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The Greater Coachella Valley Chamber of Commerce (GCVCC) was created in 2016 in cooperation with the former Coachella, La Quinta, Cathedral City and Indio Chambers, along with the Cabazon Band of Mission Indians and Twenty-Nine Palms Band of Mission Indians. It enhances and significantly improves the way businesses interact with each other and the community in the entire Coachella Valley. As a Regional Chamber, the GCVCC delivers services and benefits to its members on a scope not seen before in the area.



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The Greater Coachella Valley Chamber (GCVCC) is made up of these area Chambers: Cathedral City, Coachella, Indio, La Quinta, Cabazon Band of Mission Indians, Twenty Nine Palms Band of Mission Indians.

The Chamber offers local businesses the largest referral program, powerful networking coverage throughout the valley, and unmatched print and event exposure opportunities. GCVCC is also your pro-business legislative advocate!



the gem

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THE GEM HAS A NEW LOOK!

By: Douglas Motz
La Quinta Business District Chairman



On August 2, La Quinta launched the NEW Gem while networking at the newly renovated Beer Hunter, as well as having a ribbon cutting for their new ownership.

One of the perks of being a member of The Greater Coachella Valley Chamber of Commerce is that you, as a business, are able to submit articles to The GEM. This not only helps to get recognition to your business, but is a great way to get referrals. I can personally attest as a business owner that my articles in The GEM have brought me several new clients.

The La Quinta Business District is here to serve the local businesses throughout our community and being a part of our regional chamber, businesses have endless opportunities to help grow your business. Together we are strong!

If you are looking to grow your business we invite you to contact us at: info@gcvcc.org.

As a La Quinta resident if you want to “Be in the Know” sign up to be notified about city events and offers at <http://playinlaquinta.com>.

Douglas Motz is the owner of Douglas Motz Insurance Agency, he can be reached at 760-200-0270 or www.DougMotz.com.



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DESERT SANDS UNIFIED SCHOOL DISTRICT ANNOUNCES DATES FOR 2017-2018

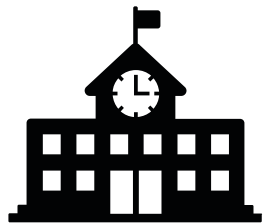
Submitted by: Desert Sands Unified School District

The first day of school for Desert Sands Unified School District is Thursday, August 24, 2017. The last day of school will be Wednesday, June 13. The days in between are filled with a varied number of events and dates to remember. A full calendar of the 2017-2018 school year is available on the district web site at <http://dsusd.us/>. In addition to the calendar located on the home page, each of the 34 DSUSD schools has linked websites at <http://dsusd.us/Schools>.

Some of the most important dates to note are the DSUSD school board meetings that take place on the first and third Tuesday of the month and the dates for week-long+ breaks. Board meeting dates for January through December 2018 will be announced at the December 13 board meeting. The following are the dates for the remainder of 2017.

August 15	September 5 and 19	October 3 and 17
November 7 and 14	December 12	

Schools will be closed for the week of Thanksgiving, November 20-24. Winter break takes place December 18-29 along with January 1 and 2. Spring break is scheduled for March 26-30. Individual dates to note throughout the school year are:



September 4	Labor Day
October 9	Teacher workshops
November 10	Veterans Day
January 1	Martin Luther King Jr. Day
January 26	Teacher workshops
February 12	Lincoln's Birthday
February 19	Presidents' Day
May 27	Memorial Day

Graduation dates for the seven high schools, both traditional and non-traditional, are tentative and subject to change but are currently planned for:



June 4	Amistad High School
June 5	Palm Desert High School
June 6	Shadow Hills High School
June 7	Indio High School
June 8	La Quinta High School
June 11	Summit High School & Horizon School

Desert Sands Unified School District offices are located at 47-950 Dune Palms Road in La Quinta. The district proudly operates 34 schools and serves the communities of Bermuda Dunes, Indian Wells, Indio, La Quinta, Palm Desert, and parts of Coachella and Rancho Mirage. A new elementary school is currently under construction in Indio and will open in time for the 2018-2019 school year. Additional information on the schools and the calendar can be obtained by calling the district office at 760-777-4200.



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HISTORY OF LA QUINTA: LA QUINTA RESORT

Today, the La Quinta Resort and Club is a dazzling getaway where celebrities, athletes, CEOs and even some of us locals can enjoy being pampered in private. Guests can enjoy luxurious casitas, award-winning restaurants, lush greenway, and the history of this enticing location is nearly as impressive as its offerings.

Construction began in 1925 after developer Walter Morgan hired famed Pasadena architect Gordon Kaufman to design a plush getaway for the social elite. In less than two years, local craftsman constructed 20 casitas out of materials fired by kilns located right on site, including 100,000 bricks and 60,000 roof tiles. In addition to the casitas, Morgan constructed the area's first golf course, essential to attracting the era's movers and shakers. The course alone cost one third of the resort's total build cost, but history would prove Morgan's instincts spot-on.

The La Quinta Hotel was first opened to the public in January of 1927, though he soft-opened it months earlier to family friends in the right social circles, securing it as the new place to be among Hollywood stars and high-powered businessmen. Because of these efforts, stars such as Ginger Rogers, Bette Davis, and Frank Capra became frequent visitors.

The grandeur of the hotel and its clientele rendered it fairly immune to the Great Depression, and while it closed briefly during WWII to house Army troops, it was re-opened in all its pre-war splendor in 1945 by new owner John Balaban. Once again, the social elite, including sitting president Dwight D. Eisenhower, flocked to the exclusive hotel.

As golf began to take off as a pastime in the 1970s, new developers drew up plans to expand the hotel's grounds. Landmark Land Company bought out the owners in 1977 and extended golf courses, expanded tennis facilities, and built new casitas. The hotel was renamed the La Quinta Resort and Club.

While the hotel has undergone many changes, one element remains the same: its reputation as a prime destination for those seeking to relax in the lap of luxury. Today, the resort features seven restaurants, world-class golfing, a decadent spa, and accommodations ranging from luxury suites to entire villas. This magnificent hotel is truly at home in the Gem of the Desert.



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5 EASY STEPS TO CLEAN YOUR PAINTINGS

Submitted by: Steven Biller, La Quinta Arts Foundation

The finer things grow more valuable with age, but when it comes to fine art, time can take its toll. Whether your paintings hang on the wall or sit in storage, they're susceptible to dust, dirt, cobwebs, and even stains.

You can do simple cleanup at home with techniques that will avoid damaging the paint or the canvas itself.

But first consider the risk — particularly the value and condition of the painting. If your painting has great financial or sentimental value, give it a light dusting and ask a reputable art or antiques dealer to recommend a professional conservator. Likewise, if the paint is chipping, cracking, or flaking, you want to avoid contact. This is a job for a professional.

Here are five steps for safe, do-it-yourself cleaning:

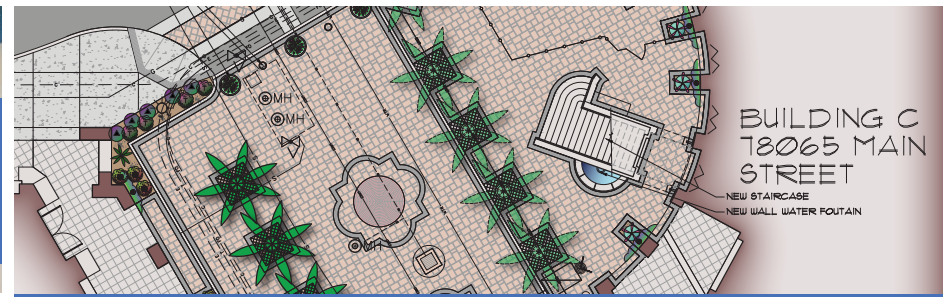
1. Use compressed air in a can to blow away dust, followed by a soft-bristle brush (I like to use a shaving cream brush) to remove loose dirt. Be gentle to avoid scratching the surface. This may be enough to return the painting its original freshness.
2. Brush or vacuum the back of the painting.
3. Blot the canvas with a clump of doughy white bread (without the crust). A fresh sourdough has just right amount of moisture to lift water-soluble dirt without dampening the canvas. Never wet the surface of a painting. Dab or gently press the bread on the entire surface of the painting, replacing dirty dough with a fresh clump as needed. Again, be certain the paint is firm on the canvas to avoid accidentally removing it.
4. Brush the dough crumbs off the surface using a soft-bristle brush. Be thorough to ensure no dough remains on the canvas where it could attract insects or rodents.
5. Use a cotton swab moistened with your saliva to gently remove most surface stains. Professionals use their spit all the time, and indicate "natural enzymatic cleaner" in their conservation logs. Saliva removes a remarkable range of blemishes without damaging the paint.

For oil paintings with tougher dirt, smoke, and yellowing varnish, you'll need a mild solvent or emulsion cleaner, available at any art supply store. First use a cotton swab and test the conservation liquid on a corner of the painting. Then delicately dab the entire surface to remove the dirt and varnish, but not the paint.

Now you're ready to rehang your painting and enjoy it anew!

La Quinta Arts Foundation is a non-profit founded in 1982 dedicated to its mission, "Promoting and Cultivating the Arts". LQAF hosts the top ranked fine art festival in the nation La Quinta Arts Festival, March 1-4, 2018.

Learn more at LQAF.com.



OLD TOWN COMPLETES RECAPITALIZATION AND CREATES "LINDEN PLAZA"

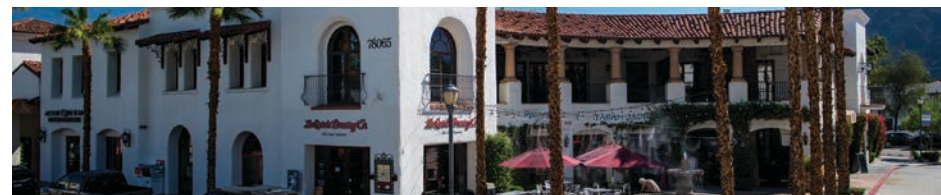
Four buildings at Old Town have been refinanced with a new \$12.4 million loan from UBS. Additional capital and new financing at substantially lower interest rates give Old Town improvement reserves to renovate and create special features. The new Linden Plaza will add to residents' and visitors' enjoyment of Old Town - La Quinta's favorite gathering place.

The previous loan of \$11 million with the Berger Foundation has been paid off with an additional one million dollars which may be used to for the Foundation's philanthropic mission: to support established organizations, especially those involved with social welfare, health and education that help people to help themselves.

Linden Plaza will be an 8000 square foot area that is currently the side street between The Grill on Main and La Rue Bistro. This popular, dining enclave will be transformed into a pedestrian walk-street to enhance the dining experience at neighboring cafes. Linden Plaza will also serve as a beautiful setting for outdoor events and entertainment. Improvements include decorative street pavers and lush re-landscaping. A staircase will be added between the Old Town Tap Room and The Grill on Main to give better access and visibility to the second floor restaurant (previously Hogs breath).

The construction project began on July 25th and was scheduled for completion on August 31, 2017. Old Town remained open with all construction limited to the Linden Plaza area, so guests could enjoy Stuff Pizza, Solano's West Coast Bistro, The Grill on Main, Old Town Tap Room, The Coffee Company and The Wine Emporium in addition to shops and services.

Old Town is home to over 30 local cafes, boutiques, salons, and business services as well as nightly entertainment, seasonal Farmers' Markets and the Art on Main Street shows. For more information, contact Lisa West at 760-600-0758.





HERE ARE 9 EASY STEPS TO FOLLOW FOR SAFETY AND TIRE HEALTH

Submitted by: Jim Mellin,
A Proud Member of Coachella Chamber of Commerce

With the heat upon us and summer road trips ahead of us, your tires are what connect you to the road.

1. Be sure to check inflation pressure when tires are cool.
2. Find manufacturer's inflation pressure located on vehicles door jamb, glove box, or fuel door.
3. Remove the valve cap and press the tire gauge firmly on the valve stem.
4. If the reading is lower than recommended level, add air and check again.
5. Over inflated? Push on the metal valve core with the nub on the back of the tire gauge to release air and check again.
6. Once recommended pressure is reached, replace valve cap.
7. Insert the edge of a U.S. penny in the tread with Lincoln's head down and facing you. If the top of Lincoln's head is covered by tread, there is at least a minimum amount of tread left.
8. If the top of his head is visible at any point around the tire, it is time to replace the tire.
9. Visually check for cuts, cracks, splits, punctures, irregular wear, and bulges.

If you find any of these conditions, or if you have any concern about your tire's health, please come and visit us for a free tire inspection and pressure check.

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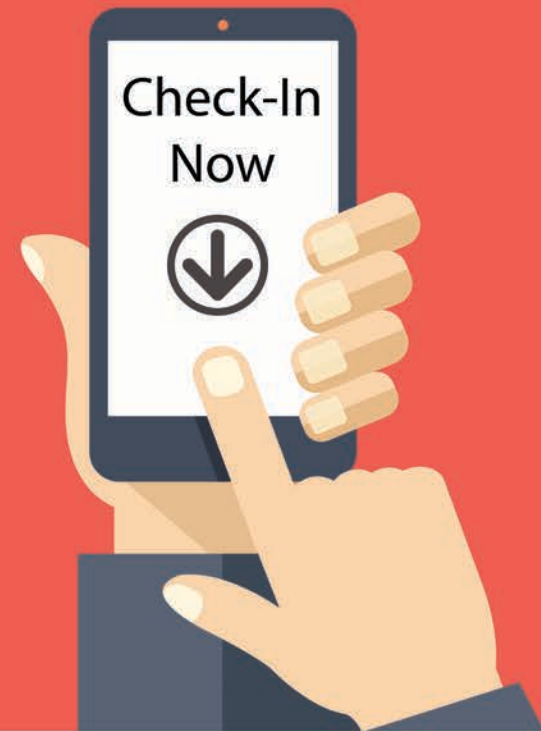
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SURPRISING FACTS ABOUT COFFEE

Submitted by: Kerry Anderson, Owner of SIP Coffee House & Juice Bar

1. Shepherds discovered coffee in Ethiopia in 800 A.D. Legend has it that 9th century goat herders noticed the effect caffeine had on their goats, who appeared to “dance” after eating coffee berries. A monk then made a drink with coffee berries and found that it kept him awake at night.
2. Coffee is the 2nd most traded commodity on earth. According to the Global Exchange, there are approximately 25 million farmers in over 50 countries involved in producing coffee. The number one commodity? Oil.
3. In Italian, espresso means “when something is forced out.” This refers to the way espresso is made – forcing boiling water through the pressed coffee grounds. And although espresso has more caffeine per volume than coffee, because it’s consumed in smaller quantities, it actually has about a third of the amount of caffeine as a regular cup of coffee.
4. Coffee was the first food to be freeze-dried. The process of freeze drying – whereby fresh foods are placed in a dryer where temperatures drop to negative 40 degrees – first started during World War II to preserve foods.
5. There are two types of coffee beans: Arabica & Robusta. Seventy percent of coffee beans are Arabica. Although less popular, Robusta is slightly more bitter and has twice as much caffeine.
6. The majority of coffee is produced in Brazil. Brazil produces 40% of the world’s coffee, which is twice as much as 2nd & 3rd place holders, Columbia & Vietnam.
7. Hawaii is the only state in the U.S. that commercially grows coffee. Kona coffee is the United States’ gift to the coffee world. Because coffee grows best in climates along the equator, Hawaii’s weather is optimal.
8. Coffee was originally a food. Coffee berries were mixed with fat to create an energy rich snack ball. It was also consumed as a wine when made from the pulp of coffee berries.
9. Coffee is actually a fruit. Coffee beans as we know them are actually the pits of a cherry-like berry that is grown on bushes. Even though coffee is actually a seed, it’s called a bean because of its resemblance to actual beans.
10. There have been five attempts to ban coffee throughout history. Coffee was first banned in Mecca in 1511 because leaders believed it stimulated radical thinking. In the 16th century, Italian clergymen tried to ban coffee saying it was “satanic”. However, Pope Clement VII loved coffee and lifted the ban and had coffee baptized in 1600. In 1623, Ottoman leader Murad IV created the first punishments for drinking coffee, including beatings and even being thrown in the sea.

In 1746, the Swedish government made it illegal to even have coffee paraphernalia, including cups and dishes.



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LOOKING FOR LOVE IN ALL THE WRONG PLACES

The best friend a small business can have is a great banking relationship. While every bank in the country talks about relationship banking, there are not too many that deliver. Unfortunately, if you pick the wrong bank, you may end up feeling like you're in an abusive relationship. So how do you pick the right one?

Here are some tips that will take you less time than a round of speed dating and can help you build a strong relationship with your banker:

- Ask where lending decisions are made. Do you really want a guy in Fargo who doesn't know you, your business, or the Coachella Valley market deciding whether your business loan is approved?
- Make sure you are compatible. For example, I have a friend who loves sushi. His girlfriend thinks it's bait. Think they have trouble deciding on where to go to dinner? If you are a small business owner, don't go to a bank that specializes in consumer lending. At some point you and the bank might not be able to make each other happy!
- Lets talk about communication. Be certain you understand the loan documents. Identify your main point of contact. Don't be afraid to ask if you don't understand something! For example, most loan covenants require a 1.25:1 DSCR: for every dollar of debt payments, you have \$1.25 of recurring income. The regulatory agencies require banks to enforce loan covenants, which could mean a problem for both you and the bank. Divorces are painful, even in business, and you can avoid a lot of arguments if you set the tone for communication up front.
- Speaking of communication...most spouses don't love bad surprises. Neither do bankers. If you have problem, talk to your banker early. Be clear about the issue, discuss your plan to work through it, and don't be afraid to get their advice. The right banker might even have some ideas of how to help.

For more information about West Valley National Bank, contact Terence Davis at 760 883 8003 or at tdavis@wvnb.net



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PILLAR OF THE COMMUNITY CEREMONY HONORS OUTSTANDING LQ COMMUNITY MEMBERS

Each year since 1992, the La Quinta City Council has honored remarkable members of the community with the Pillar of the Community Award. The award is designed to honor La Quinta community members who have contributed something significant to the community.

Candidates are nominated by their fellow community members, and there's no cap on the number of people who can win the award in a year. In order to be considered, a candidate must have lived in La Quinta for at least three years, made a significant contribution to the community, and have received recognition for their efforts on a local, state, national, or international level. Since the implementation of this award, 58 residents of La Quinta have received this honor.

"The Pillar of the Community Award is a very sacred honor for the City of La Quinta," says Marcie Graham, Marketing & Communications Supervisor "it is an opportunity for the community to recognize individuals whose passion and love for La Quinta has been expressed through various opportunities".

2017 Pillar recipients will be honored on September 12th at La Quinta City Hall. The ceremony is open to the public, so take this opportunity to join City Hall members in celebrating your outstanding community members this year!



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CITY MANAGER'S MESSAGE


By: Frank J. Spevacek,
La Quinta City Manager



The City of La Quinta is utilizing Measure G funding to provide necessary improvements to the community through our Capital Improvement Program (CIP). These projects were prioritized based upon resident feedback at the Community Workshop in January 2017 discussing the use of future Measure G funds.

As part of the approved 2017/18 CIP, the Council prioritized the renovation of the public landscape in north La Quinta over the next four years. Landscape improvements are already underway on Miles Avenue between Seeley Drive and Dune Palms Road. The improvements will feature the Desert Oasis landscape palette, which uses hardscape textures with minimal planting to create an aesthetically pleasing environment with lower installation, long-term maintenance, and water costs. Entrance lighting and wall cleaning will complete the renovation effort.

The La Quinta Village Complete Streets Project will transform the Village area by constructing five roundabouts and reducing Calle Tampico, Calle Sinaloa/Avenue 52, and Eisenhower Drive from four lanes to two lanes. These improvements will make room for pedestrian, bicycle, golf cart, and neighborhood electric vehicle facilities as well as additional on-street parking. The design of this project is currently underway.



Measure G funding will also be used for the Citywide Drainage Enhancements as part of this year's CIP. This project will upgrade drainage facilities along the Eisenhower Drive and Washington Street corridors and provide a minimum 150-year storm protection in accordance with the Focused Drainage Study.

You can view the 5-year CIP Plan on the City's website:
<http://www.laquintaca.gov/our-city/city-departments/design-and-development/capital-improvement-program-cip>



DROUGHT DECLARED OVER BY GOVERNOR LA QUINTA TO ADDRESS LANDSCAPE REQUIREMENTS

- In January of 2014, Governor Brown declared a drought emergency.
- The City temporarily reduced landscape maintenance to requiring landscape to be cut, edged, and maintained.
- Watering was not required however residents could not create a fire hazard.
- Residents are expressing concern about neighborhood appearances degrading.
- This April, CA Governor Brown terminated the drought state of emergency.
- Other desert cities are restoring their landscape maintenance enforcement.
- La Quinta is restoring full landscape maintenance enforcement this October.
- In the interim, the City is publicizing the transition to full maintenance of yards.
- Please restore your yards with landscaping consisting of lawn, or desert landscape (which includes decomposed granite, in combination with some colored gravel, spotted plants and a supporting irrigation system).

Landscape Codes:

La Quinta Municipal Code 9.50.090 (A) 8, 9, 10, & 11
La Quinta Municipal Code 9.60.030 (F) (1)
La Quinta Municipal Code 9.60.230 (E) (3)





MAKE A PLAN FOR YOURSELF, FAMILY AND FRIENDS

Plan:

As you create a plan for your family and friends take into consideration the special needs of yourself, family and friends. Some considerations may include medications, dietary needs, access issues, pets, children, elderly and communications. Gather the contact information of your family and make sure everyone has a copy (Include an out of state contact since local lines may be overwhelmed and this will allow everyone to check in with the designated contact). During an emergency you may be separated from your family so having a predetermined meeting place will help reconnect you with loved ones.

Emergency Kit:

An emergency kit will provide you and your family the necessary resources during a disaster. When building your kit include water, food, first aid supplies, flash lights, cash(\$1 and \$5 bills), batteries, cell phone chargers and other personalized needs for all members of your family including pets, children and elderly. FEMA recommends enough supplies for at least 3 days but having additional provisions will make the days following a disaster more comfortable for everyone. Make sure everyone knows where the kit is located, what is inside, how to use each item and that everyone's individual needs are considered. It is a good idea to create a kit for your vehicle, school and work so we are prepared for a disaster wherever we are. More specific information for building a kit is available here: <https://www.ready.gov/build-a-kit>. Other Local Disasters Preparedness Resources are Listed Below

*Sign up for local emergency alerts in your area

<http://www.laquintaca.gov/our-city/public-safety-services/emergency-services/ewns-swift911>

*Get involved with RACES

<http://www.laquintaca.gov/business/safety/emergency-services/races>

*Learn disaster preparedness skills with La Quinta CERT

<http://www.laquintaca.gov/business/safety/emergency-services/community-emergency-response-team-cert>



SILVERROCK RESORT UPDATE

Overseeding

Please mark your calendars: SilverRock Golf Course will close for overseeding at the end of play on Sunday, October 8th and reopen on Tuesday, November 7, 2017. During this time, the Golf Shop will be open daily from 7:00 a.m. to 3:00 p.m. Please drop by to talk golf, see the new fall merchandise and book your fall golf outings and parties.

The patio, restaurant, grill and bar will be closed during this time. We look forward to welcoming you back after overseeding.

Summer Hours

During the summer months, the golf shop will be open daily from 6:00 a.m. to 5:00 p.m. The restaurant will be open daily from 6:00 a.m. to 2:00 p.m.

The first available tee time of the day will be 6:30 a.m. and the last tee time will be 4:45 p.m.

La Quinta Resident Cards

La Quinta Resident Cards are issued and renewed at the SilverRock Resort golf course administration trailer open Mondays, Wednesdays, and Fridays from 10 a.m. to 3 p.m. located in the SilverRock Resort parking lot. For more information, please call (760) 771-1669.

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

COMMUNITY SERVICES

Online registration available at www.laquinta.ca.gov
For more information, please call (760) 564-0096

Colonel Mitchell Paige Middle School

Youth Sports Program Soccer 7-14yrs 5:30 – 7:30 p.m. M/W
Please call YMCA Palm Desert 760-347-3484

La Quinta High School

Sunset Yoga 6 p.m. – 7 p.m. M/W

La Quinta Museum

Gentle Yoga w Karen 11 am – 12 p.m. M

WELLNESS CENTER

Creative Wellness

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

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

Friday Social Ballroom Dance 6 p.m. – 7 p.m. (9/15, 10/20) F

Intellectual Wellness

Conscious Aging Workshop 2 p.m. – 4 p.m. T

Voice Overs 15+ 9 a.m. – 11 a.m. (10/14) S

AARP Smart Driver Course 55+ 8 a.m. – 12 p.m. (10/9 & 10/1) M/T

Physical Wellness

Cardio & Strength (Silver Sneakers) 9:45 a.m. – 10:30 a.m. M/F

Chair Yoga (Milissa Meyer) 11:15 a.m. – 12 p.m. (Sept) M

Personal Trainer (Kristoffer Kepler) 12 p.m. – 8 p.m. M/W/F

Golf Fitness Training (Lori Farkas) 12 p.m. – 8 p.m. T/TH

Personal Trainer (Lori Farkas) 12 p.m. – 8 p.m. T/TH

Personal Trainer (Janice Snyder) 12 p.m. – 8 p.m. (Oct) T/TH

Pilates (Mat work) 9:30 a.m. – 10:30 a.m. (Oct) W/F

Sun Style Tai Chi (Silver Sneakers) 10:45 a.m. – 11:30 a.m. M/F

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

West Coast Swing 7 p.m. – 8 p.m. TH

Yin Yoga w Joseph 6 p.m. – 7 p.m. (Sept) M

Yoga w Joseph 9:30 a.m. – 10:30 a.m. (Sept) M/W

Gentle Yoga w Karen 11 a.m. – 12 p.m. (Oct) W

Zumba (Morning) 8:30 a.m. – 9:30 a.m. T/TH

Zumba (Saturday) 8:30 a.m. – 9:30 a.m. S

Social Wellness

Desert Oasis Strummers 1:00 p.m. – 3:30 p.m. F

La Quinta Voices 10 a.m. – 11 a.m. (Oct) T

Social Bridge (Contact center for details) 12 p.m. – 3:30 p.m. M

Mah Jongg (Contact center for details) 1 p.m. – 4 p.m. T

Wii Bowling 1 p.m. – 3 p.m. TH

Wii Golf 9 a.m. – 10:00 p.m. W

VACATION



Short-Term Vacation Rental Hotline (760) 833-9050

There may be homes around your neighborhood that are short-term vacation rentals.

If you experience any municipal code violations such as: loud noise, trash and/or parking violations, please call the 24/7 Short-Term Vacation Rental Hotline. All calls will remain anonymous.

WELLNESS CENTER EVENTS

September Lunch 11:15am (9/28)
Enjoy a delicious meal with familiar friends and visit with new friends. Pre-registration fee: \$4

October Lunch 11:15am (10/26)
Dress in your favorite Halloween costume. Enjoy a delicious meal meet new friends. Pre-registration fee: \$4

Health & Wellness Fair 9am – 12pm (10/12)
Exhibitors will be offering FREE information to keep you informed and healthy. John F. Kennedy Memorial Hospital will offer FREE screenings: Body Mass Index, Blood Glucose, and Blood Pressure checks. Moreover, Flu Immunizations will be administered by La Quinta Walgreens. Please pre-register by bringing your Medicare Insurance card to the front desk before the event date. Walk-ins are welcome the day of the event with Medicare insurance card.

RENTALS

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 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) 564-0096 for more information.



IT'S YOUR LIBRARY

La Quinta Public Library is located at 78-275 Calle Tampico.
Enjoy FREE programs for all ages. Call (760) 564-4767 for hours.

SPECIAL EVENTS

Rock Painting Party on Friday, September 1 at 4:00 p.m. – Join us and the group La Quinta Rocks as we host a Banned Books Week themed Rock Painting Party! Supplies available for the first 45 people. For all ages.

On a Clear Day: A 9/11 Eyewitness Account on Monday, September 11 at 5:30 p.m. – Please join us at the Library to hear Bert Upson's remarkable account of his escape from the World Trade Center just seconds before the second plane hit the 78th floor of the South Tower. This presentation will be followed by a candlelight vigil at the 9/11 memorial statue in Civic Center Park in La Quinta, starting at 7:00 p.m.

ReaderCon Year 2 on Saturday, September 9 from 10:00 a.m. to 4:00 p.m. – Our celebration of the graphic arts returns! Get ready for an amazing day with gaming, writer workshops, a carnival, vendors, and special guests! Pre-register at <https://goo.gl/jkMcWL> to get a chance at winning a FREE pass to the Palm Springs Comic Con! To pre-register, you must have a Riverside County Library System library card. See the library for more details!

Rhythm & Beats Music Mixing Workshop on Sundays, September 17 & 24 at 1:00 p.m. – This is a 6-week program for ages 13 to 17. Registration is required. Participants will explore rhythm, beats, and expressions through the art of DJ-ing.

DIY Sunday on Sunday September 24 at 2:00 p.m. – For ages 12 and up. Join us as we create practical crafts for everyday use. Space is limited so call the library today to sign up!

Banned Books Week Book Club on Friday, September 29 at 4:00 p.m. – For ages 13 and up. Join us as we discuss "This One Summer" by Mariko Tamaki, the top challenged book of 2016. We'll discuss why it has been challenged, book censorship and more.

REGULAR PROGRAMS

Adults (18 years & older)

La Quinta Chapter Book Club on Wednesday, September 13 at 10:30 a.m. – Join us as we discuss "Grace" by Natasha Deon.

Third Age Club on Wednesday, September 20 at 11:00 a.m. – Social Media Basics I: Confused by your device? Want to know what Facebook is? We'll give you an introduction and tips to help you! Bring your own device.

Stranger than Fiction (Article Club) on Thursday, September 21 at 6:00 p.m.

La Quinta Reads Book Club on Monday, September 25 at 11:30 a.m. – Register at the Adult Reference Desk!

RHYTHM & BEATS MUSIC MIXING WORKSHOP

SUNDAYS @ 1PM
STARTING SEPTEMBER 17
FOR AGES 13-17

This is a 6-week program where participants will explore rhythm, beats, and expressions through the art of DJ-ing.

REGISTRATION IS REQUIRED

CALL 760-564-4767



ALL
LIBRARY
PROGRAMS
ARE FREE!

TEENS (AGES 13-17)

Anime Zone on Saturday, September 2 at 4:00 p.m. – Teen Think on Friday, September 8 at 4:00 p.m.

Teen Book Club on Saturday, September 16 at 4:00 p.m.

Teen Game Night on Friday, September 22 at 4:00 p.m.

Teen Computer Lab @ the Wellness Center on Thursdays, September 7, 14, 21, & 28 from 4:00 to 6:00 p.m.

TWEENS (AGES 9-12)

Tween Makerspace Trivia Night on Tuesday, September 5 at 4:00 p.m.

Creative Writing Workshop on Tuesday, September 19 at 4:00 p.m.

Tween Book Club on Tuesdays, September 12 & 26 at 4:00 p.m. – This month's book is "A Tale Dark and Grimm" by Adam Gidwitz. The first 10 kids to register will get a FREE copy of the book!

CHILDREN

Book Babies Storytime (ages 0-2) every Tuesday at 10 a.m. & 11 a.m.

Preschool Storytime (ages 2-5) every Thursday at 10 a.m. & 11 a.m.

Pajama Tales on Wednesday, September 13 at 5:00 p.m. (All ages)

Family Fun Night on Wednesday, September 20 at 5:00p.m.

Something on Saturday (Ages 2-12) Saturdays, September 2, 16, 23, & 30 at 3:30 p.m.

For more information please call (760) 564-4767 or visit www.rivlib.info

BREW IN LQ

★ CRAFT BREW FEST ★

**Saturday,
November 18
4 p.m. - 9 p.m.
Civic Center Park
La Quinta, CA**

La Quinta
GEM of the DESERT

WWW.PLAYINLAQUINTA.COM/BREW

Be Our Guest...

La Quinta GEM of the DESERT

MOVIES AT THE PARK

Beauty & The Beast

**Friday, September 22
Civic Center Park
8 p.m. - Time subject to change**



**FOR CAPITAL IMPROVEMENT PLAN
& PROJECT UPDATES VISIT:**

www.LaQuintaCA.gov



7:00 PM *9/11 Candlelight Vigil*

September 11
Civic Center Park

September Events In

La Quinta
GEM of the DESERT

10:00 AM *Pillar of the Community*

September 12
La Quinta City Hall

EXPLORE YOUR MUSEUM

The La Quinta Museum is located at 77-885 Avenida Montezuma. Hours are Tuesday through Saturday from 10 a.m. to 4 p.m. (Closed on Sundays and Mondays). Admission is free! Call (760) 777-7170 for more information.



The La Quinta Museum will be closed on Friday, September 15, 2017 for staff training.

EXHIBITS

Crossroads & Intersections

Opening on September 19, 2017 "Crossroads & Intersections - the Stories Behind the Streets" on loan from the Agua Caliente Museum. This will be on exhibit through December 30, 2017.

Community Room

Mural by Andre Blanchet (part of La Quinta Art in Public Places Program)
Dorothea Lange photo gallery of Coachella Valley images.

Local History Gallery

Features Cahuilla Indian and local La Quinta history.

EVENTS

La Quinta Museum Coloring Club for Adults

EVERY FRIDAY 1 p.m. - 3 p.m.

STITCH

EVERY TUESDAY 1 p.m. - 3 p.m.

Brown Bag TED Talk*

Tuesday, September 12, 2017 12 noon

Enjoy a TED Talk on the big screen and join the discussion following the showing.

Bring your lunch and bring a friend. Water and cookies provided. *Technology - Entertainment - Design

Family Craft Day with S.C.R.A.P. Gallery

Saturday, September 16, 2017 11 a.m. - 12:00noon

TRENDING TOPICS

Tuesday, September 26, 2017 10a.m.-11:00 noon

Come meet Connie Golds, Director and founder of Desert Best Friend's Closet. She will share their mission and vision. Coffee and pastry will be served.

Good Reads in the Gallery Book Club

Thursday, September 28, 2017 5 p.m. - 6 p.m.

Daughter of Fortune by Isabel Allende will be the book discussed this month.

COMING SOON! *Day of the Dead Shadow Box Exhibit*



Food Distribution



La Quinta Community Park

Dates: 8/26/17, 9/23/17, 10/28/17

Time: 10:00am until food is distributed

Place: 77-865 Avenida Montezuma 760.564.9921

Please provide your own bags to carry your produce.

Food is on a first come first serve basis (no paperwork needed to get food.)

2 bags allowed per person

Are you fascinated with Day of Dead images? Do you love the vibrant colors, grinning skulls and dancing skeleton folk art? Want to try your hand at creating a shadow box of your own? Housed in a traditional cigar box, these artistic shadow boxes depict memories of a loved one or a celebration of historical images. The La Quinta Museum will exhibit of Day of the Dead themed cigar box altars October and November 2017. If you would like a free cigar box to use, please come by the Museum and pick one up. (Limited supplies.) We will need your box returned by September 30, 2017.

La Quinta Artist Studio Tour - December 2017

The La Quinta Museum invites artists living in La Quinta to let us know if you are interested in participating in the 6th annual studio tour to be held on Sunday, December 3, 2017. Participants must be current residents of La Quinta. There is a link to the application on the Museum Facebook page. Email, call or stop by the Museum for more information.

The La Quinta Museum is active on social media. Please follow us on Facebook, twitter and Instagram for all of the latest happenings.

THE GREATER COACHELLA VALLEY CHAMBER OF
COMMERCE PRESENTS

KICK-OFF TO SEASON REGIONAL MIXER



NETWORK WITH US

Wear your favorite jersey as we all officially kick off the season together in business. Refreshments, prizes, giveaways and your favorite local business professionals connecting. Bring the emerging professionals from your office for free entry! Networking is the opposite of not working.

MEMBERS: \$5
NON-MEMBERS: \$20

September 19th from 5pm to 7pm.

Rabobank N.A. |
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THE GREATER COACHELLA VALLEY CHAMBER CONNECTION NEWS, SPOTLIGHTS, INFORMATION & EVENTS

Join us for local and regional B2B and B2C events. Get involved and stay involved in your community. Make new connections and gain exposure with the Greater Coachella Valley Chamber of Commerce.

Katie Stice IOM, ACE
(760) 347-0676 | www.gcvcc.org



SEPTEMBER EVENTS

Thursday, September 7, 2017 8:00 am - 10:00 am

Chamber 101 – La Quinta

Location: La Quinta City Hall, Study Session Room, 78495 Calle Tampico, La Quinta, CA 92253

Complimentary event to learn about the new regional chamber.

Tuesday, September 12, 2017 - 8:00 am

GCVCC, CA Gubernatorial Candidate Series - John Chiang

Location: Fantasy Springs Resort Casino -Special Events Center - 84245 Indio Springs Parkway, Indio, CA

Cost: Members \$ 17 – Non-Members \$ 25

Thursday, September 14, 2017 2:00 pm - 4:00 pm

Chamber 101 – Cathedral City

Cathedral City Library, 33520 Date Palm Dr. Cathedral City

Complimentary event to learn about the new regional chamber.

Sunday, September 17, 2017 - 3:00 pm – 10:00 pm

2018 Fiestas Patrias/El Grito

Location: Rancho Las Flores Park (48350 Van Buren St, Coachella, CA, United States)

Free to public

Tuesday, September 19, 2017 - 5:00 pm - 7:00 pm

Regional “Kick Off to Season” Mixer

Location: Rabobank, 1491 Sixth Street, Coachella, CA. 92236

Cost: Members \$5 – Non-Members \$ 20

Thursday, September 21, 2017

Cathedral City Chamber Mixer at Boys & Girls Club

32141 Whispering Palms Trail, Cathedral City, CA, 92234

Cost: \$5 Members - \$20 Non-Members/Prospective Members

Thursday, September 28, 2017 - 11:30 am – 1:30 pm

All Valley Mayor’s Lunch

Fantasy Springs Resort Casino

84245 Indio Springs Pkwy, Indio, CA 92203

\$59-\$800 tickets, tables & sponsorships

THREE TIPS FOR A HAPPIER BRAIN TO JUMPSTART YOUR PRODUCTIVITY

Submitted by: Dr. Simone Ravicz

If you see the sun shining and flowers blooming, hear the birds singing, and hum “You are the sunshine of my life...” daily, does that mean you will always be happy? As you probably guessed, the answer is “no”. We can look at Buddhist conclusions from thousands of years ago stating that suffering is part of life.

So what is the big deal about happiness? Sure, it feels good. Science tells us it’s also great for our brains, minds and bodies. If you’re a small or large business owner, manager, or entrepreneur, you’ll probably be delighted to hear about the relationship between happiness and productivity.

Oswald, Proto and Sgroi (2015) showed that happiness can boost productivity from 12-20%. This can mean big numbers for your income. Not surprisingly, there is also a causal link between unhappiness and decreased productivity, which can last up to 2 years.

Let’s look at three simple things you can do to boost happiness.

1. Give “I’m feeling yucky” a name. When you’re feeling distressed, label the feeling as “frustrated”, “stressed”, “sad” and the like. People who suppress negative emotions can actually end up arousing the part of the brain (limbic system) involved with negative emotions. By labeling these feelings, you’re using your advanced prefrontal cortex, reducing limbic system arousal and emotion.

2. Another tip is...wait for it...make a decision already! Making decisions, setting SMART goals, and designing intentions all affect the brain similarly, leading to decreased worry and anxiety. Choosing also boosts the reward neurotransmitter dopamine. Both of these changes effectively lead to better thinking, planning, goal-setting, increased satisfaction, and enhanced productivity.

3. A quick tip to achieving happiness is to be grateful for who and what you have in your life. Like making a decision, feeling grateful boosts dopamine in your system. Many of you probably know that SSRIs, anti-depressants such as Prozac, seem to work by increasing serotonin. Being grateful also boosts serotonin in your system, thereby increasing happiness and boosting productivity.

When life is tough, it might be hard to find things for which to be grateful. The key lies in the seeking. Repeatedly doing this makes changes in your brain’s neurons leading to being able to more easily be grateful.

Use these three methods for a happier, more productive life!

Dr. Simone Ravicz is a Certified Business and Life Coach assisting you to optimize your life both professionally and personally. See more at www.successbraincoach.com or call 760.327.8305. Discounts for Gem readers.



NEW MEMBER SPOTLIGHT

THE E&J MOVEMENT

If you're looking for classic Motown, Rhythm & Blues, and Soul music in Palm Springs, Palm Desert, La Quinta, Indio, or anywhere in the Coachella Valley, the E&J Movement is the premium band of choice.

With the classic sounds of live Motown music performed at its best, the E&J Movement is your perfect selection for corporate events, weddings, private parties, organizations and special events.

The music quality is tremendous: the majority of players are original Motown recording musicians.

Founding band member and bassist Eddie Gilreath has been a music veteran for over 30 years, working with The Temptations, Ray Charles, Smokey Robinson, Bob Marley, Curtis Mayfield and performing with Junior Walker and the All Stars.

Elaine Woodard, E&J's lead female vocalist, toured and recorded with Ray Charles as a world famous Raelette for over 12 years.

James Clark, lead guitarist, has performed with Nancy Wilson, Johnny Otis, and countless others.

The E&J Movement offers a fun, high energy party atmosphere. Every event is exciting and custom-fit for your specific needs. It is a nonstop show of Motown music with informative narratives of what Motown was like in its prime.

So get your back up off the wall and call the E&J Movement!

For more information, contact theeandjmovement@gmail.com or Jim Mellin at (760)541-9341 or visit www.theeandjmovement.com.



LIQUIDATIONS OVERSTOCK



Ursula and Peter Montalvo are the new owners of Liquidations Overstock, a furniture liquidation warehouse located in Indio.

Both had worked as employees of local businesses before deciding that it was time for a change. As their family continued to grow (one grandson and two more grand babies on the way), they realized they needed to make a living that provided more flexibility for their changing lifestyle. When an offer came along that they couldn't refuse, they took a leap of faith and decided to break away from the 9 to 5 and build a family business.

Being consumers themselves, the Montalvos strive to provide all of the communities of the Coachella Valley with quality items at the lowest prices possible. They carry a variety of furnishings and mattresses for every room in your home, and have recently branched out to designer handbags. As they are a "liquidation" warehouse, many of their pieces are one of a kind and may not come through their doors again. They are very family oriented and have created a "family room" where customers' children can color, do puzzles, and watch a family friendly "feature of the day" movie while their parents shop. They look forward to meeting new friends on this next leg of their life journey.

Liquidations Overstock is located at 80975 Indio Blvd. Suite A30, Indio, CA 92201 (corner of Madison and Indio Blvd.) For more information call, (760) 660-6615 or follow on FB @ Overstock Liquidation Sales to see items that are posted daily and for business hours. www.liquidationsales.deals

PERFECTLY POSH

Danyse Jensen has been an Independent Consultant and Team Leader with Perfectly Posh for nearly three years. Perfectly Posh is a USA based company that specializes in affordable naturally based pampering products, such as soaps, hand cremes, body butters, body scrubs, facial cleansers, masks, oils, skin sticks, haircare, and more!

Why Danyse believes Perfectly Posh is so special:

Quality Ingredients. Natural, clean and gentle formulations with NONE of the following: petroleum derived ingredients, parabens or paraffins, SLS, SLES, lanolin, gelatin, soy fillers, phthalates, talc or tallow (rendered animal fat).

USA Made and Cruelty-Free

Affordable. All products are under \$25!

You DESERVE and NEED to take care of YOU, so you can keep taking care of everything around you.

Customized in-home spa events are Danyse's specialty, where you and your friends get to play with the newest products and take time to pamper yourselves. She is also very supportive of fundraising efforts in our community and will partner with you to support the cause closest to your heart.

Pampering Showcase: You are Invited! Wednesday, August 23rd 5:30-7:30pm at Cambria El Paseo. 73-520 El Paseo, Suite A, Palm Desert, CA 92260. Enjoy a fun evening mingling with friends while exploring these amazing pampering products. You deserve it! Please RSVP by 8/21 to Danyse at the info below.

For more information call (360) 241-6611, email danyse@me.com or visit www.poshbydanyse.com



MEMBER NEWS

PAID ADVERTISEMENT

WEST VALLEY NATIONAL BANK



Candace Wiest, President and CEO of West Valley National Bank, announced Terence Davis has joined the Bank as the Chairman of WVNB's Coachella Valley Community Board.

"We are delighted to have Terence lead our expansion into the Coachella Valley. He has a very diverse business background with successful careers in many industries. His leadership and involvement in business, community organizations, and non profits will serve our target industries of small business, non profits, and medical and dental professionals."

For more information contact Terence Davis at tdavis@wvnb.net and (760) 883-8003~



PAYCHEX OPENS NEW COACHELLA VALLEY OFFICE

Paychex, Inc., a leading provider of integrated human capital management solutions for payroll, HR, retirement, and insurance services, has opened a new sales office in Palm Desert, CA. The company serves more than 1,200 clients based in the area and partners with more than 200 local accounting professionals.

"Paychex has delivered payroll and HR solutions for small- and mid-size businesses in the Coachella Valley for more than 35 years, and this new facility positions us to better meet the needs of local business owners," said Paychex sales representative Mike Wales, who serves as program chair of the Professionals in Human Resources Association's Coachella Valley chapter. "We're committed to providing outstanding, personalized service to our clients here in Palm Springs and Palm Desert."

The address of the new Paychex building is 74710 Highway 111, Suite 102, Palm Desert, CA 92260.

About Paychex: Paychex, Inc. (NASDAQ: PAYX) is a leading provider of integrated human capital management solutions for payroll, HR, retirement, and insurance services. By combining its innovative software-as-a-service technology and mobility platform with dedicated, personal service, Paychex empowers small- and medium-sized business owners to focus on the growth and management of their business. Backed by 45 years of industry expertise, Paychex serves approximately 605,000 payroll clients across more than 100 locations and pays one out of every 12 American private sector employees. Learn more about Paychex by visiting www.paychex.com, and stay connected on Twitter and LinkedIn.

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Dr. David Jeffrey loves working with exotic pets as well as his furry pals.

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THE WHAT'S OF LQ

Ah, September. The hot summer days that seem to be neverending are finally drawing to a close, and we may actually be able to step outside without fearing heatstroke. Why not celebrate by sampling all that La Quinta has to offer?

What to do: Get your art on! Check out Studio Osterberg Art Gallery on Main Street. Originally opened in New York, Studio Osterberg features artwork from a variety of mediums - acrylic painting, paper mache sculptures, jewelry, and even art boots.

Thanks to the Arts in Public Places program, you don't have to go to a gallery to see fine art. Sculptures, murals, and other works of art abound all across La Quinta! For a map of all the outdoor art exhibits, visit PlayInLaQuinta.com

Rather create your own art? Art Bar 92253 will hold its first painting class on September 9th. Follow an experienced artist as she leads you through painting your own masterpiece! Things will get even better after they begin serving beer and wine, expected to happen shortly. Classes will continue weekly throughout September and October. For a full schedule, visit its Facebook page.

What to see: Point Happy, which is named after La Quinta settler Norman "Happy" Lundbeck, offers enticing shopping and sightseeing options. Located at the intersection of Washington and 111 where the mountains meet the valley, this charming area is considered the gateway to La Quinta. Enjoy a delicious meal at the La Quinta Cliffhouse with its 180 degree view of the Coachella Valley, or grab some incredible Sushi at Okura. Whether it's groceries, fine dining or a mani/pedi; Point Happy will have you covered.



What you need: Golf will be in full swing soon - do you have the right clubs yet? Having the perfect club for each fairway condition will improve your game and impress your friends. The USGA allows golfers up to 14 clubs, so why settle for the wrong one? Check out some locations like PGA West, where you can get fitted for a perfect club while swinging at one of the most famous courses in the world.

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ASK THESE QUESTIONS WHEN SELECTING KITCHEN COUNTERTOPS

Submitted by: Ev Levin Gerisch, IDS, elg design

Today's countertops need to satisfy both function and aesthetics. Food preparation requires them to be durable (stain-proof, scratch-proof, and heat-proof). Visually we want them to be beautiful, and preferably economical. With endless options in today's marketplace, it can be a daunting decision. By asking yourself the questions below before shopping, you will be able to focus on what options are right for you.

1. How will you use your countertops? How does your household use your kitchen? Much activity at/between meal times, or more of a showplace? Casual about the use of countertops, or sensitive to seeing scratches or stains that may suggest choosing low maintenance surfaces. Woodblock countertops are terrific for a heavy-traffic family kitchen if you don't mind knife marks and food stains.

2. What is your maintenance tolerance? Recognize if there are demands of living with a material. Are there maintenance requirements, or is it very resilient? Be realistic about how much effort you're willing to put into the care of your countertops. Porous materials need sealing annually. Wood countertops require regular Danish oil applications.

3. How much do you need? If you have an idea of how many linear feet of countertop you will need, you can determine some ballpark cost figures for each material and make comparisons.

For both design and budgetary reasons, I like to use two materials: one more economical (e.g. wood), or a lower cost design of the same material (e.g. quartz) for the island, and a premium quartz design, or pricey marble or granite on the perimeter countertops.

4. What's your budget? The cost per square foot of countertop materials varies widely depending on both the material and the seller. High-end butcher's block can cost more than low-grade granite.

If maintained properly, a good quality countertop should last indefinitely. First target your ideal material, and then look for a version of it that is within your budget.

5. What materials speak to you? For the design-obsessed, aesthetics can't be ignored. But unless your kitchen is just for looks, or you're prepared for higher maintenance, your choice may be a mistake for your lifestyle. There may be low-maintenance, durable and more economical options with a similar look (e.g. Carrera marble).

Bottom line: Treat your counter decision like any big investment. Research, compare the pros and cons, then pull the trigger.

Ev Levin Gerisch, IDS, is designer/owner of eco-conscious elg design since 2007. Located in La Quinta and serving the CV and elsewhere. Initial consultation discount to "Gem" readers. 310 383-5006; 760 777-1907. www.elgdesign.com, www.angieslists.com/elgdesign. www.houzz.pro/elgdesign

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BUSINESS PROFILE: LIVE WELL CLINIC

Taking care of your body and whole self is an extremely important and yet, at times, overwhelming responsibility. We all want to live a healthy, pain-free, and vibrant lifestyle and sometimes it is hard to determine where to start. Live Well Clinic, located in the heart of La Quinta, offers just that. They are your starting line.

Live Well Clinic is an integrative, primary care naturopathic medical practice serving patients of all ages. Their mission is to treat the whole person and to support one's own body's innate ability to heal through the most supportive and least-invasive therapies. Upon visiting, everyone leaves with the experience that healthcare is truly personal, integrative, and empowering. What more could we ask for?

As a primary care clinic, they treat a wide range of health matters including integrative cancer care, IV nutrient therapy, gastrointestinal disorders, autoimmune diseases, regenerative joint injection therapies for pain management (Platelet Rich Plasma, Prolotherapy, Stem Cell IV and injections), pediatrics, thyroid disease, and bio-identical hormone balancing for women and men. To add to their astonishing repertoire of services and treatments, they also offer meditation classes, reiki body work, counseling, acupuncture and Chinese medicine, establishing themselves as the front-runner in leading a healthy and vivacious life. A life we are all after.



To some, naturopathic medicine is a new concept of healthcare. Naturopathic medicine focuses on the whole individual, rather than just drug and symptom management and the clinic is rooted in the fundamental philosophy that health means so much more than the absence of disease. Live Well Clinic doctors are trained with a far broader scope of primary care treatment options, as oppose to those in the conventional

model. Naturopathic doctors are the original functional medicine doctors that aim to treat each person individually by first finding the root cause of the disease and addressing this via in-depth advanced lab testing, nutrient replenishment, as well as diet and lifestyle optimization.

Dr. Sonja Fung and another doctor founded Live Well Clinic eight years ago, following the completion of medical training in Portland, OR. The clinic started from scratch in a very small space at the downturn of the recession and with much blood, sweat, and tears, outgrew itself within four years to expand to its current location with multidisciplinary health practitioners. They settled in the beautiful vistas of La Quinta as they knew the mid-valley accessibility was unbeatable. Dr. Brian Myers joined the practice three



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www.livewellclinic.org

years ago following a pediatric and family medicine residency in Fairbanks, AK. Live Well Clinic seeks to offer every Coachella Valley resident and visitor the opportunity to treat their health and body.

As if introducing this innovative and unique healthcare option to the Coachella Valley wasn't enough, Live Well Clinic is extremely active in the community and partnering with local charities and businesses. Live Well Clinic partners with Desert Cancer Foundation, Women's Leaders Forum, Big Brothers Big Sisters of the Desert, About Families, Young Scholars Association, Run with Los Muertos, and Coachella Valley Care Force, along with naturopathic state and national associations such as California Naturopathic Doctors Association, Oncology Association of Naturopathic Physicians, and Pediatric Association of Naturopathic Physicians.

Live Well Clinic continues to grow each day and is working on expanding their healthcare option to all Coachella Valley residents. If there's anything to learn from Live Well Clinic, it's that we all need to take a step back, "check up" on our health, and enjoy the beautiful lifestyle La Quinta has to offer. Live Happy and Live Well!



TRANSFORMATION: OVER MANAGED UNDER LED

Submitted by: Palm Desert Community Presbyterian Church

Traditionally organizations have recruited managers to manage the organization. This is seen even at the beginning of a career, with companies advertising for candidates with a business degree in Management. A good manager will successfully complete defined work on schedule and budget. In today's competitive environment, good management is not enough to help a company thrive. Organizations need all hands on deck to be the best they can be. This requires special skills, such as the communication and collaboration necessary to influence others towards positive outcomes. This is leadership, not just management. Leadership brings vision, focus, and enhances communication among the team. So how do we bring leadership skills to a manager?

First, let us review a few prerequisite characteristics of leadership.

Competence: Evident aptitude, skill, and knowledge for the task at hand. This is the foundation for gaining trust and respect from those on the team.

Commitment: A leader is "all in" for the team and project. This dedication and ownership signals to the team that the work is doable and important to the organization.

Credibility: A leader brings confidence and experience to the team. Confidence that the work will be successful should be backed by evidence of having succeeded before. Leaders approach situations with an open mind to address and hear the concerns of the team, but also assures the team that barriers can be overcome.

Beyond Competence, Commitment and Credibility, special leadership skills required include:

- Communication- Ability to clearly explain the goals and objectives of the team.
- Cooperation- Express that this is not a one person show. The team must all contribute.
- Collaboration- Involve everyone in defining the organization's problems.
- Participation- In the development of solutions and implementing the solutions.
- Education- Invest in training the team in skills to get the job done.

These are just a few of the characteristics and skills required to enable the addition of transformational leadership to management. This transformation is a continuing, ongoing process. To quote Bill Hybels, founder of the Willow Creek Association and CEO of Global Leadership Summit, when you improve your leadership, "...everyone wins": your business, your government, your school, your church, your family, and you.

To continue your journey to become a better leader, you can join other leaders in pursuing educational seminars and meeting others in the local community who are pursuing with deliberate intent their continuing transformation to become better leaders.

Many organizations are being over managed and under led; what are you doing to improve your leadership skills? www.presby.org

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WHY IS MEDICARE SO COMPLICATED?

I get that question a lot. Medicare became law over 50 years ago. In that time, Medicare law has been changed and improved hundreds of times to deal with changing situations. Many people now work past age 65, most seniors want a supplemental health plan, prescription drugs need to be covered, some prefer all-in-one plans, etc. So let's review the basics.

At age 65, during your Initial Enrollment Period (3 months before your 65th birthday month, your birthday month, and 3 months after your 65th birthday month), you qualify for Medicare Part A enrollment. This covers hospitalization and has a deductible of \$1,316. It also has a hefty copay if you are hospitalized for more than 60 days.

You also qualify for Medicare Part B. It has a monthly premium of \$134. It is up to you to ensure you get enrolled in Part B. For many, it happens automatically but don't count on it. Call Social Security or visit the local office in person and ensure you get part B if you want it.

If you have other coverage from a retiree plan or your current job, speak to the benefits administrator at your employer and get a certificate of coverage in writing, which allows you to delay Part B without a late enrollment penalty. Or, if the employer coverage is costing you more than Medicare would charge, you can drop your group coverage and take your Medicare Part A and B as your primary insurance. Compare the costs before you do anything though, especially drug costs.

Once you have proof of enrollment in traditional Medicare (Medicare Parts A and B) you can then enroll in a Medicare supplement and a prescription drug plan (Part D), or a Medicare Advantage plan, without or without drug coverage. Medicare supplements are standardized plans from private insurers that cover some or all of the deductible, co-pays and co-insurance and are secondary to your traditional Medicare. Medicare Advantage plans are private insurance plans that replace traditional Medicare. In an Advantage plan, you assign your Medicare benefits to a private insurer, and they provide your healthcare with less out of pocket costs. Coinciding with your Medicare effective date, you are allowed to choose any level of coverage you want without medical underwriting. In other words, you cannot be declined during this enrollment window.

Once you are enrolled, you can change your coverage at two different times of the year without answering health history questions. Open enrollment,



each fall allows you to enroll, change or drop an Advantage plan or Part D plan and, the 30 day birthday rule each year allows you to change your Medicare supplement to a similar plan or lesser plan. There are many special circumstances where you can make other changes called Special Enrollment Periods. Moving, leaving your job, being admitted to a long term care facility, enrolling in MediCal, are just some of these SEP's.

This is just a brief outline. Of course there are many special circumstances and qualifications. Make your choices carefully and enjoy a long, healthy retirement.

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THREE LA QUINTA ART ASSOCIATION MEMBERS ARE ON THE HWY 62 OPEN STUDIO ART TOURS!

Submitted by: EarthHouse Studios – Sharon Davis

Let me tell you about the Art Tours! One Hundred and Thirty Five featured artists this year spread out over 99 studios starting in Morongo Valley. This experience gives you 2 weekends, Oct 14, 15th and Oct 21, 22nd to buy original creations directly from the participating artists. See how working artists live and create, fun for all ages and levels of art aficionados.

One studio/residence Earth House Studios #6 in Morongo Valley features four fabulous artists. Three of these artists belong to the La Quinta Art Association which is a member of this fabulous Greater Coachella Valley Chamber. Earth House is an unique stop featuring installation and repurpose art as part of the landscape and home, including a Memorial to Native Americans.

Sharon Davis is the artist/founder of Earth House Studios, her primary medium is acrylic painting. She is a member of the La Quinta Art Association, MBCA, and Secretary of the Art Colony of Morongo Valley. Her art has been shown at Hwy 62 Gallery, JTAG Gallery, The Beatnik, the Glass Outhouse Gallery, Yucca Valley Cultural Museum, and now at OTAS Gallery in La Quinta.

Teri Hudson of Teri Hudson Pottery, simply put, a creator of pots. Not so simply made are the delicate Naked Raku pieces she throws, all uniquely one of a kind, non functional and functional pottery available during the tours. She is also a member of the La Quinta Art Association, MBCAC, 29 Palms Gallery, the Art Colony Of Morongo Valley. and now showing at OTAS Gallery.

Rebecca Rizzo of By Shay Rizzo is a big part of the Great Coachella Valley Chamber and Commerce. She “finds her Happy” creating wire wrapped pieces that will blow you mind, that is when she isn’t guiding the sales team or signing up new chamber members for the 1st Regional Chamber in the Coachella Valley. She is also a Founding Member of the La Quinta Art Association.

Susan Holloway of Susan Holloway Designs is the beader of the bunch. She has been beading for several years and creates one of a kind jewelry pieces as well as tiny intricate beaded tapestry’s and Humming Birds.

So save the date, several artists to select from, imagine what you will find on the tour, Studio #6 is just the tip of the iceberg. Go to [Http://hwy62arttours.org/](http://hwy62arttours.org/), or follow Hwy 62 Open Studio Art Tours The Official Page on FACEBOOK.



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BOOKKEEPING TIPS

Submitted by: Michelle Sierra, Osborne Rincon CPAs

Whether you're in your first year of business or celebrating 10 years, it's time to take a fresh look at your bookkeeping practices. Here are some tips to help evaluate your company's books.

1. Do you have the right person in the driver's seat? Whether it's a family member or yourself, take a step back to see if this bookkeeper is benefiting your company. It may be cost effective in the short-term for a family member to prepare your books, but is their experience at the level of satisfaction for your growing company? On the other hand, if you are doing the books yourself, would it be best to outsource your bookkeeping so your time is utilized on higher value tasks?
2. How do you maintain your books? If you maintain your books in a handwritten ledger, or even in Excel, you may be costing your company more than you are actually saving it. The time needed to convert your ledger from antiquated formats to formats acceptable for banking or for tax purposes may be extensive. If you are already using a bookkeeping software, are you using the right one for your business? QuickBooks is currently the most popular and user friendly software on the market. If you are already utilizing QuickBooks, getting tips from a knowledgeable QuickBooks user could help make your processes more efficient. In addition, you may want to evaluate the type of access you need when it comes to bookkeeping. When using an online version of QuickBooks, you have access to your books while you are traveling or anywhere Wi-Fi is available.
3. Finally, how often are you updating your books? Making sure your books are up to date and reconciled will prevent delays on providing information to lenders as well as to your tax advisors for tax planning and annual income tax preparation. Remember, time management will help relieve the stress that follows owning your own company.

When it comes to maintaining your Company's books, understanding the who, what, and when can help save you time and money. Still not sure on what your company needs? Reaching out to an established local CPA firm might give you the answers you deserve.

About: Michelle Sierra joined Osborne Rincon in August of 2013. While attending school full time, Michelle gained knowledge working as an intern at Coachella Valley Water District in the Finance Department.

Contact: If you are ready to get started, Osborne Rincon CPAs can help you. For more information please give us a call at 760-777-9805.



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