a girl's spa day, a birthday present, or an evening at a rooftop bar with friends? Sparkling wines are an excellent choice for turkey dinner and all the sides. Pinot Noir is also a great choice, while a Pinot Grigio would make a lovely birthday gift.

- **What time of year?** Winter allows for choices that are heftier in texture and warmer in character such as

Cabernet Sauvignon, Zinfandel or Pinot Noir. Warm weather calls for light, crisp, chilled selections such as Sauvignon Blanc, Riesling or Rose.

- **Time of day?** Champagne, Prosecco, Riesling or Beaujolais are great for brunch, a wedding or earlier day choices while Merlot, Malbec or red blends help bring on a festive evening.

- **Body type or wine varietal?** White, red or sparkling are body types while the varietal is the dominant type of grape used, such as Chardonnay or Cabernet Sauvignon. This is how grapes are labeled outside Europe, where grape type is identified by region.

- **Budget?** How much would you like (or are willing) to spend per bottle? Wine comes in a variety of different price points to match any budget.

Lastly, wine is really about personal preference. Jule's Market in La Quinta has an extensive collection of wines at great prices. The store wine specialist can answer most of your questions and assist in selecting great wines for any occasion.

*For more information, contact Betty Berrysmith, Resident Wine Specialist at Jule's Market by calling (760) 777-9000. Or, stop by the store at 78-130 Calle Tampico in La Quinta.*

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# Changing Your Décor for the Season

By: Pat Wood, Encore Consign + Design Studio

New seasons bring change and what better way to reflect a new season than with your décor? Winter is the time for gathering the family together, so start by welcoming them into your festively decorated home.

Transitioning into the holidays by switching out your accent decorations can be an easy and fun way to spruce things up around the house and get into the holiday spirit. Here are a few tips and simple ideas for transforming the look of your home without spending days.

**Feature your Furniture** — Most of us have relatively neutral large pieces of furniture, and these pieces can be enhanced by using plush and colorful throw pillows or blankets. Switch out soft cotton or silk threads from the warm summer months with a collection of cozy, fluffy throws on your couch or bed. If you have the available



storage space, changing out your rug for a thick and cozy replacement can also be a fun and easy way to alter a look.

**Convert Décor Colors** — During holiday time, reds, greens and blues come into play, as do golds and silvers. Switching out standard lampshades with those of deep red can cast a rosy glow, cre-

ating the perfect seasonal ambiance for snuggling up on the couch or chair. Change fabric colors from bright and cheery to rich and luxurious to transform your space. And, remember, adding a few accents outdoors can make snuggling up with a nice warm blanket by the fire pit the perfect way to end a hectic day.

**Alter the Accessories** — With all the deep colors you can use to decorate, create a visual pop with white winter flowers that look gorgeous set against dark backgrounds. You may even find winter tulips available!

Replace your standard coffee table books and magazines with seasonal versions that will help accentuate the winter colors and theme.

The holidays are a time to sparkle. Combining accessories of clear glass or crystal with brass or gold elements can make your table shine. Candles are also a great winter accessory to welcome you in from the cold. Pair them with the reflective table décor like small mirrors or hurricanes.

**Select a Signature Scent** — Everyone loves a nicely scented home. It's often the first thing people notice when entering your home, but one of the most easily forgotten decorating "accessories." Try changing your home signature scent by the season with oils, candles or simply flowers. Having your own signature scent can trigger memories of being in your home and is something your guests will take with them when they leave.



Pat Wood is co-owner of Encore Consign + Design Studio in La Quinta. Encore has several showrooms of exquisite furnishings and accessories with new pieces arriving daily. Encore - Where Savvy Shoppers Meet. (760) 564-7200; email at Info@EncoreLQ.com.

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## Designing New Jewelry From Heirloom or Older Pieces

*By: Lauren Boucher, Boucher Fine Jewelers*

Many years ago, I found a spectacular charm bracelet in the ladies room of a prominent restaurant in Laguna Beach. It was a very expensive piece and I took it directly to the manager. She took my name and number promising to call me when it was picked up, perhaps to calm me as I was quite concerned about getting it back to the owner.

About 3 months later, I received a call from the manager of the restaurant and was told that the bracelet was still in their possession and they could no longer hold it; it was mine if I would come and get it. I fell in love with that bracelet, but I knew I could not keep it as mine knowing someone had lost years of precious memories and was surely heartbroken over losing it. When I got home, I took a loop over every charm and found dates and initials on some.

One of the charms was a bride, on the bottom were the tiny initials of a place I had visited many times and I knew exactly what to do; it was my reasonability to find this person. For many weeks I sleuthed, and finally located a name first and then a phone number, and so I called. The bracelet, the owner and I met at the restaurant where she had lost it months before and I cannot tell you the amount of joy and tears that were shared by us both as she held her bracelet again.



That event made me think about the importance of jewelry years after that incident, long before we opened our own store. What is it about precious metal and stones that make us so emotional? The engagement ring, graduation gifts, or a Rolex watch are the few items that are highly emotional gifts but there are equally important things to consider, such as an inherited piece from a deceased relative, a found item after years of it missing, or costume jewelry that can be transformed.

Every item in your collection has great significance. I am touched every time I see the ring my son gave me when he was 5 years old even though it is base metal and glass from a gumball machine. If there are pieces you think you will not wear anymore, gather it all into a pouch and discuss designing a special piece for someone special or for yourself with your jeweler. The old pieces will be created into something new and far less expensive than you think while the turnaround is a few weeks, or less. Consider looking through magazines, things that have caught your eye in the past or a stroll through the mall. Ideas are everywhere. There is no price that can be put on lasting memories.



*Lauren Boucher is the owner of Boucher Fine Jewelers, located at 46-600 Washington Street #2 in La Quinta. Lauren can be reached at (760) 777-8100, or visit [BoucherFineJewelers.com](http://BoucherFineJewelers.com).*

# Can Grown-Ups Have Fun on a Disney Cruise?

By: Charles Greenberg, Your Travel Agency

Two Disney Cruise guests waited patiently for the water slide. Their eyes were fixed on the big screen over the pool, which was showing Ratatouille. The lady in front of them turned and asked “Is it just the two of you here alone?”

She had a good reason to ask. The couple, without kids, were on a Disney Cruise – typically the voyage of choice for families looking for nonstop children’s entertainment.

No matter your age, or whether or not you have kids, Disney Cruises are highly recommended for impeccable service, high-caliber entertainment and delicious food.

Here are some tips about how to have as much fun as kids on board a Disney cruise:

**1. Scope out the adults-only spaces on board** – These are sanctuaries that are separate from family areas which can include a gym, a Jacuzzi, pool, restaurants and a myriad of bars.



**2. Take advantage of the activities** – From whiskey and rum tastings (at an extra cost) to karaoke and trivia nights, there are non-stop activities

**3. Look for adult bonding time** – Disney is a joint owner of ESPN, so the channel is available ship-wide.

**4. Steer clear of crowds** – During port excursions, opt for the smaller-group activities, or look for adult-only options such as a snorkeling tour. At Castaway Cay, Disney’s private island, there’s an entire beach (aptly called Serenity Bay) for those 18 and over.

**5. Splurge on fine dining** – The best thing about a cruise is that it’s mostly all-inclusive. However, certain

things merit the extra cost. I suggest paying the \$30 extra per person to eat at Palo, the adults-only Italian restaurant.

**6. Drink on a budget** – Liquor is not included in the cruise fare, and purchasing spirits can be costly. Fortunately, Disney has a liberal alcohol policy. Guests are welcome to bring their own on-board, as long as it fits in a day bag. Also, there’s a duty free shop on board that sells bottles at reasonable prices, and every day, there’s a specialty frozen cocktail available at a discounted price.

**7. Embrace your inner kid** – This is the time to act like a kid again, whether it means watching Disney movies or starting lunch with a chocolate chip cookie!



*Charles Greenberg, owner of Your Travel Agency, treats each client’s trip as if it were his own. Charlie, affiliated with Travel Planners International and Ensemble Travel, is a cruise vacation specialist who has long term relationships with all major ocean-going and river cruise lines. He can be reached at (760) 772-5888 or via email: greenbergcharlie@gmail.com.*



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## 4 Ways to Give Your Dog the Best Holiday Season Ever!

By: Dr. Lori Friesen

Check out these fun ways to help your dog share in the joy of the holidays:

### 1. Make your pup his very own stocking – complete with secret, wrapped surprises.

Simply wrap 5-7 of your dog's very favorite treats of all time individually, and then place them into her very own stocking. Your dog will love to sniff and scratch and dig and explore as they tug each little treasure out of their stocking, then bury their noses into the delicious-smelling reward.

### 2. Let him re-use your wrapping paper (before you re-cycle it)!

After you unwrap each gift, simply dangle the used piece of paper above your dog's head. I guarantee you, this game is instinctual for most dogs. They seem to be born having read and comprehended detailed instructions on what to do next: Wag tail furiously, pounce into thin air, clamp down on dangling paper and shake head like mad. Once said-paper is firmly on the ground, pounce on it and shred it to smithereens. Yes, it's a little messy with cleanup, but free and fantastic entertainment for the entire family. Just ensure you carefully supervise your dog so they don't actually eat the paper.

### 3. Give your dog a safe space to retreat to during this busy season.

Although it can be fun for your dog to play and visit with the many guests you may have coming and going from your home, it's important to remember that dogs have unique personalities, just like humans do, and that some dogs are more extroverted than other dogs. Large crowds and noises can be challenging for even the most outgoing dogs to handle, so it's important to have a couple of safe retreat options available for your pets at all times.

### 4. Share your love and attention – it's the very best gift you can give your dog.

During the holidays, we often get so caught up in the hustle and bustle of the season that our dogs end up being left alone for long hours as their humans attend parties and race around fighting the crowds at busy malls. Do your best to take a little time each day, both for you and for your dog, to play, to rest, and to let him know how much you love him.

I wish you and your family, both human and non-human, all the love in the world during this holiday season!



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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## UPCOMING CHAMBER EVENTS



### MAYOR'S LUNCHEON

Thursday, December 3,  
11:30 am – 1:30 pm  
La Quinta Country Club  
77-750 Avenue 50, La Quinta  
Members \$40 in advance

### RIBBON CUTTING

Thursday, December 3, 4 pm  
Indian Springs Golf Club,  
79940 Westward Ho Dr., Indio  
No charge

### RIBBON CUTTING

Friday, December 4, 10 am  
Sway's Barber Lounge,  
78-010 Main St., Ste. B, La Quinta  
No charge

### TOYS FOR TOTS MIXER

Monday, December 7, 5:30 – 7:30 pm  
Cambria  
73-520 El Paseo, Ste. A, Palm Desert  
Admission: an unwrapped toy  
OR \$20 per person

### RIBBON CUTTING

Friday, December 11, 11 am  
Diane Kelly, R.N. & Graceful Passages  
At Chamber office,  
78-495 Calle Tampico, La Quinta  
No charge

## DECEMBER 2015

### DAY BEFORE CHRISTMAS

Thursday, December 24  
CHAMBER OFFICE CLOSED

### CHRISTMAS DAY

Friday, December 25  
CHAMBER OFFICE CLOSED

### NEW YEAR'S EVE DAY

Thursday, December 31  
CHAMBER OFFICE CLOSED

### NEW YEAR'S DAY

Friday, January 1, 2016  
CHAMBER OFFICE CLOSED

### UPCOMING EVENTS in 2016

#### TASTE OF LA QUINTA

Saturday, January 9, 1 – 4 pm  
Food & Wine Tastings  
Old Town La Quinta  
78-100 Main Street, La Quinta  
Combo tickets in advance \$45;  
\$55 at event

#### CAREERBUILDER CHALLENGE

**KICK-OFF BREAKFAST**  
Monday, January 18, 8 am  
PGA West Private Clubhouse  
*Look for more details coming soon!*

#### HOT ROD & CUSTOM CAR SHOW

Saturday, February 6  
*Look for more details coming soon!*

#### EAST VALLEY CHAMBERS GOLF TOURNAMENT

Friday, April 8  
*Look for more details coming soon!*

## NEW MEMBER SPOTLIGHT

### Bliss Chakra Spa

BLISS CHAKRA SPA



Bliss Chakra Spa is a tiny sanctuary of bliss and restoration for the mind, body and soul in the heart of La Quinta. Distinctly unique, Chakra Day Spa offers treatments that aren't found anywhere else in Southern California. Each treatment is carefully crafted to bring harmony and radiance from the inside out using organic, raw and Ayurvedic sources from around the world.

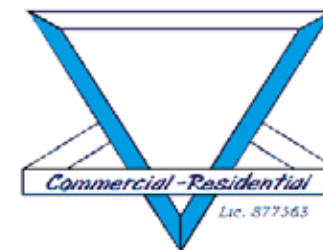
Many of Bliss Chakra Spa's products are imported from India or are handmade in small batches right here in California. Among their many spa treatments they also offer Reiki energy work, Chakra Balancing from certified masters, and Tibetan Bowl Sound Healing from desert native Billy Cordell – most recently seen on KMIR TV's *Health Matters*.

*Treatments are reasonably priced and Bliss Chakra Spa features some of the most talented therapists in the desert. Bliss Chakra Spa is located at 79-430 Hwy 111 #105 (inside Sola Salon Suites). Call to make a spa appointment at (909) 444-0120 or learn more about their spa menu and monthly specials at [BlissChakraSpa.com](http://BlissChakraSpa.com).*

## NEW MEMBER SPOTLIGHT

### Custom Paint Service, Inc.

Custom Paint Service, Inc. was founded in 1992 by Julio Lua. In their many years of business, they are proud to say that every client has expressed appreciation for their workmanship and reliability. As such, new clients can have confidence and peace-of-mind when working with Custom Paint Service.




The company specializes in interior and exterior paint, new construction, custom repaints, custom wood glaze and stain finishes, exterior concrete and epoxy garage flooring. Projects have included commercial buildings, high-end custom homes, tract homes, and municipal and industrial projects.

Custom Paint Service has a powerful competitive advantage by building an environment that people really want to work in – keeping staff teams stable and reliable. The customer gets well-trained, experienced professionals.

Their guarantee to each client is to complete the work in a timely manner. They strive to minimize inconvenience and construction debris on the job. When and if problems arise, they are quick to address and resolve them.

*For more information, follow them on Facebook, call (760) 360-2020 or contact them via email at [custompaintservice@verizon.net](mailto:custompaintservice@verizon.net). Custom Paint Service is located at 77-852 Wildcat Drive, Suite 7, in Palm Desert*

For a complete calendar of events, visit [LQChamber.com](http://LQChamber.com) and follow our

 Facebook page: [facebook.com/lqchambercommerce!](https://www.facebook.com/lqchambercommerce)

## NEW MEMBER SPOTLIGHT

### Cello's Bistro

Cello's Bistro serves up a symphony of taste! And while a cello is one of the strings in an orchestra, that's not actually what the restaurant was named for. Cello's stands for the owner's nick-name "Tommy Cello." He gets the nickname from his delicious and inspiring Limon cello, made from fresh lemons grown in the Coachella Valley.



"Tommy Cello" has created a diverse and tantalizing menu filled with notable flavors. Start your meal with the Crab Napoleon, then move on to the Chicken Caprese or the Braised Short Ribs – all complemented by the perfect glass of wine and topped off with a decadent dessert. Cello's will quickly become your favorite melody in dining selections.

Cello's welcomes you to join them for dinner, and is also available for intimate parties. You will find their service, food and environment comfortable and inviting. Cello's is the recipient of the 2011 Restaurant of the Year Orion Award from the Cathedral City Chamber of Commerce, and was selected one of the "Top Ten" best new restaurants in Palm Springs Life magazine.

*Cello's Bistro is located at 35-943 Date Palm Drive in Cathedral City. For more information, go to [CellosBistro.com](http://CellosBistro.com) or call (760) 328-5353.*

## NEW MEMBER SPOTLIGHT

### Diane Kelly, RN Service

Diane Kelly is an advocate for the aging community and their family members.

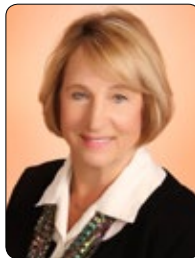
Caretakers and descendants who are worried about their loved ones can call Diane to help navigate the health care system.

Diane's business is a concierge boutique kind of service that is available nationally, and Diane is a member of the Aging Life Care Association – which holds professionals in this industry to ethical standards. Diane not only is a master's-level registered nurse, and is also a gerontologist who is certified in care management and mediation – a skill that comes in handy when there is family conflict.

This is all about the family and providing a seamless service, with high touch and the ability to coordinate all their loved ones needs, navigate the health care system, and be available for an emergency visit until the family arrives. This service should be considered by those who hope to keep their loved ones at home and maintain quality of life for them.

*Diane Kelly's serves the Coachella Valley, and you can read more about the national service by going to [AgingLifeCareAssociation.com](http://AgingLifeCareAssociation.com). To reach Diane directly, email her at [dianekelly@dc.rr.com](mailto:dianekelly@dc.rr.com). Call (760) 391-3699 for a free 30 minute consultation.*

Diane Kelly, RN  
AGING LIFE CARE ADVOCATE



## NEW MEMBER SPOTLIGHT

### Marquee Academy of Performing Arts

Now in its third year serving the youth of the Coachella Valley, Marquee Academy of Performing Arts is the only independent school of its kind in the desert providing a full range of music, performing arts and dance programs for kids at affordable prices.

Kids of all ages are welcomed to sign up for Marquee's core music programs – which include rhythm, piano, guitar, violin, ukulele, voice and drum lessons for beginners all the way up to advanced. Some dance classes are also available. All programs offer performance opportunities for students.

Marquee Academy also offers KinderMusik™ not only at the school's primary location in Palm Springs – but also at a satellite location in Indio. KinderMusik is an early childhood music program introducing infants and toddlers to music along with their care giver.

*In order to help provide scholarships, Marquee Academy recently embarked on a new fundraising campaign called "\$1 a Week Saves Performing Arts." To sign up or to get a current class schedule, call (760) 778-8000 or go to [MarqueeArts.org](http://MarqueeArts.org). Marquee Academy of Performing Arts is located at 441 S. Palm Canyon Drive in Palm Springs.*

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ACADEMY OF PERFORMING ARTS

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## NEW MEMBER SPOTLIGHT

### WorldMark Construction, Inc.

WorldMark Construction, Inc., understands the importance of a solid general contractor for commercial, custom homes and residential general construction projects. This includes new construction, remodels, additions or custom homes.

With an extensive 35-year background and expertise in the construction industry, you can rest assured that your project will be completed efficiently with expert craftsmanship when you partner with WorldMark Construction. They pride themselves on providing excellent customer service, achieving beyond the expectations of their clients, and delivering what's been promised.

*WorldMark Construction has a list of references, as well as client satisfaction comments and a project portfolio available by request. If you or anyone you know is in need of a general contractor or sub-contractor framer, call (760) 501-0492 or email [info@worldmarkconstruction.com](mailto:info@worldmarkconstruction.com).*



## NEW MEMBER RIBBON CUTTINGS



**Ribbon Cutting Ceremony for All Valley Backyard, 77-734 Country Club, Ste. D Palm Desert, (760) 342-5277 on November 13.**



**Ribbon Cutting Ceremony for Palms Athletic Club, located in La Quinta (442) 235-3189 on November 13.**



**Ribbon Cutting Ceremony for Christina Gutierrez Farmers Insurance, 78-120 Calle Estado, Ste 207, La Quinta (760) 485-3320 on November 6.**



**Ribbon Cutting Ceremony for Pedego Electric Bikes, 78-075 Main Street, Ste. 104, La Quinta, (760) 972-4017 on November 7.**



**Ribbon Cutting Ceremony for Century La Quinta and XD, 46-800 Washington Street, La Quinta on November 4.**

## 7th Annual Taste of La Quinta

Saturday, January 9, 2016

1 p.m. – 4 p.m.

Old Town La Quinta



The Taste of La Quinta is back...and it's better than ever. Join us in Old Town La Quinta for food and wine tastings from favorite local restaurants. Back by popular demand is entertainer **Will Donato & The Art of Sax**. Unwind with your neighbors, sway to the music, enjoy a live radio remote, and soak up the beautiful La Quinta weather. Restaurants reserved to date include:

<b>Adobe Grill</b>	<b>Fresh Juice Bar</b>
<b>Arnold Palmer's Restaurant</b>	<b>The Grill on Main</b>
<b>The Broken Yolk Cafe</b>	<b>Indian Springs Golf Club</b>
<b>California Ocean Grill</b>	<b>La Rue Café Wine Bar</b>
<b>Cello's Bistro</b>	<b>Lavender Bistro</b>
<b>Cello's Pantry</b>	<b>La Quinta Brewing Co.</b>
<b>CJs Stir It Up Mongolian Grill</b>	<b>La Quinta Olive Oil Company</b>
<b>Deli on Miles</b>	<b>Sip Coffee House &amp; Juice Bar</b>
<b>Desert Cities Catering</b>	<b>Soul of Mexico</b>
<b>Egg Café</b>	<b>Solano's Bistro</b>
<b>El Mexicali Café</b>	<b>Stuft Pizza Bar &amp; Grill</b>
<b>El Ranchito</b>	<b>Twenty6</b>
<b>Fara's Mainly Vegetarian</b>	<b>Plus more to come!</b>

**Advance TICKETS NOW ON SALE at [LQChamber.com](http://LQChamber.com)!**

**Early Bird Pricing (Available until January 8 at 5 p.m.)**

\$20 for Unlimited Wine Tasting

\$25 for Unlimited Food Tasting

\$45 Combo Unlimited Tasting Ticket (food & wine)

\$100 Fast-Pass Combo Tasting Ticket (food & wine)

**Tickets at the Event:**

\$25 for Unlimited Wine Tasting

\$30 for Unlimited Food Tasting

\$55 Combo Unlimited Tasting Ticket (food & wine)

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## Coachella Valley Rescue Mission Serving More People Than Ever Before

*Submitted by: Coachella Valley Rescue Mission*



The Coachella Valley Rescue Mission (CVRM), known throughout the valley a place of refuge for the community's needy and homeless, is striving to help more people than ever before. For almost 45 years, the Mission has provided food, clothing, and many other resources to those who need it most.

Over the years, CVRM has grown into an organization that serves over 230,000 meals, provides over 82,000 bed nights of shelter, and many other services and programs on an annual basis. The group of dedicated staff and volunteers are able to serve the underserved in our valley because of the help of the community through donations of food, clothing and other items.

In order to continue to provide these necessary services, the Mission is always in need of support through the donations from the community. Items like canned and non-perishable food items, pasta, beans, rice, sugar, flour, salt, powdered drink mixes, soup, and fruits and vegetables are always needed. Clothing items for men, women and children in all sizes such as underwear, shoes and shirts are needed, as well as toiletries of all kinds, such as soap, shampoo, and deodorant.

*To support the Mission and the invaluable work it does for our community, you can drop off your donations directly at the Mission, located at 47-470 Van Buren St. in Indio, or you can call (760) 347-3512 for more information. You can also log onto [CVRM.org](http://CVRM.org).*

## Arnold Palmer's Restaurant Now Open for Lunch

*Submitted by: Arnold Palmer's Restaurant*

Starting this season, Arnold Palmer's Restaurant in La Quinta now serves lunch in the pub and patio from 11:30 a.m. to 3 p.m. The lunch menu has many choices including Arnold Palmer's best-loved dishes like Arnie's Chopped BLT Salad, Prime Rib Dip sandwich, Arnie's famous Meatloaf, and his very favorite Montgomery Ribs with coleslaw and fries.

Lunch is followed by Happy Hour in the pub from 3 p.m. to 5 p.m. Enjoy live music at Arnie's pub from 5 p.m. to 9 p.m. every Tuesday, Wednesday, Friday, and Saturday, and during lunch from 11:30 a.m. to 3 p.m.

Another exciting new offering from Arnold Palmer's Restaurant are Learn to Paint classes. For \$70 per person, each guest will receive a 3-course lunch, glass of wine and all art supplies. Aprons will be provided during painting. To learn more about upcoming classes and make reservations, call (760) 771-4653.

*For more information on Arnold Palmer's Restaurant, go to their website at: [ArnoldPalmersRestaurant.com](http://ArnoldPalmersRestaurant.com).*



## Michelle Cherland Named California Teacher of the Year - 2016

*Submitted by: Desert Sands Unified School District*



From deployments to Afghanistan and Iraq to teaching the ABCs, former U.S. Army reserve captain and current kindergarten teacher at Carrillo Ranch Elementary School in Indio, Michelle Cherland, will now be deployed to a new assignment in 2016 — as a California Teacher of the Year!

There are nearly 300,000 teachers in California, and Cherland was one of only five selected for this distinction. She will be honored at a gala to be held in Sacramento on February 8, 2016. Congratulations, Michelle!

## Creating Art is Enjoyable for All Ages

*By: Joe Oakes, Fine Artist*

Making art is enjoyable for all ages is a process that may continue over a lifetime. Whatever your age or experience, it's never too late to start something creative.

In today's busy, electronic world, everyone could use a little time unplugged. What better than creating something beautiful? Maybe after a long day of work you could unwind while pushing a little paint around the canvas. Or quite possibly, you're retired and looking for something fun to fill up part of your day. No matter your age or work status, art is a relaxing and enjoyable alternative.



There are many art avenues to explore, especially painting and drawing, but also a plethora of media to choose from. You may choose to paint in oil, acrylic, watercolor on canvas, paper or board. In drawing, there are options such as graphite, charcoal, and pastels on many different substrates. Maybe you would enjoy mixed media, the combination of different media and materials, and the list goes on.

Now that you're interested and ready to start, a word of advice: Don't expect to be a Monet or Picasso overnight. The process and your development as an artist will take some time. But the benefit of that is, it's a journey and journeys are supposed to be enjoyable! Also, how far you take your art is entirely up to you. Some people create simply as a hobby, others to share or exhibit, and finally, some sell their work.

Wherever you are in life's journey, you should add art to it. It's an enjoyable process of learning and self-discovery. You won't just be painting pretty pictures, you'll be creating something of yourself, from yourself, and hopefully learning a little something about yourself along the way. Painting is a journey... enjoy!



*Joe A. Oakes is a fine artist and instructor. To learn more, go to [JoeAOakes.com](http://JoeAOakes.com) or [JoeAOakesAtelier.com](http://JoeAOakesAtelier.com), email him at [joeaoakes1@gmail.com](mailto:joeaoakes1@gmail.com) or call (760) 861-4796.*



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## The Real Truth About Dentures

By: Dr. Nash Sourial, Blu Oasis Dental

Like most things in life, there are always pros and cons to every decision we make. Knowing all the facts can guide us to our best choice. Dentures are custom-made appliances to wear if you've lost all of your natural teeth, whether from gum disease, tooth decay or injury. Replacing missing teeth will benefit your appearance and your health because dentures make it easier to eat and speak.



When you lose all of your teeth, facial muscles can sag, making you look older. Dentures can help fill out the appearance of your face and profile. They can be made to closely resemble your natural teeth. You can have them perfectly straight and as white as you like or you may choose to have them look like your original teeth, with a small gap here and there.

Here are some things to know about dentures:

- **Conventional** – This type of denture is removable and placed in your mouth after the remaining teeth have been taken out and tissues have healed, which may take a few months.
- **Immediate** – The immediate denture is removable and inserted on the same day that the remaining teeth are removed. You don't have to be without teeth during the healing period, but may need to have the denture relined or remade after your jaw has healed.
- **Overdenture** - Implants provide stability and support for the denture, and increases comfort and quality of life with less irritation of gum tissue. They also end the cost and inconvenience of denture adhesives and can often utilize your existing denture. Implants involve a minimally invasive procedure and are now more affordable than before.

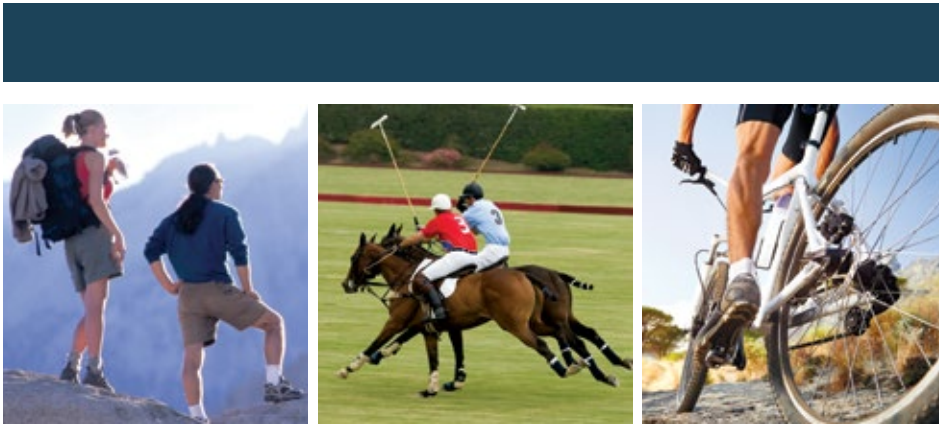
The real truth of what you can expect with dentures:

- The dentures may feel loose while the muscles of your cheek and tongue learn to keep them in place.
- It is not unusual to experience minor irritation or soreness.
- You may find that saliva flow temporarily increases.
- You only have about 1/3 of the bite force that you had with natural teeth.

As your mouth becomes accustomed to dentures, some problems should go away. Dentures can never be as good as the real thing, but as an alternative to "no teeth at all," they can be the next best thing.



Dr. Nash Sourial provides general and cosmetic dental services at Blu Oasis Dental, located on Highway 111 in the La Quinta Costco Shopping Center. Call (760) 342-2258 to schedule an appointment.



## What's Lurking in Your Bathroom?

**By: Linda Balaban,  
Arbonne International**

Many people are label readers for what they eat, but did you know it's equally (if not more) important to know what we put *on* our bodies?

The largest organ in the body is the skin and it's a permeable organ which means, what we put *on* our bodies, we put *in* our bodies!

If you mentally count the number of products you consume each day before walking out the door, you may be surprised at the number: hand/body lotion, shampoo, conditioner, face wash, toothpaste, sunscreen, shave gel, deodorant, cosmetics, fragrance, face/body wash, etc. Each product contains dozens of ingredients that are absorbed through the skin and many of them will go directly into the blood stream. This is *good* if the ingredient is wanted, like from a transdermal patch with much needed medication. It's *not* such a good thing if it contains toxic chemicals.

### The Average Person Absorbs Hundreds of Chemicals Every Day

It's alarming, but neither products nor their ingredients need approval from the FDA. It's the manufacturer's responsibility to make sure their products are safe for consumers. But *are* they making sure? With profit being the bottom-line, and cosmetics companies self-policed, what would inspire a company to spend multi-millions of dollars to prove the ingredients they use are toxic?

### Chemicals You Would Never Choose to Ingest are Used in Personal Care Products

Many key ingredients used in today's products are nothing more than industrial chemicals including carcinogens, pesticides, reproductive toxins, and hormone disruptors. These toxins (plasticizers, degreasers, and petroleum) can build-up in the body. Today's



babies are born with chemicals inside them. Studies are connecting the dots between chemical exposure and cancers, reproductive disorders, birth defects, hormone imbalances, autism, asthma and severe allergies.

### Be Your Own Health Advocate

Reduce your toxic burden by pulling back the shower curtain and opening the cabinets and drawers.

**Ingredients to Look For:** mineral oil/petrolatum, carbon black, sodium laureth sulfate, parabens (methylparaben, butylparaben and propylparaben – found in breast cancer tumor cells), formaldehyde-donating preservatives, fragrance/parfum (often contains a hidden plasticizer called phthalates; banned from kids toys, but not from cosmetics), formaldehyde, alkylphenols, benzene, monoethanolamine, triclosan, synthetic dyes, hydroquinone, and talc.

Watch documentaries on the topic such as *The Human Experiment (Netflix)* or *Stink (Nov. 2015 release)*.



*Linda Balaban is a passionate and knowledgeable Executive Area Manager, Independent Consultant with Arbonne International, a global health and*

*wellness company in it's 35th year. For more information, a free consultation and/or to schedule a presentation, she can be reached at (323) 394-4383 or via email at lindabalaban1@gmail.com. Her website is [LindaBalaban.Arbonne.com](http://LindaBalaban.Arbonne.com).*

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## Artificial Grass: Is It Right For You?

*By: Kevin Darcy,  
Innovative Turf Management*

Artificial grass has been around for decades, and the changes that have been made since the original “astro turf” of the 1960s have been truly remarkable. However, the question still remains: Is it right for you and your home, even during this record drought we are experiencing here in California?

### Things to Consider prior to installing Synthetic Grass:

1. How long are you are planning on staying in your home?
2. What is the current cost to maintain your existing natural landscape?
3. What are water restrictions and costs associated or fines issued?
4. What are your objectives for installing synthetic grass?  
 Recreation, curb appeal, low maintenance, to save water, to save money? Some or all are good reasons to consider this option.

### Let's Talk Turf!

The old saying is true: you get what you pay for, and USA-made products are the best you can buy. Synthetic grass is very similar to purchasing carpet for your home. It comes in different colors, weight and material. Synthetic grass cost is determined by the weight and traffic wear. You can purchase synthetic grass from 40 oz to 100 oz. High traffic



areas, play-sport areas and pet runs will require a higher quality product for these installations.

The most common types of yarns used today in artificial grasses are Nylon, Polyethylene and Polypropylene – and all are extremely soft and low abrasion yarns. Most turf applications will need some type of infill depending on the use of the turf.

The cost can be broken down in many ways. The most common is price per square foot installed, but as we know, if we have purchased carpet for our home in the past, there will be more material needed. Installed, it can run \$9 to \$12 per square foot depending on product line. Other factors playing into the final cost include irrigation, lighting and whether or not there is difficult access to overcome.

Artificial grass can save you money, reduce the amount of water that you use, and lower carbon emissions as well as your ongoing maintenance bills.

*Kevin Darcy is the owner of Innovative Turf Management. For more information, visit [ITMTurf.com](http://ITMTurf.com), call (760) 702-1623 direct or email [Kevin@itmturf.com](mailto:Kevin@itmturf.com).*

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## Artificial Grass

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# Not All Bunkers Are Like Those on TV

By: Jack Gibson, La Quinta Country Club

As the golf season gets underway here in the desert, this might be a good time to do some work on your bunker shots. We used to call those big depressions with sand in them “sand traps” until a few years ago when the USGA decided that we should refer to them as “bunkers.” If you were born before 1960, you have my permission to still call them “sand traps.”



If all the sand in our bunkers was as nice and as well maintained as those we see on TV or experience when playing our country club courses, getting out of a bunker and close to the flagstick would be fairly simple. Well, it isn't always that simple, especially if you are playing after a rain or even on some of our public golf courses where the budget doesn't allow for replacing the sand in bunkers every year.

There are a few things you should work on, in case you do encounter hard-packed sand, wet sand or more mud than sand.

1. Forget all the stuff you have read or seen on TV about “opening” your clubface. When you “open” your clubface, the “bounce” on the bottom of your sand wedge will hit the hard sand and deflect into the center of your golf ball. Your golf ball will either hit the lip of the bunker or be sent flying fifty yards or out-of-bounds
2. Understand that you do not want to use the “bounce” of the wedge to enter the sand first, but rather, the leading edge so the club head will “dig” into the sand behind your golf ball. Having your clubface square or even a little “closed” will make it easier for the leading edge of the sand wedge to strike the sand first.
3. If your sand wedge has a large degree of “bounce” it might be impossible to close your clubface enough to allow the leading edge to enter the sand first so you might use your “gap” wedge, lob wedge or pitching wedge – all of which have a lot less “bounce” than the average sand wedge.
4. You should practice and experiment with how much you can close your clubface with your sand wedge and how your other wedges will react before you find yourself in one of those bad lies in a bunker with no idea what to do.



La Quinta Country Club is a member-owned private country club and was the original home of the Bob Hope Classic (now Careerbuilder Challenge). For a preview, call (760) 564-4151. Jack Gibson, Life Member of the PGA of America, teaches at La Quinta Country Club to members as well as guests and is the author of “Thought Reduction Golf.” He can be reached at (760) 574-7830 or jackg@pga.com.

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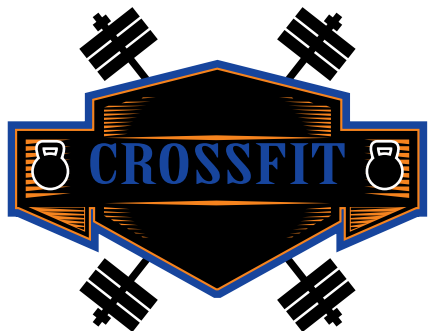
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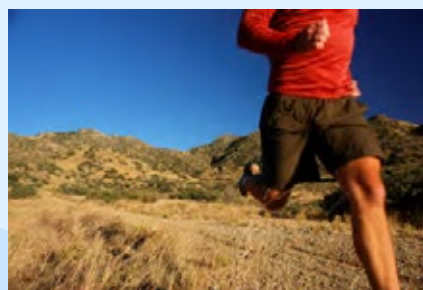
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