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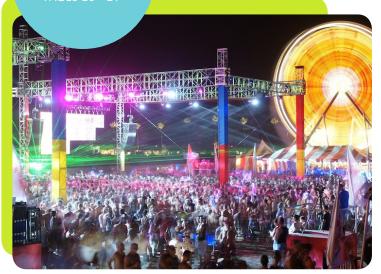
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Volume 4 Issue 4

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PSP FOCUS

EATING FOR A CAUSE DINE OUT FOR LIFE



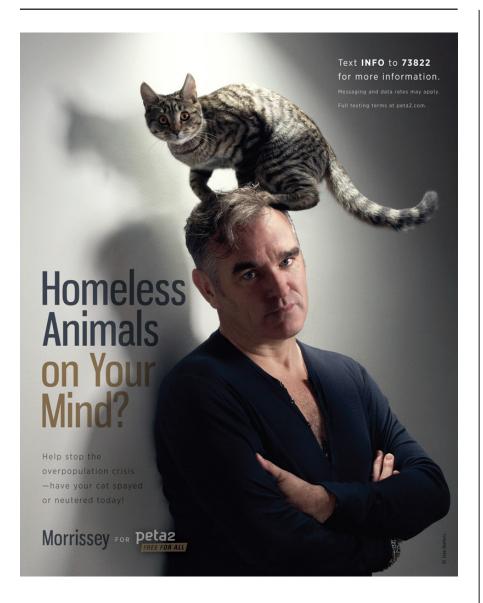
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COMMENTARY





The Standard Magazine PO Box 2074, Palm Springs, CA 92263 760-831-4869

Nino Eilets Publisher Luciano McNulty Editor Maya Kalabic Art Director

PHOTOGRAPHER David A. Lee

CONTRIBUTORS
Chris Astrala, Bob Bogard, Barry Dayton,
Chris Heritage, Jason Kelly,
Dennis Mason, Terri Schlichenmeyer
& Pinkie Merengue Shimmer

www.thestandardps.com

EDITORIAL CREDITS:

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AIDS ASSISTANCE PROGRAM/ FOOD SAMARITANS EXPANDS IT SERVICES

BY BOB BOGARD





AIDS Assistance Program – Food Samaritans was founded 25 years ago with the goal of helping the most at-risk members of the Greater Palm Springs community – people who are low-income and compromised by HIV/AIDS. It recently expanded its services to include people suffering from cancer, MS, heart or liver disease, and other chronic illnesses. Its ongoing mission is to ensure that all AAP clients can continue to live their lives with dignity and self-respect.

The organization was initiated by a small group of concerned citizens led by the late Gloria Greene (who began feeding these desperate souls from out of the back door of her restaurant) and Jeannette Rockefeller, and remains a grass roots community-based organization. A very small staff and a volunteer board of directors who work to assure that the largest percentage of every donated dollar goes directly to client services lead it. AAP raises 100% of its operational budget through private donations, community and local business support, special events and foundation grants. It receives no Federal or State funding.

AAP distributes \$100 per month in food vouchers to each client. Each client is carefully vetted to confirm income and residency and some are randomly tested for illegal drug use. Vouchers are redeemable for all items except alcohol, tobacco or pet products. Clients may use these vouchers for food, household needs such as

toiletries, hygienic products, and other personal items. Since its inception, has distributed more than \$7 million in direct client service to more than 1,500 clients. AAP clients get by on an annual income of less than \$17,500, and most AAP clients rarely, if ever, make it off of the client list.

EVENING UNDER THE STARS

Evening Under the Stars is a largest fundraiser for AAP. This is the 23rd annual Evening Under the Stars gala, and it will be held at the O'Donnell Golf Club in Palm Springs. Gala festivities include a cocktail hour featuring innovative and refreshing drinks, delectable appetizers, inspirational honorees, a delicious dinner, exciting entertainment, dancing, and an amazing fireworks display. The event that not only entertains attendees, but also informs them about AAP's organizational mission and honors those in the community that have supported them. This year, the world famous group Village People will be the entertainment for the evening, and we expect the dance floor will be crowded as they perform their beloved and notable songs. Formed in 1977, Village People have sold more than 100 million records worldwide and recently received a Star on the Hollywood Walk of Fame. Known for their high-energy shows and

mega-hits like YMCA, Macho Man, Go West, and In the Navy, they are the undisputed "Kings of Disco." Attendees will dust off their dancing shoes as this incomparable and beloved singing sensation will set the night on fire. Along with this fantastic entertainment component will be a short program that honors the individuals and organizations that keep us going. This year AAP will acknowledge Senator Barbara Boxer with the Jeannette Rockefeller Humanitarian Award, Dr. Terri Ketover with the Gloria Greene Inspiration Award, Cathy MacNaughton with the Herb Lazenby Community Service Award, Jane Wagner with the Joanna Jakway Community Hero Award and Walgreens with the new Corporate Angel Award.

Eisenhower Medical Center is the Presenting Sponsor of the event, and The Desert Sun is Presenting Media Sponsor. Additional major sponsors include Spencer's Restaurant and Harold Matzner, Contour Dermatology, The Auen Foundation, MacNaughton Family Foundation, TRIO Restaurant, James R. Houston, Helene Galen, Ameriprise Financial, Scott Histed, Walgreens, Rich Young Design, Wade Endowment Fund, TIAA/CREF Financial Services - Donald Wolf, City of Palm Springs, and Donna MacMillan.

THIS YEARS HONOREES

The 2016 honorees include: Senator Barbara Boxer (Jeannette Rockefeller Humanitarian Award), Terri Ketover (Gloria Greene Inspiration Award), Cathy MacNaughton (Herb Lazenby Community Service Award) and Jane Wagner (Joanna Jakway Community Hero Award). The new Corporate Angel Award will be given this year to Walgreens.

U.S. SENATOR BARBARA BOXER JEANNETTE ROCKEFELLER HUMANITARIAN AWARD



A forceful advocate for families, children, consumers, the environment and the State of California, Barbara Boxer became a United States Senator in January 1993 after 10 years of service in the House of Representatives and six years on the Marin County Board of Supervisors. In November 2010, she was reelected to her fourth term in the Senate. A national

leader on environmental protection, Senator Boxer is the ranking member on the U.S. Senate's Committee on Environment and Public



Works and is the ranking member of the Senate Select Committee on Ethics. She is a senior member of the Senate Foreign Relations Committee, where she chairs the first subcommittee ever to focus on global women's issues and is a member of the Democratic leadership in the Senate, serving as the Chief Deputy Whip since 2005.

The Jeannette Rockefeller Humanitarian Award honors Jeannette Rockefeller, the founding president of AIDS Assistance Program. The award was established in 1997 to honor the humanitarian efforts of outstanding community members and recognizes individuals who have lent their energy, commitment, and influence to raise awareness and funding for important issues including HIV/AIDS. Previous recipients include R. D. & Joan Dale Hubbard, Tim Hanlon, Helene Galen, James Houston, Harold Matzner, and Betty Francis.

TERRI KETOVER GLORIA GREENE INSPIRATION AWARD



With a Ph.D. in psychology from the University of Miami, Dr. Terri Ketover's varied professional career has included a 9 year term as the Executive Director of the Coconut Grove Arts Festival, and a long association with the City of Miami as a Special Consultant to the Chief of Police and City Manager, as well as a research appointment at the University of Miami's

Mailman Center for Child Development. She has been officially recognized by the Florida House of Representatives and the White House for founding the "Do the Right Thing" Program, a nonprofit organization with chapters in 53 cities throughout the United States as well as Germany and England. She currently serves on the board of Desert AIDS Project and chaired their 100 Women annual giving program, the Palm Springs International Film Festival, the Barbara Sinatra Children's Center, is Vice-Chair of the Palm Springs Art



COVER



Museum Annenberg Theater Council, and is Co-Chair of Michael Childers' annual "One Night Only."

The Gloria Greene Inspiration Award celebrates Greene's insight, commitment and passion, illustrating the difference that just one person can make in their community. Prior recipients include Barry Manilow, Bob Hoven, Barbara and Jerry Keller, Dr. John Stansell and Gloria Greer.

CATHY MacNAUGHTON HERB LAZENBY COMMUNITY SERVICE AWARD



Cathy MacNaughton has served as the Vice President of Administration and Regulatory Compliance for Managed Health Network, a managed behavioral healthcare company. She is active in various professional and charitable organizations and has served on the boards of the San Francisco Opera Guild, San Francisco Performing Arts Library and Museum,

Diablo Regional Arts Association, Bay Area Arthritis Auxiliary, and Bay Area Community Resources. She has chaired numerous events and has been a long-time supporter of the AIDS Assistance Program and its Evening Under the Stars event.

The Herb Lazenby Community Service Award was created to recognize an individual's outstanding commitment to service within their community. The award carries the name of its inaugural recipient, Dr. Herb Lazenby, whose name became synonymous with Community Service here in the Coachella Valley. Previous recipients include Lily Tomlin, Michael Childers, Brian Wanzek (aka Bella da Ball), Rabbi Sally Olins, Joyce Shampeny, John Williams and Richard DeSantis.

JANE WAGNER JOANNA JAKWAY COMMUNITY HERO AWARD



Wagner, а distinguished American playwright, has won numerous awards, including two Peabody's, four Emmy's, a Writer's Guild Award for her work in television, and the seldom-given NY Drama Critics' Circle Special Award for her Broadway success, The Search for Signs of Intelligent Life in the Universe. Wagner made her writing debut with the

acclaimed CBS teleplay entitled J.T. and her book of the same title. In 1971, Wagner began working with Lily Tomlin on an Edith Ann album entitled Edith Ann: And That's the Truth, which began an awardwinning, creative alliance that has lasted for more than 45 years. She went on to write and produce two more Grammy-nominated albums, Modern Scream (1975) and On Stage (1977). Together, Wagner and Tomlin also produced six television specials as well as three animated specials that Wagner wrote starring the precocious Edith Ann. In 1977, Wagner wrote and directed Appearing Nitely, a one-woman show in which Tomlin made her Broadway debut. Wagner subsequently wrote the screenplay for the film The Incredible Shrinking Woman. More recently, Wagner has written and produced an HBO documentary entitled An Apology to Elephants.

The Joanna Jakway Community Hero Award was created in 2011 to recognize and honor the critical contributions of AAP cofounder and Palm Springs resident and community activist Joanna Jakway. At the 2011 Evening Under the Stars, in commemoration of the 20th anniversary of the founding of AIDS Assistance Program, the inaugural Joanna Jakway Community Hero Award was given to Jackie Lee and Jim Houston in honor of the countless lives they have touched. Additional honorees include John Federbusch, Gary Frey and Steve Kaufer.

WALGREENS CORPORATE ANGEL AWARD

Walgreens is one of the largest drugstore chains in the U.S., with more than 8,000 stores in all 50 states, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands. The company's vision is to be America's most-loved pharmacy-led health, well-being and beauty retailer while championing everyone's right to be happy and healthy. It has been a long-term supporter of the AIDS Assistance Program through its annual Christmas stocking stuffer program.

The Corporate Angel Award was inaugurated in 2016 to recognize outstanding corporate partners that have supported AIDS Assistance Program consistently and with an abundance of heart.

IF YOU GO **Evening Under the Stars** April 30 / 6:00 pm O'Donnell Golf Club Tickets: www.aidsassistance.org



5 QUESTIONS WITH MARK ANTON EXECUTIVE DIRECTOR, AIDS ASSISTANCE PROGRAM/FOOD SAMARITANS

1. Recently AIDS Assistance Program added Food Samaritans to its name; can you give us insight on what that addition means?

AAP has provided nutritional support to low-income men, women and children living with HIV/AIDS for almost 25 years, when the late Gloria Greene began feeding these desperate souls from out of the back door of her restaurant. We have come a long way since then, and realized that there is a real need to help others in our community who are suffering with additional serious illnesses such as cancer, MS, heart or liver disease, among others. With this in mind, we recently announced that we have expanded our services by launching a new division of AAP called "Food Samaritans." New clients under this program will go through the same qualification

process and have to meet the same guidelines, which include income and residency verification and random testing for illegal drug use.

2. Does that change the goals of AAP?

No, this will not affect our current or future HIV/AIDS clients. AAP was founded with the goal that we help the most at-risk members of our community – low-income and compromised by health issues. We have simply extended our range of who can apply. It's important to note that our clients rarely, if ever, make it off of our client list. Sadly, many die alone with AAP as one of their few resources.

3. You being part of this organization for so long, first on the board and then serving as Executive Director, how have you seen the fundraising efforts change throughout the years?

I am continually gratified by the consistent and incredibly generous support that AAP receives from the local community. All charitable organizations in the Coachella Valley are blessed to have such an amazing philanthropic support base, and I'm particularly delighted that these philanthropists recognize the impact our organization has on our clients and have continued to support



us through the years. We simply could not accomplish our mission without them.

4. Evening Under the Stars is the organization's biggest fundraising event and this year promises not to disappoint, what can the attendees expect this year?

Each year we challenge ourselves to develop an event that not only entertains our attendees, but also informs them about our organizational mission and honors those in the community that have supported us for so long. This year, we were thrilled to secure the world famous Village People as our entertainment for the evening, and we expect the dance floor will be crowded as they perform their beloved and notable songs. But along with this fantastic

entertainment component will be a short program that honors the individuals and organizations that keep us going. This year we are thrilled to acknowledge Senator Barbara Boxer with the Jeannette Rockefeller Humanitarian Award, Dr. Terri Ketover with the Gloria Greene Inspiration Award, Cathy MacNaughton with the Herb Lazenby Community Service Award, Jane Wagner with the Joanna Jakway Community Hero Award and Walgreens with the new Corporate Angel Award. Other surprises will be revealed!

5. Is there anything you wish to convey to our readers about AAP that we haven't covered?

Recently there were several community-nominated surveys and I'm thrilled to let you know that Evening Under the Stars and the AAP received recognition in these awards: 'Most Fun Annual Event' in Desert Outlook magazine's "Ultimate Pride List" contest; 'Best Charity' on the Ultimate Pride List; 'Best of the Valley' in Desert Magazine's competition; and 'Best Fundraising Event' in Palm Springs Life's 2016 Best of the Best awards.

On more somber note, I should remind your readers that we need this continuing support to allow us to serve those most in need.

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A CONVERSATION WITH VILLAGE PEOPLE FOUNDING MEMBER, FELIPE ROSE

Recipients of a Star on the Hollywood Walk of Fame (6529 Hollywood Blvd between Liberace and Betty Grable!), the one-of-a-kind Village People is synonymous with dance music. Their impact on music has earned them the title "Kings of Disco" and they have sold more than 100 million recordings worldwide. These six talented men combine energetic choreography with outrageous fun and lots of bumping and grinding! Their music provides entertainment for all and will have you singing & dancing!

Over the past few years, Village People have performed a full schedule of concerts, festivals, universities, fairs, and casinos throughout the United States as well as Canada, Brazil, France, South Africa, England, Finland, Belgium, Spain, Italy, Romania, Japan, Mexico, Australia, Poland and much more. The Guinness World Records book certified their Sun Bowl appearance on December 31, 2008 as the world's largest YMCA dance with over 40,000 fans "doing the YMCA moves" while the group performed.

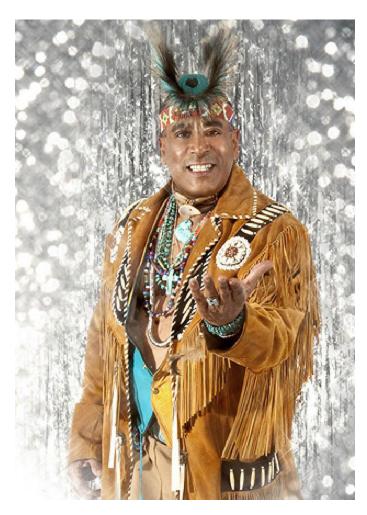
Their live concerts are what keeps them a favorite among music fans worldwide. Felipe Rose and Village People have raised millions of dollars for many charities. Among them are the Native American College Fund and various AIDS charities. Rose is a member of the Board of Directors of Sixuvus Ltd, the Advisory Board of the Native American Music Association, the LARAS-Latin Grammys, and the Winter Music Conference

We were fortunate to get an exclusive interview with founding member Felipe Rose, (the Indian). Here is what he had to say to The Standard Magazine readers:

The Standard Magazine:

Hi Felipe; it is a true honor to speak with you today and thanks for taking the time. Let's get right to it shall we? Being one of the founding members of Village People, can you tell us how you guys got together?

Felipe Rose: I was 19, and I met Jacques Morali, one of the ex-producers. He caught me performing in New York City in all my



tribal gear and he heard the sound of sleigh bells and then he came up to me with this cockamamie idea that he wanted me to do for some album. A month later he called me back for a bigger project, and then he and his partner asked me to go meet them at their office on the East side. That's when they introduced the concept of the group to me and Henri, I thought it was a real stupid idea; really dumb, but I guess I was at the right place at the right time.

TSM: What do you think contributes to the longevity of Disco music, a genre that has always been synonymous with Village People?

FR: I think that it was just a simpler time and that the music really was about fun and dancing and just happiness. It's not like music today. It was an era where people used to dress up to go out and be glamorous and disco invented it's own style, it's own look, it's own specific way of life from furniture to what we wore in the clubs and things like that. The thing is for those that weren't part of that era or were born two or three decades later, when they go see us, we try to make them feel that it's 1977, 78, 79 again. We try to recreate that onstage. Actually we don't try, we DO. We give a great show, we give a live show. There's always a naysayer who comments, "Oh, well, you guys should have been gone a long time ago" there are a lot of people that don't really say nice things. But we rise above that.

TSM: I know that there has to be some great background stories regarding some of your hits, would you share with us your favorite?

FR: That's, so long ago. I don't know. Specifically, I don't know. I know that each song was more ridiculous than the other. I recall Macho Man," We were like, "Really?" Then we're going to flex our skinny arms to be like macho. Then they wanted Y.M.C.A., and that was an unexpected hit. It just kept going. I was like, "Oh, kill me now."

Some stuff has been very hard to leave behind because of typecasting. When we broke up for awhile in '85, I tried acting, and every audition I would get was, "Oh, The Village People," so it was really that they couldn't look past me as an actor or something else. It was always branding and the stereotype of my race and being part Hispanic part Native American, it was just something that only now I'm starting to pull away from.

TSM: That leads into my next question, you being part Native American Indian you have gotten some criticism throughout the years for portraying that persona, can you touch on that a bit?

FR: I didn't get criticism per say, there were a lot of natives who were really hard on me in the beginning because it wasn't politically correct and the producers were like, "He's the Indian," because in the 80s and the 90s it wasn't politically correct to say Native American. But the thing is because I was stereotyped in the beginning with the group, it was hard for me to just walk away and become something else, the industry wouldn't allow it.

The fact is that I took something that was working against me and I flipped it. Instead of walking away from it, I embraced it, and then used my celebrity to raise money for the American Indian College Fund.



I went back and recorded Native American music patterns with a disco edge to it, thus winning four Native American music awards. You can take a situation and you either are going to sit in a corner and go "woe, woe, woe is me," or embrace it and go, "No, I don't think so." Now I get people letting me know how they appreciate what I have done. I recently posted something on Facebook, a spring greeting, and I did my native call (does the call) and one of the responses I got was from Virgil Redcloud who wrote, "Oh my God, that was so funny! We're over here on the reservation laughing!" That makes me feel good.

Let me expand on something. We are honored that we've been able to navigate thru all the pitfalls of everything that has been thrown at us as a group including being hated and despised by many. From the burning of our records to the sudden tragedy in the 80s with the AIDs crisis; we navigated through that by doing AIDs benefits such as, AIDS Dance-a-thons with Rosie Perez . Many people were rolling their sleeves up. Natalie Merchant, and Michael Snipes in L.A. to a name a few. We said, "We want to be part of that." That's why I say that as a group we have done so much, mostly under the radar.

TSM: Of all the acts that Village People have shared the stage with, do you have a favorite?

FR: Cher! We were with her for 8 months, which is almost a full year. That was an honor, a privilege. She was so awesome, so classy. First-rate tour. We worked with Madonna earlier on in her career and she was really sweet to us as well.

Then last year we worked a music festival that was in Monterrey



COVER



Mexico. The festival was five days long and we were the secret surprise guests. There were about 100,000 people and we ended up meeting and becoming friends with Imagine Dragons, who we found out wanted to meet us. When we were first introduced, the construction worker and the cowboy who are big fans, went crazy. I was like, "Okay, wait a minute. I'll put the headdress on and let them in," and they came in with their, "We're not worthy!" Kind of cool. They gave us tickets to go see them at the Prudential Center in Newark. We were to the left of the stage top row and oh my god, it was just amazing. They were apologizing saying, "Oh my God we didn't see you until the end, it was crazy backstage," and then when we got there it was just us and them. "This is crazy!"

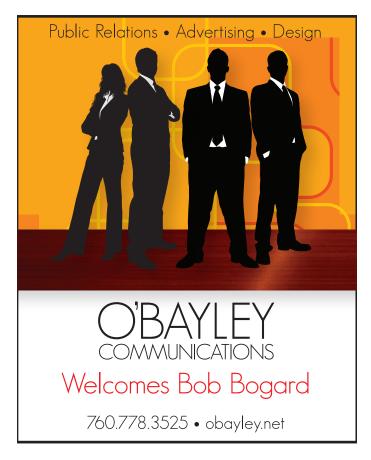
TSM: Finally, what does the future hold for Felipe Rose and Village People?

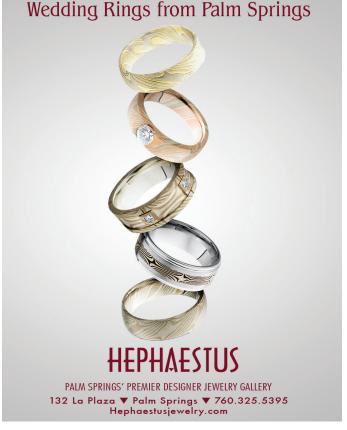
FR: First of all, we are really looking forward to performing at Evening Under the Stars and bringing an awesome and fun show. Everyone from the group is involved in their own particular project, myself included. One of the reasons why I'm going out to L.A. is both to represent myself and also the group for some people who want to

meet me and discuss the group's future looking into next year. But I think we have at least five more good years, but all good things do come to an end. But never say never because then there will be that eventual phone call and it's like, "Hey, man. Want to get back together? Let's go to Australia!" and I'm like, "Oh! Okay." Australia's our first love. (Laughs)

But honestly, I don't really like talking about the future and things I'm planning because I kind of don't want to jinx them, but I am excited about things that I'm working on. Again, everybody in the group, each of the guys, they do various things. The new guys, in particular, Bill Whitefield (Construction Worker) who replaced David Hodo and also Jim Newman (Cowboy) they are stupendous guys. They come in with joy to go to work, they make us smile. It's almost like they gave us a breath of fresh air, which is nice and intoxicating because you can go to work and you can laugh all the way until you go back home, and man I can say, that's not a bad job to have.

IF YOU GO
Evening Under the Stars / April 30 / 6:00 p
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Tickets: www.aidsassistance.org









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MEET THE MUSUEM

THE ART OF JUSTICE ELEVENTH ANNUAL MEMBERSHIP DRIVE PARTY



The Meet the Museum membership drive party will be held on April 8 from 6-9 p.m. on the Friday of White Party Weekend. Now in its eleventh year, Meet the Museum is an annual event that encourages new museum membership by offering discounted admission to this signature party, along with the extensive benefits of museum membership for one full year. Hundreds of excited guests attend Meet the Museum each year, with the annual event raising more than \$70,000 in just one night. The event is expected to sell out again this year. All proceeds benefit museum operations, exhibitions and education programs.

The Art of Justice is the fun theme for Meet the Museum 2016, so be a hero of the museum and dress in your favorite superhero costume or accessorize as Green Lantern, Wonder Woman or any other Justice League or comic book superhero!

Entertainment sponsor co-chairs Tim Jochen, MD and Lee Erwin, Executive Director of Contour Dermatology proudly present International Recording Artist Kristine W, whose first 8 singles all reached #1 on the Billboard Hot Dance Club Play charts, which set a new record! Reserve now for exclusive admission to the VIP Front Row ALL ACCESS area located front and center of the entertainment stage. The \$100 ticket provides no waiting for party entry and exclusive access to the VIP-only Front Row area that hosts the best view of the performance, and VIP-only bar and catering. Admission is guaranteed to sell out. Contact the membership department now to secure your ticket by calling 760-322-4807.

Set amidst the museum and it's art, the evening's party is a premiere event of White Party Weekend, is designed by Momentous Events and includes complimentary valet parking; a stellar performance by Billboard topper and International Recording Artist Kristine W sponsored by Entertainment Sponsor Contour



Dermatology and Entertainment Co-Chairs Tim Jochen, MD and Lee Erwin, Executive Director; DJ entertainment by PrideNation Radio & Proud Television's DJ Corey D; MC Bella da Ball; photo fun and souvenirs; caricature portraits; henna tattoos; multiple open bar stations with bars sponsored by BuzzBox Cocktails and Crater Lake Vodka; delectable edibles and catering including the notorious Candy Bar by LuLu California Bistro, courtesy of Barbara and Jerry Keller; and much, much more!

Become a SUPERHERO of the museum today by becoming a sponsor!

Sponsorship packages start at \$1,000 and include VIP tickets. Please call Maile Vreeken at 760-322-4848 or visit the website for more information.

This event is generously chaired and presented by Mr. Harold Matzner.

Call to reserve now at 760-322-4807

IF YOU GO
Meet the Museum
April 8 / 6 -9 pm
Palm Springs Art Museum
Tickets: www. psmuseum.org/meet-the-museum



A CONVERSATION WITH KRISTINE W ABOUT PERFORMING AT PALM SPRINGS ART MUSEUM'S MEET THE MUSEUM ON APRIL 8.

PSAM: Why do you love performing In Palm Springs?

KW: Palm Springs has always been a magical place to me . So many legends have lived here! I've had really fun shows here, and I have amazing memories jumping my horse Riley in the Indio horse show!

PSAM: Are you excited to perform at "Meet The Museum" benefiting the Palm Springs Art Museum?

KW: The "Meet The Museum" party sounds fabulous! What better way to kick off the Iconic White Party weekend than to get your Super Hero Vibe on! Plus, I've never performed in an actual Art Museum before!

(Bucket List!) LOL.

PSAM: What will be unique and special about your performance at Meet The Museum?

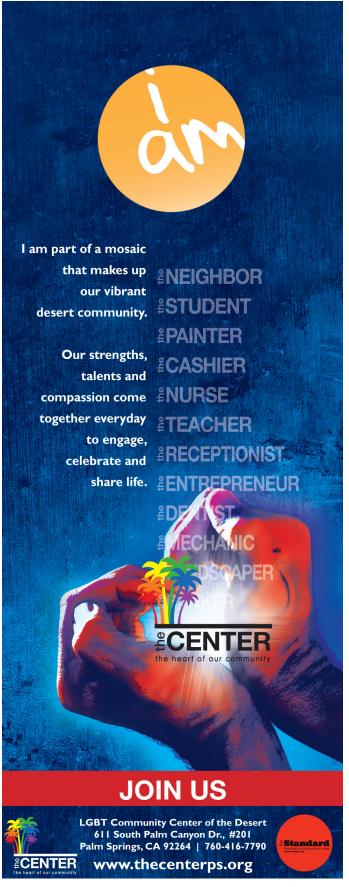
KW: We will get to do more cover songs like we do when we do Vegas shows- which is always fun. Plus, I get to do a tribute to my #1 Favorite singer of all time, my personal musical hero, Donna Summer!

PSAM: What have you been up to lately? Tell us about new music you're working on!

KW: I have been working non-stop on my new album for 2 years! We shot the music video for the first single and have the first 10 remixed tracks ready to go! It's exhausting but very exciting! Getting close to release time ...possibly even that weekend that I will be in Palm Springs ..woo hoo!

PSAM: Who's your favorite Superhero?

KW: My 2 favorite TV super heroes are Wonder Woman, because Linda Carter looked like my Mom with blue eyes and super dark hair and had perfect boobs.. Thor is so super hot wow.... you could never kick him out of bed for eating crackers! I do think my Mommy will always be my #1 real live superhero. She not only still defies gravity, she raised 4 good kids as a single mother. She can do anything but fly! I'm looking forward to meeting you all at Meet The Museum! xoxo KW.



ART VIEW

MICHELE OHANESIAN

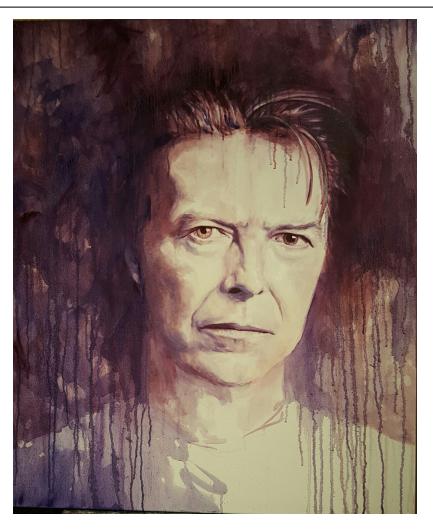
For most of her adult life, Michele has built her career in the gallery industry as a gallery director and art consultant. She has been a commissioned portrait artist for nearly as long. Now, focused exclusively on her own goals as an artist, she is a full time artist and art instructor at Venus Studios in Palm Desert. She has over 20 years experience as a commissioned portrait artist and figure painter. Inspired by color and emotion her works range from realism to near abstraction.

Statement:

With a style ranging from impressionistic realism to near abstraction, I keep myself constantly growing and learning. As the

two styles within my art blend in some pieces and separate in others, I create a progressively more diverse body of work. Whether it is the stroke of the brush or the theme of colors I use, through all of these pieces, there is a sense of unity, something that makes them mine. The idea of changing constantly, the love of creating something with my hands, and the ability to lose my inhibitions, get my hands dirty, and be a child... This is why I am an artist..

Soiledcanvas@aol.com www.michelefineart.com













WHITE PARTY PALM SPRINGS BRINGS NEW HEAT TO THE DESERT IN 2016

All of your favorite events are even bigger and better. Incredible new parties are waiting to be explored, including the totally redesigned Saturday night White Party. Jeffrey Sanker has completely rebuilt his signature event from the ground up to create an experience beyond expectations. It all happens April 8-11 in the desert's most beautiful oasis. Join tens of thousands of the hottest men from all over the planet as they take over the entire City of Palm Springs for the world's premier gay dance festival – three days of unforgettable parties!

Report for duty Friday night at the all-new Commando Military Ball, fueled by ADDICTED ES Collection. Choose your battle: Gear up in your best uniform or dress down in commando underwear. Join the troops for a full frontal assault happening from 9pm - 5am at the Renaissance Hotel. Secure clothes check available or leave them behind in your room.

Saturday, dive headfirst into the fun at WET n WILD Water Park. Grab your swimsuit and shades, all 21 massive acres are exclusively ours, from 11am - 6pm! Get swept away by the sounds of Aussie DJs Dan Slater and Wayne G! We're making even bigger waves this year with a larger dance floor, party areas, expanded bars and more room to relax and catch some desert rays. With more than 18 water rides, it's a day of photo ops to last a lifetime. Continuous shuttles bring you right to the action with ease.

More than a year in the making - the weekend's most anticipated moment happens Saturday night as Jeffrey Sanker propels White Party to a completely new level. It's a 10-hour dance marathon that begins through a jaw-dropping illuminated entrance. Feel your senses erupt and your spirit ignite as the beats and rhythm beckon you to the dance floor. State of the art lighting and effects shower the crowd in a kaleidoscope of colors and lights. Mind-blowing custom LED visuals spring to life from every angle. Meanwhile, a non-stop flow of amazing entertainment and performers keep you captivated throughout the night.

Direct from Tel Aviv, International Mega-DJ/Producer OFFER NISSIM returns to the desert to headline White Party's main event and lead an incredible DJ line up including Dani Toro and Nacho



Chapado. From the clubs of Tel Aviv, to the top of the charts, Offer Nissim is a force to be reckoned with. As a producer, he consistently delivers top-selling remixes for superstars such Beyoncé, Madonna, Jennifer Lopez and Deborah Cox. As a DJ, his live performances are a spectacle to behold.

On Sunday, it's time to converge under the desert sky for an afternoon of pure magic at Sunset T-Dance. Warm breezes and hot bodies fill the dance floor at White Party Park with music by DJs Grind and Ralphi Rosario while you soar to new heights on the world-famous White Party Ferris Wheel.

This year, we crown dance diva and newest "Real Housewives of Beverly Hills" star Erika Jayne "Queen of White Party," where she will celebrate her coronation with a crowd stopping performance.

And, as the sun sets against the mountains, and more artists take center stage, the excitement will climax with the desert's largest choreographed fireworks display, set to an exclusive remix from DJ Grind and Toy Armada.

The weekend concludes at the CLOSING PARTY 10pm to 7am back at the Renaissance Hotel. To keep the night pumping and energized, we're flying in DJ sensations Sagi Kariv (Tel Aviv) and Danny Verde (Milan) together for the first time anywhere.

For all the latest event details, tickets/passes and hotel information, visit: www.jeffreysanker.com. VIP Passes give you the full White Party experience.

QUEEN OF THE WHITE PARTY SCENE – ERIKA JAYNE

While most veterans of the gay club scene recognize her name from countless track dates at gay pride events ranging from Pittsburgh to San Jose, Erika Jayne recently burst into the mainstream spotlight as the latest addition to the cast of Bravo's "Real Housewives of Beverly Hills" (alongside series cornerstone Lisa Vanderpump). But there's more to this tireless 44-year-old blonde whirlwind than meets the eye...or ear!

As the wife of 76-year-old Erin Brockovich attorney Thomas Girardi, she fits the Beverly Hills housewife profile to a "T." However, you won't find her slaving over a hot Viking stove all day in her designer kitchen. Before joining the RHOBH cast in 2015, this Atlanta native parlayed her boundless energy into a club-hopping gay dance music career and created of her own record label, Pretty Mess Records. In September 2014, she scored her seventh number one dance single with "PAINKILLR." Always at ease with her own sexuality, Erika has also frolicked her way across the social media spectrum posting provocative images fueled by her self-dubbed hashtag #theprettymess.

This spring marks yet another career milestone as Erika Jayne is named 2016 "Queen of White Party" by none other than "the high priest of gay parties," Jeffrey Sanker. We caught up with Erika in between backstage selfies and here is what she had to say:

How does it feel to be crowned Queen of White Party 2016?

EJ: I am beyond honored and I'm so excited to be your Queen of White Party 2016.

Do you have anything special planned for your performance to celebrate your coronation?

EJ: There's lots of surprises in store...new music, new video content, always the hottest boys and of course, great costume, hair and makeup.

You've gone from Dance Diva to Real Housewives of Beverly Hills! What's it like juggling two major careers?

EJ: I've never been more busy and I've never been happier.

You have a huge gay following for your music, and now for your TV show. What do you think it is about you that attracts such a big gay following?



EJ: In part it is the fashion, hair and makeup. The other part is my sassy and confident personality.

What do you do to get "psyched up" before hitting the stage?

EJ: Standing backstage, when I feel the crowd and I hear the music, there's nothing better than that.

If you could do a duet with another Dance Diva, who would you choose?

EJ: Donna Summer (RIP).

What do you do for fun when you aren't on stage, or on set?

EJ: I put on my pajamas, watch old movies and pretend I'm Rita Hayworth.

If you could describe your life with just one hashtag, what would it be? (Besides #ThePrettyMess)

EJ: #overthetopfabulous

What will you be doing five years from now?

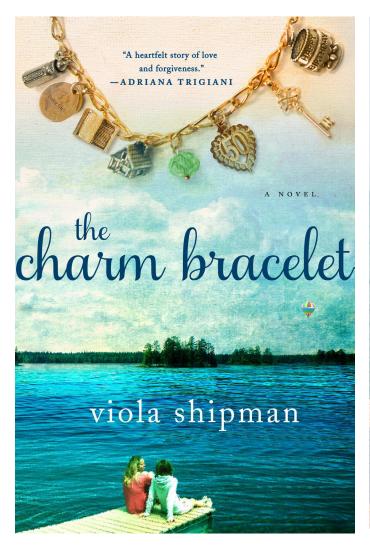
EJ: I'll still be creating, living, loving and enjoying life.

For more information about Jeffrey Sanker's White Party Palm Springs 2016, happening April 8-11, visit www.jeffreysanker. com. For more about Erika Jayne, visit: www.erikajayne.com

BOOK REVIEW

ALWAYS OVERBOOKED...

BY TERRI SCHLICHENMEYER





CHARM BRACELET AUTHOR

The jewelry you wear tells a story.

A ring on your left hand, third finger, says to the world that you stood up once and vowed to love and honor. A brightly colored stone says you were born in a certain month. Sparkles around your neck might tell of a vacation, an apology, or a whim, and in the new book

"The Charm Bracelet" by Viola Shipman, the tales of three women are told by the jewelry on their wrists.

For every milestone day that Lolly Lindsay had, she received a special gift.

Her mother started the tradition by giving Lolly a charm for her bracelet one birthday; that charm, like each to come, signified a dream or a wish, and was accompanied by a special poem meant to remind Lolly that she was loved.

Over the years, the bracelet became heavy with metal and memories – the summer before her mother died, the boy she grew up to marry, the best friend she cherished – and when she had a daughter, Lolly started the tradition with her own little girl.

Always a pleaser, Arden was exasperated with her mother.

Even as a child, she was embarrassed by Lolly's free-spiritedness, her sense of style, and by Lolly's idea of what was fun. As soon as she could, Arden moved away from her mother's Michigan home to live a button-down Chicago life that was comforting to her. But now, in the twilight of Lolly's life, Arden felt guilty for not spending more time with her mother — or her daughter.

Graduating with a degree is an accomplishment, but Lauren wished she could tell her mother the truth: she really wanted an art degree, not a business one. Lauren knew that her mother worried about money; Arden, come to think, worried about a lot of things, which was maybe why Lauren was closer to her grandmother. She and Lolly were like two peas in a pod.

Like two charms on a bracelet – one of whom was quietly losing her luster.

There's a basically good premise to the story inside "The Charm Bracelet." Sadly, that story begs – pleads – for help.

Reading this book is rough: names are employed to a frequency that's distracting and pronouns are at a premium. The female characters "jump up and down" a lot and it seems as though somebody's crying more than they're not; as for the male characters, one's a stereotypical Mean Dad, one is predictably hunky (do you see where this is going?), and a simple farmer-type is honest-to-goodness called "Clem."

I whined a lot while reading this book and I might have ditched it, were it not for the above-mentioned basically good premise. Author Viola Shipman (a pseudonym for gay memoirist Wade Rouse) offers a sweet generational-family, cabin-in-the-woods story told through memories and jewelry, which could've been really cute. Alas...

I think that, if you can overlook the flaws and not-so-charming facets, you might really enjoy this mother-daughter-granddaughter story. If those things bother you, though, "The Charm Bracelet" is a gem that's awfully tarnished.

"The Charm Bracelet" by Viola Shipman c.2016, Thomas Dunne Books \$25.99 / \$29.99 Canada 298 pages

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APRIL 2016

LIFE'S A DRAG

OUR KIDS

BY PINKIE MERINGUE SHIMMER

Well welcome to Spring all of you Wonderful, Fabulous, Amazing people out there!

I trust that you are all doing just incredible as spring is now here. Did you all wear your Easter Bonnets?

Well let's talk about our fur babies. When I say fur babies, I'm not talking about the fake fur coats we wear as accent pieces, I'm talking about those wonderful beings that inhabit our lives, our cats and dogs.

Kevin and I are blessed with three dogs right now. They are the most amazing beings, full of unconditional love. There is nothing like dragging home from a show to open the door and have those three faces there waiting for me just wanting to give their love. I tell you that sharing our lives with our dogs Tiramisu who is 15 years and 3 months old, Hank who is almost 4 years old and our sweet little Parker who is 9 months old, is a most rewarding experience. Now not to be sad or anything but our baby Parker got very sick and had to spend time in the hospital, but for you pet parents out there you know that there is noting that you will not do for these wonderful creatures.

Now being a drag entertainer you know that we are overflowing with costumes and accessories. Well when one of the kids, dogs, walk into my Pinkie room you know every now and then I have to see what a wig or a necklace or a hat would look like on them, needless to say they don't come into my room very often anymore, LOL. Well I take that back. I will be sitting at my desk at Pinkie World Headquarters and Parker will sneak into my room, and of course it happens to be at a time that I am sitting behind my desk so I don't see him. Of course it also happens to be at a time when I have starting to unload my drag suitcase from a show the night before so stuff is everywhere. Now of course this means that there are gloves and bras and wigs and what I use for my boobs (Little stuffed toys from the dollar store), which are irresistible to a puppy.

I will hear some rustling and I'll look over the top of the desk and see his little tail and by the time I get out from behind the desk off he goes running through the house with my bra being dragged along the floor. Of course at the same time my husband, Kevin, is in his office at home which is just off the open living room...so who knows what is going through his head as I'm sure he sees Parker and my bra flying past his office and then me running after them both. Ahhh, never a dull moment at the Shimmer home.

Of course I get my bra and return to my Pinkie room, but within a few minutes there goes my glove or a boob or two...LOL. Of course



this is when Kevin reminds me that I need to clean my Pinkie room and put things away. Now what fun would that be for Parker, LOL.....but he is right, I just get distracted very easily by shiny things.

Another thing that Parker enjoys is when on the morning of a show I start laying out my outfits for that night. I will have my list of songs that I am doing on my desk so then I open up the closet doors to this vast array of outfits. As I choose the outfit for a song I pull it out of the closet and lay on the floor and usually by the time I have all the outfits on the floor I turn and look and there is Parker laying right in the middle of my outfits. I'm not sure if he doesn't want me to leave or if he wants to be a part of the show. Whatever it is, he, Tiramisu and Hank add so much to our lives. They add Joy and Love and Fun and make life more joyous for us and our friends that come by.

So go and give your dog or cat a big hug today and thank them for just being them. We never know when they might have to leave us but as long as you enjoy them every bit as much as they love you, all will be well!

LOVE AND LIGHT Pinkie Meringue Shimmer

You can email me at Pinkiemeringue@yahoo.com Oh and I'm in the Queen of the Desert event for Desert AIDS Project. If you would like to be a part of Team Pinkie and help me achieve my fundraising goal please contact me for information.

PSP FOCUS

DINING OUT FOR LIFE 2016



Dining Out For Life is that one day each year when supporting Desert AIDS Project is as simple as having breakfast, lunch, dinner, a snack, dessert, coffee, a cocktail, or all of the above (is your mouth watering yet?) at your favorite participating business. In addition to many long-time Dining Out For Life supporters, New to the party, Townie Bagels will be donating a very, very generous 110% of the proceeds all day. PHO 533 in the Smoke Tree Shopping Center and Ristretto at The Five Hundred at Palm Canyon and Ramon in Palm Springs, are back and again are giving 100% of their sales from Thursday, April 28 to client services at D.A.P.!

Hoping for a phenomenal year because there will be so many beyond-generous participants like Harold Matzner and Spencer's Restaurant who are back for a fifth year at 75%. And Tony and Mark have brought back Trio, a perennially top-producer, again at 60%," LuLu California Bistro -- #1 last year - and Zin American Bistro who both do so much for DAP throughout the year, are also back at 50% in Dinina Out For Life.

In addition there will be restaurants from outside Palm Springs that will be participating in Dining Out For Life including Catalan's Mediterranean Restaurant in Rancho Mirage, Firehouse Subs in Palm Desert, and Vicky's of Santa Fe in Indian Wells to name a few.

To begin planning your dining extravaganza on Thursday, April 28, visit www.diningoutforlife.com and see if your favorite restaurant, coffee shop, bar or other business is participating in Dining Out For Life 2016; with over 50 participating restaurants and counting, you are sure to find your favorite. Some D.A.P. supporters have said that they dine out for all three meals on the last Thursday in April - and often add in coffee and/or a cocktail for good measure – so that they can max-out their contribution to Desert AIDS Project.







HIV shouldn't stop anyone from living their most complete life!

In 2015, we found jobs for **104** of our clients – **3** have internships – **30** are volunteering and **3** more have returned to school.

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MICHAEL CHILDERS ONE NIGHT ONLY "SONDHEIM IN LOVE"

One Night Only is one of the desert's most anticipated evenings and sells out fast. The star-studded musical production is set for 6:30 pm, Wednesday, April 20, 2016 at the McCallum Theatre and benefits Jewish Family Service of the Desert (JFS). The incomparable Lucie Arnaz will direct this year's production.

The annual production has sold out every year within only



a few weeks. Limited sponsorships and VIP tickets (including premier seating and the after theatre cast party) are also available. This year's theme is "Sondheim In Love" featuring some of legendary composer Stephen Sondheim's most romantic songs. The all-star cast includes Christine Andreas, Brent Barrett, Liz Callaway, Nancy Dussault, David Engel, Davis Gaines, Jason Graae, Hunter Ryan Herdlicka, Clint Holmes, Barb Jungr, Millie Martin, Marilyn Maye, Howard McGillin, Julia Murney, Teri Ralston, Lee Roy Reams, James Snyder, and Karen Ziemba, with John McDaniel as music director. All performers donate their time for this oneof-a kind performance.

For over 30 years, JFS of the Desert has provided services throughout the Coachella Valley to those in need, regardless of religion, age, income, ethnicity or life style. JFS services and programs are made possible through the financial support of Jewish Federation of the Desert, Desert Healthcare District, Kaiser Permanente and other grants and the generous support of donors. Most of the nearly 4,000 men, women and children served are from low-income households. They rely on JFS for low cost mental health counseling, crisis intervention and food support. JFS provides isolated, homebound seniors with care, transportation and enrichment activities. JFS also offers counseling and substance abuse education in local elementary schools.

JFS is located in Palm Springs.

For information visit www.jfsdesert.org or call 760-325-4088.

General admission tickets are \$197 and \$77 and are available through the McCallum Theatre Box Office at 760-340-ARTS or online at www.mccallumtheatre.com. Tickets are also available at JFS at 760-325-4088, extension 118.

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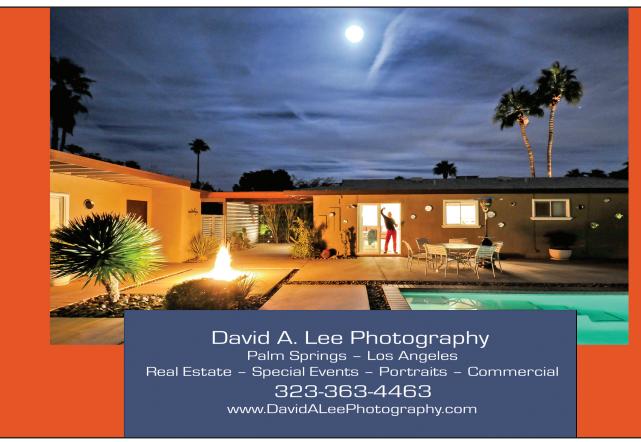
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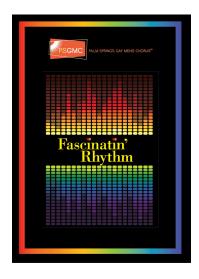
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PS GAY MEN'S CHORUS PRESENTS **FASCINATIN' RHYTHM**



Continuing it's dynamic spring concert series, The Palm Springs Gay Men's Chorus (PSGMC) will take you on a foot-stomping, hand-clapping, finger-snapping exploration of the tempo that fills our lives with its production of "Fascinatin' Rhythm" April 16 & 17.

Drums are part of every culture. Conga and maracas of Latin America; Taos drums and shakers of Native Americans; Taiko drums in Japan; log drums and gourd shakers in

Africa and snare drum and bucket drums as part of the American culture. Drums are used in sacred rites, healing by medicine men, accompaniment for joyous dancing and the muffled drum used for military funerals.

"Celebrating the rhythm of life through the use of vocals, dance and percussion, this concert will have a powerful pulse. Through the manipulation of congas, bongos, shakers, rattles and bells, djembes, castanets and tambourines, the Palm Springs Gay Men's Chorus will explore songs from around the globe utilizing beats and tempos," said Douglas Wilson, Artistic Director, PSGMC.

The "Fascinatin' Rhythm" program will include: "Nine Hundred Miles" by Douglas E. Wagner, "Conga Rhythm" recorded by Gloria Estefan and the Miami Sound Machine, "Rhythm of Life" by Cy Coleman, "Ritmo" words and music by Dan Davison, "We Will Rock You" by lead guitarist Brian May of Queen and "Fascinating Rhythm" by George and Ira Gershwin along with much, much more.

The PSGMC will perform two shows ONLY on Saturday, April 16 at 8:00pm and Sunday, April 17 at 3:00pm. The Jewish Community Center - Temple Isaiah is located at 332 West Alejo Road in Palm Springs.

It is recommended to purchase tickets for "Fascinatin' Rhythm" in advance for best seat selection. Visit www.PSGMC.com.

The mission of the PSGMC is to be a chorus of gay men, who through musical excellence, community outreach, and civic responsibility, are dedicated to entertaining, inspiring, and educating the culturally diverse community in which we live.

For more information on a variety of ways to support or join the Palm Springs Gay Men's Chorus, visit www.PSGMC.com.

THE DESERT ROSE PLAYHOUSE PRESENTS SALVE REGINA A COMING OF GAY STORY

The Desert Rose Playhouse, the Valley's LGBT stage company, will present Javier Rivera's one-man show, Salve Regina: A Coming Of Gay Story, on Saturday, April 16, 2016 at 8 PM and Sunday, April 17, 2016 at 2 PM.

Being born in a tiny island in the Caribbean to an ultra-religious mother and a domineering father is not easy; especially when

it's likely you are a big queen. There are not enough novenas to pray, candles to be lit, or saints to hear your pleas to get you out unscathed. No, in this situation only a miracle will do, or better yet...a holy intervention.

Follow the coming of age story of a young Puerto Rican man as he triumphs and stumbles in his journey to self-discovery aided by the

PSP FOCUS

only person who ever understood him...pop superstar Madonna. Salve Regina: A Coming Of Gay Story comes from the heart of Javier Rivera and is directed by Jeremy Ohringer.

"Salve Regina is my way of reaching out to 8 year old me," playwright and performer Javier Rivera reflects, "and assuring him that things will be all right...which is a feeling I was not familiar with at that age. I was terrified of burning in hell for being gay...not being poetic here, I truly believed I was going to fry. All signs pointed to me not having a very happy ending.

"So I latched on to the music of Madonna, and all of a sudden I felt empowered, in control, and overcome with an overwhelming desire to dance. She DID make my life a happier place to live in-

this is the truth. And to those in the audience, I hope you hold on tight to those things that inspire you and bring a smile to your face...and let go of anything that makes you question your worth and place on this planet. Because it does not matter whether you can cut a rug or have two left feet...you can still be the life of the party".

The Desert Rose Playhouse is a project of Desert Rose Productions, Inc., a 501(c)(3) non-profit public benefit corporation. Salve Regina: A Coming Of Gay Story continues Desert Rose Productions' mission to produce and present literate, relevant and entertaining plays and musicals to LGBT and Gay-Friendly theatregoers in the Coachella Valley.

Tickets are \$20 and can be purchased online at www.desertroseplayhouse.org or call 760-202-3000. Desert Rose Productions, Inc. P.O. Box 2256, Cathedral City, CA 92235 760-532-6075





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LEGALLY SPEAKING

WHEN FRAUD COMES KNOCKING, BAR THE DOOR

BY CHRISTOPHER HERITAGE

For many of us, everyday life is filled with traps and pitfalls and fear. Kids quake at bumps in the night and imagine bogeymen under the bed. Grownups hear daily of fearsome identity thieves, scam artists and loss of financial control. But there is a huge difference between the fears of children and adults – little ones can pull the covers over their heads or call for mommy's reassurance, and eventually they grow out of their fears. Grownups have to fight real threats that can hurt them and will probably never go away. In every aspect of our lives, scammers are plotting to snag us.

Although I don't handle identity theft and scams in my practice, I have some information that may help you if you want to avoid being stung by these frauds. Our rapidly accelerating technology drags many of us into unfamiliar territory, and can easily drop us into black holes if we don't take steps to prevent it.

The U.S. Department of Justice suggests using the letters SCAM to minimize your risk of becoming a victim:

S Be stingy about giving out your personal information to others, unless you have a very good reason to trust them:

Use "need to know" as your guide to providing items such as social security number, birth date, credit card number or mother's maiden name to anyone. Banks or credit card companies may need one of those to identify you. Most others do not need such personal information.

C Callers, on the phone or via Internet, are often scammers. If you don't personally know the person, be wary:

If a caller offers you something valuable (credit card, prize, or other products) and "just needs your credit card or social security number" so you can collect it, ask them to send you a written application form. If they refuse, hang up. If they do send one, review it carefully and check out the company's reputation with the

Better Business Bureau or other reliable source before signing it.

If a caller claims to be a relative or long-lost friend with an



emergency (some real examples: car broke down, or injured in an accident and on the way to the hospital, or had a wallet with all their money stolen in a strange city and no way to get home), do not agree to wire or transfer money, or give your credit card number unless you fully confirm that the person is really your relative or friend.

If you are calling someone and need to give any personal financial information during the call, do so only in a closed telephone booth or, if on your cell phone, in a separate room away from other people. Scammers excel at passing by just as you are giving critical information over the phone.

Never click a link in an email from someone you don't personally know, even if it looks legitimate. It may be a phishing scam designed to collect personal information from you or to install malware on your computer

A Ask periodically for a copy of your credit report. It lists all your bank and financial accounts, and you can easily determine if someone else has wrongfully opened or used any accounts in your name.

M Maintain careful records of your banking and financial accounts. Retain your monthly statements for at least one year or more. If you or anyone else questions a transaction, you will have

a handy record of everything. Although financial institutions are required to maintain records of checks and transactions for five years, it is not always easy to get copies of their records.

Always take the customer copy of credit card, car rental and other receipts with you when you leave the establishment. Scammers often find those left behind, and can easily use them for purchases on your account.

Always review all the statements from your medical providers. Medical identity theft can leave you fully responsible for payment for medical care, even if it was provided to a scammer.

Scammers seem to come up with new ploys every day. Here are some other schemes to watch out for:

When you enter giveaways, sweepstakes or fill out surveys, you are often divulging personal information. Scammers can use this to create profiles of people they want to target.

If you are in an emotional state after losing a loved one or other sad event, let trusted friends or relatives supervise your financial

affairs until you are back on your feet. Scammers prey on people in turmoil because they are not as focused as usual on protecting themselves. Some fraudsters scan the obituaries and contact widows or widowers to secure bank or investment account information, or sell useless products at ridiculous prices.

Keep your social security number, W2 forms and tax returns from previous years under your immediate control and file your current taxes promptly. A scam operating right now targets information about your taxes, and uses it to file returns for refunds, which are sent to the scammers, not to you.

This article is part of an ongoing series of articles pertaining to legal issues relevant to the LGBT community, and is intended for general information purposes only – not legal advice. Christopher Heritage is an attorney in Palm Springs and San Diego, who focuses on LGBT estate planning, domestic partnerships, same-sex marriage, probate, trust administration, and bankruptcy. He welcomes questions and comments and can be contacted at 760-325-2020 or at chris@heritagelegal.com



I'm glad I got tested.

It's been medically proven: when a person with HIV takes the appropriate medications, they become 96% less infectious.

If everyone gets tested, and anyone with HIV gets onto medication, we can bring an end to the epidemic. To make it happen, each of us must do our part and get tested.

Let's make the Coachella Valley the first place anywhere to stop the spread of HIV.

Ask your doctor for the test, or get a free and confidential HIV test at a community test site near you. Encourage your partners, friends and family to get tested, too.









FITNESS

KNOW YOUR BODY

BY DENNIS MASON, B.F.A., C.P.T.

Well, here it is April. By now your New Year's resolution to get fit, and back in shape should be well underway, right? But, sometimes it's hard to stick with a fitness plan, when there are so many other things affecting our lives. Remember, making fitness a "lifestyle" is not just good for your body, but energizes as well as sharpen your abilities to handle the other areas of your life as well. It's not about how quickly we see the results we want, but how long we keep at it.

Our genetics are set to our own personal set of specifications. Some people seem to have no problem staying in shape, while others have a terrible time of it. We can sometimes get discouraged because we don't see results right away. One of the reasons for not seeing the results might be that we are using the wrong approach. Training for YOUR body type will give you the best results.

There are basically three body types:

ECTOMORPH: Generally short upper body, long arms and legs, narrow shoulders and chest.

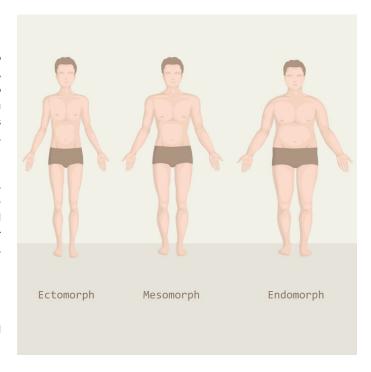
MESOMORPH: Generally long upper body, large chest, and high percent of solid muscle.

ENDOMORPH: Generally wide hips, round face, short neck, high capacity for fat storage.

Please understand that we are not entirely one type, nor are our whole bodies one type. An example would be someone who has "great legs" but leaner shoulders, and so on. So, here are some tips on how to structure YOUR exercise plan.

The ectomorph should concentrate on adding quality muscle mass. Strive to eat more quality meals throughout the day, thus increasing the total calorie intake. The use of supplements like "weight gain" powders and protein drinks can be useful here. Resistance training should focus on "power" movements for legs, back and chest. Concentrate on quality movements in the gym or outdoors (i.e. leg presses or squats in the gym, and uphill hiking outdoors.)

The mesomorph should use a variety of exercises to focus on muscle shape. Special attention should be paid to the caliber and quality of each movement. If part of the body is mesomorphic, such as the chest, and another part is ecktomorphic, such as calves, then focus on the parts that will bring the whole body into balance and



harmony. Protein rich foods, such as grilled chicken breast or baked fish are extremely important for proper muscular growth.

The endomorph person should focus more on fat loss to get and keep the body in proportion. They should perform higher rep and set movements in the gym and aerobic movement outdoors, such as swimming, cycling and jogging...all within moderation. The meal structure should be lower calorie consumption from good fats and clean gluten-free carbohydrates, and of course, maintaining adequate or higher protein intake for solid muscle structure.

Got questions or need help? Contact me from the information below.

Dennis is a certified Personal Trainer and Master Fitness Coach with over
40 years' experience. NPC bodybuilding competitor, charity cyclist, health
and fitness motivational speaker and author. Body Sculpting - Nutritional
Guidance - Aquatics & Post Rehab Conditioning

Web www.dennismasonfitness.com Email dennis@dennismasonfitness.com Phone 760-219-5877 Home Base: World Gym Palm Springs. Please join Dennis on his Internet radio program, FITNESS & MORE, on demand at: www.BlogTalkRadio.com/FitnessAndMore Also on Facebook and Twitter as fitnessradio.

Boy oh boy... what a night.

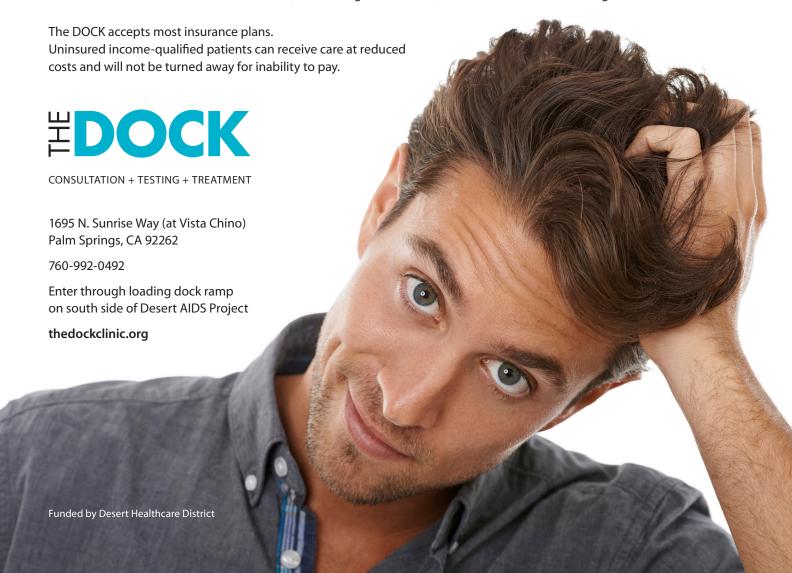
Come See Us Now at the PEP After-After-Party.

Post Exposure Prophylaxis—or PEP—is a treatment that can prevent you from acquiring HIV if you start within 72 hours of exposure. We're ready to meet with you ASAP.

Special 3-Day Event:

Sunday, April 10, Noon-6PM; Monday, April 11, 8AM-5PM; Tuesday, April 12, 8AM-5PM

Services: PEP & PrEP Education & Treatment; STD Testing & Treatment; Free & Confidential HIV Testing



UNLEASH HAPPINESS TIPS FOR LIVING YOUR HAPPIEST LIFE

Are you living your happiest life? How does your mood affect your health? Is happiness contagious? Researchers are finding these questions are worth asking, and multiple studies show happiness dramatically improves health, productivity, family bonds and even life expectancy. So it's no surprise that the impact happiness has on people has spawned an initiative to spread happiness throughout the world.

So what can you do to live your happiest life? Researchers say it starts with choosing happiness. Making a conscious choice to be happy positively affects a person's mood, and over time, can reset a person's default happiness level, according to two recent studies published in The Journal of Positive Psychology.

Here's a look at several ways to choose to be happy, including: SAVOR HAPPY MOMENTS, IN THE MOMENT.

An individual's brain is hardwired to remember bad experiences more than good ones as a basis for survival. When something good happens, stopping to savor that moment helps to solidify it in the brain and re-wire it for happiness, according to Rick Hanson, a neuropsychologist and author of Hardwiring Happiness.

CONNECT WITH HAPPY PEOPLE.

To be happy, spend time with happy people. It may seem like common sense, but researchers from Harvard found over the course of a 20-year study, the happiness of one person can increase the happiness of others in their network by an astounding 25 percent. "In my job, I see firsthand how easily happiness spreads from one person to the next," says Courtney Gastelo, a bartender at RA Sushi, which has several locations across the U.S. "That's why RA Sushi's Happy Hour is so popular - we bring our guests together in a fun atmosphere where they can relax and enjoy great food and drinks with their friends."Gastelo recommends not waiting for the weekend; invite friends out and enjoy Happy Hour any day of the week. Doing so will positively affect the mood of everyone involved, "and science says it's good for humanity," she says.

CHOOSE EXPERIENCES OVER THINGS.

The value of new life experiences also creates happiness. That's the finding of research from San Francisco State University, which



shows that having a new life experience outweighs material purchases when it comes to long-term impact on happiness.

New life experiences don't have to be expensive trips to exotic locations; they can be as simple as taking a dance class, mastering a cooking skill, trying a new food or learning how to speak another language.

EXERCISE.

Hitting the road or the weights can turn a bad day into a good one. Research from the University of Bristol shows exercising on workdays has an even bigger impact on mood. It's because exercising releases endorphins that have a powerful effect on happiness.

Going for a walk or hike outside has the added benefit of sunshine and fresh air, too. For an even more powerful happiness boost, researchers suggest finding an exercise buddy.

These are just a few proven tips to help improve happiness, health, productivity, family bonds and even life expectancy.



SPRINGTIME MEANS TIME FOR GREAT MUSIC



COACHELLA FEST 2016 ROCKS THE VALLEY

Coachella Fest featuring more than 150 acts performing on several stages kicks off April 15-17 and April 22-24. As in past years, the same lineups will play two consecutive weekends. Coachella Fest has established itself as one of the country's premier music festivals.

Elle Goulding receives top line billing for Fridays, A reunited Guns N'Roses will headline the Saturday shows, and Sia & Calvin Harris will close out Sunday nights.

The 2016 festival will also feature Lapsley, Goldroom, Mavis Staples, Gallant, Snakehips, Sheer Mag, Algiers, Ice Cube, James Bay, Deerhunter, Matoma, Vince Staples, The Dead Ships, Zella Day, Fur Coat, Ida Engberg, Meg Meyers, Rancid, Kamasi Washington, Mint Field and Nosaj Thing among others.

The other half of the festival is dedicated to visual arts, including installation art and sculptures. Most of the pieces are interactive, providing a visual treat to the attendees walking amongst the festival grounds. R & R Studios, the collaborative office of Roberto Behar and Rosario Marquardt is a multidisciplinary practice weaving together visual arts, design, architecture and urbanism. A few of the visual artists, such as Katrina Neiburga & Andris Eglttis, Alex Arrechea and The Date Farmers, alongside avant-garde performance troupe Lucent Dossier Experience, have appeared for several consecutive years. Using helium filled balloons, and Robert Bose & Balloon Chain harnesses the power of the wind and sky to create large scale installations of whimsy that challenge your perspective of the open spaces surrounding you.

The success of Coachella in its early years proved music festivals could work and succeed in a destination form, as opposed to a traveling festival. The year of Coachella's debut was also the year of Woodstock '99, which was marred by riots, fires, and rapes, turning many people off music festivals. In the years following Coachella's success, many other festivals have followed in its footsteps, copying its format as a destination festival with multiple stages, attractions, art, and camping. Some of these new festivals have grown to achieve the same success as Coachella, such as Lollapalooza in Chicago and Bonnaroo in Tennessee.

The Coachella festival tries to reduce its carbon footprint on the environment every year. The festival highly promotes carpooling for its attendees that include rewards for people who participate. Travelers who choose to carpool with four or more people in one car and have the word "Carpoolchella" displayed somewhere on their car have a chance to be selected by a secret spotter to win VIP tickets for life for everyone in the car.

One of the most popular festivals is the Coachella Music and Arts Festival, which last year drew over 200,000 music lovers to the Empire Polo Club for three days of performances by some of the best artists from around the world. This year it promises to once again amaze, entertain and awe. For complete performer line-up & info go to www.coachella.com

COUNTRY AT ITS BEST: STAGECOACH 2016

Get ready to break out your best cowboy boots because the 2016 Stagecoach Country Music Festival is upon us. Here's your chance to see several of Nashville's best and brightest musicians perform live. This three-day event will feature some of the hottest stars in country music.

The Stagecoach Music Festival is one of country music's most highly anticipated events of the year, and the 2016 festival will be more exciting than ever. With performances by the top country music acts, this festival has something for everyone who follows country music.

Eric Church, Sam Hunt, Luke Bryan and Carrie Underwood are this year's headliners. The three-day event takes place during the weekend of April 29-May 1 at the Polo Empire Club in Indio, CA

Church will headline the first night of the festival. Friday's lineup also includes Chris Young, Sam Hunt, Emmylou Harris as well as country voices Eric Paslay, Robert Earl Keen and Whitey Morgan to name a few.

Underwood will lead Saturday night's lineup. Other performers on the bill include The Band Perry, John Fogerty, Chris Stapleton, Lee Ann Womack, Sam Palladino among others

Bryan will conclude the festival on Sunday night, following sets by Little Bigtown, The Doobie Brothers, and Dustin Lynch, along with The Thousand Horses, Raeline and The Earls of Leicester.

If you're any kind of country music fan, this is one party you won't want to miss. Tickets to attend this red-hot bash are in extremely high demand. For more info and complete list of performers visit www.stagecoachfestival.com

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COMING UP NEXT MONTH



PACK YOUR BAGS
THE TRAVEL ISSUE



EVENTS CALENDAR



APR 8 - 10

PALM DESERT FOOD & WINE FESTIVAL.

The sixth annual Palm Desert Food & Wine Festival takes place April 8-10, 2016 in Palm Desert, CA. This festival features the brightest and most inspired chefs from across the country for three extraordinary days of culinary and wine tastings in the heart of the famed El Paseo shopping district. The event features a standout roster of celebrity chefs' demonstrations and showcases the Coachella Valley as the ultimate culinary destination. In previous years, the event has featured well-known chefs such as Roy Choi, Cat Cora, Gale Gand, Ari Taymore and Brian Malarkay. For info visit www.palmdesertfoodandwine.com

APR 8 - 10

COCK. DESERT ROSE PLAYHOUSE RANCHO MIRAGE

Mike Bartlett's internationally acclaimed play takes a lively, candid look at one man's sexuality and the difficulties that arise when you realize you may have a choice. When John takes a break from his boyfriend, he accidentally meets the girl of his dreams. Filled with guilt and indecision, he decides there is only one way to straighten this out - a group meeting with the boyfriend's father as referee. Stripping back the whole drama to only its essential language, this is a masterpiece of strong characters and well-crafted dialogue. The play is set in an arena surrounded by audience on all sides. It is performed without props or set pieces. Winner of 2010 Olivier Award. For info visit www.desertroseplayhouse.org

APR 21

PALM SPRINGS JUMPS.
THE PURPLE ROOM PALM SPRINGS
What do you get when you take 4 of the top

desert entertainers, mix in a little comedy, history, fun, Rat Pack vibe and great music? You get "Palm Springs JUMP!" a musical revue that is a burst of high-energy entertainment and hatsoff salute to the Hollywood glamour of classic Palm Springs! This fantastic musical variety show pays tribute to the legendary stars who called Palm Springs home or performed here — from Bob Hope, Frank Sinatra and Bing Crosby to Lucille Ball, Keely Smith, Elvis Presley, Sonny Bono and many more.

Palm Springs JUMP! is created by and features the talents of veteran singers Michael Holmes, Charles Herrera, Darci Daniels and Francesca Amari, plus the musical flair of accomplished pianist Joel Baker. Dinner reservations from 5:30pm show at 7pm more info at www.purpleroompalmsprings.com

DBA EVENTS

APR 4 6PM
POSH Palm Springs Inn
530 E. Mel Avenue Palm Springs

APR 18 6PM
Mizell Senior Center
480 S Sunrise Way Palm Springs
www.desertbusinessassociation.org

ONGOING >>>>>>>>>>>>>>

CHILL BAR PALM SPRINGS

A warm and fabulous twenty first century modern venue located on Arenas, suited with multi faceted rooms for any celebration. The gorgeous island bar is surrounded by hi-definition video entertainment and a comfortable designer lounge. Chill on the patio enjoying music and refreshing beverages with friends after a game of pool, or come by and say hello to our friendly staff. Open for business seven days a week. Get out of the heat, and come join us! Happy Hour (From Open to 7pm) and Late Happy Hour (From Midnight to Last Call) \$4 Well Drinks, \$2.75 Bud Light & \$1.50 Chill Lager.

www.chill barpalmsprings.com



THE SUNDAY BAND W/ SPECIAL GUESTS. PAPPY & HARRIET'S PIONEERTOWN

The Sunday Rock + Roll Service is a Pappy and Harriet's institution celebrating the healing powers of music and community! Every weekend the club's favorite singers and players get together and trade songs. Come join us to see Victoria Williams, Gar Robertson, Carol Ann Crandall, Damian Lester, Bob Furgo, Rachel Dean, Ryan Norman, Caleb Winn, Danny Frankel and other talented locals performing for your drinking and dancing pleasure. With a come-as-you-are vibe, Sundays have seen great special guests like Robert Plant, Lucinda Williams, The Jayhawks, Rickie Lee Jones to name a few.

www.pappyandharriets.com



CARNIVAL CABARET.

OSCAR'S CAFÉ & BAR. PALM SPRINGS

Carnival Cabaret is a high-end female impersonator revue. This production has traveled throughout the country with performances in casinos, theaters and for corporate events.

Carnival Cabaret features the world's most amazing cast of men who perform as famous women. You will not believe your eyes! Veteran TV and film actor James

CAL

EVENTS CALENDAR



Gypsy Haake, who holds the record for the oldest working female impersonator in the world, hosts the show. Haake is 83 years old and has been seen in films and television since the 1980s. Shows run every Thursday, Friday and Saturday. Dinner show seating begins at 6:30pm. Show only seating begins at 7:30pm. Showtime is 8pm.

Tickets start at \$29.95.

Tickets: carnivalcabaret.ticketleap.com

COPA

In a throwback to old Palm Springs' nightclubs, the Copa is fashioned around an elevated performing stage and a stunning u-shaped bar lined with leather barstools, upholstered booths, and gilded cocktail tables. Sink into the sexy lounge, sip a cocktail, and enjoy the lineup of local and guest entertainers. For weekly schedule visit www.coparoomps.com



THE PURPLE ROOM

Supper club, drinks and live music. It's where Palm Springs plays. Great entertainment nightly and dinner specials. You never know whom you might see at The Purple Room. For monthly schedule and info visit www.thepurpleroompalmsprings.com

OSCAR'S CAFÉ & BAR

Located in the heart of downtown Palm Springs on the corner of Tahquitz Canyon Way and Indian Canyon, Oscar's has a huge outdoor patio with lots of umbrellas for shade and misters to keep you cool, too. You can beat the heat any time of year and enjoy the views of Palm Springs. On Saturday and Sunday from 8am – 2pm, enjoy a \$9 Bottomless Mimosas (juice included), a single \$2 mimosa or a \$5 Bloody Mary with brunch, during which both our full breakfast and lunch menus are available. Also join us for Sunday Funday Weekly Tea Dance 4pm-Close! Live entertainment weekly visit our website for details. www.oscarspalmsprings.com



LIPSTICK AT COPA

Thursday nights at Copa just got a little hotter with a new show at the new showroom inside Copa. The Hot New Lipstick show is a raucous affair where the audience is encouraged to participate in singing, clapping, dancing, partying and celebrating special events. Featuring performances by Charles Herrera, Pinkie Meringue Shimmer, Marina Mac, Sassy Ross, Dion Khan, and Cherilyn, and emceed by the fabulous Bella Da Ball, this show will not disappoint. For ticket info and schedule of performers visit www.coparoomps.com

HUNTERS NIGHTCLUBS® Palm Springs, Palm Springs' go-to gay bar and dance club, has been leading the way in full-out fun for 16 years now! And we keep it pumping, making it better for you all the time with our unparalleled event line-up. We enjoy having



the desert's most sought-after and friendly DJs, full-on themed events, and a staff that has it all without the attitude. And of course, we are proud to hold the longest happy hour in the entire Valley. Remember: Size Matters. Come by for our happy hour from 10am-7pm. Yes, that's right: 9 hours long! For a list of all events and specials visit www.huntersnightclubs.com



SUNDAYS

"The Playgirls" at Toucans Tiki Lounge featuring Tommi Rose. Performances at 8 & 10pm. These darling Divas of drag really deliver with their very own brand of entertainment to packed houses. Special guests appear weekly. DJ in the sound booth. Every Sunday Complete list of events www.toucanstikilounge.com

FOR A COMPLETE CALENDAR OF EVENTS VISIT OUR MEDIA PARTNER, GAY DESERT GUIDE.



CLICK ON LOGO

VENTS CALENDAR



MAR 31 - APR 10

WICKED QUEER BOSTON LGBT FILM FESTIVAL. BOSTON, MA

The Boston LGBT Film Festival presents the past, exhibits the present, and develops the future by supporting and displaying LGBT media works that challenge, encourage, and educate through the medium of the moving image and the power of queer cinema. www.wickedgueer.com



APR 8 - 10

MIAMI BEACH PRIDE. MIAMI BEACH, FL Miami Beach Gay Pride is an amazing three-day event with a Beach Party, Festival and Parade, including more than 125 LGBT-friendly vendors and businesses. exciting celebrities, musical performances, refreshments, food and a family-friendly play area. www.miamibeachgaypride.com



APR 21 - 24

CHERRY 2016. WASHINGTON, DC Cherry is a yearly charity dance music event that has raised more than \$988,000 for Washington, DC, HIV/AIDS service and prevention. Your support of Cherry contributes to the efforts of passionate health and social advocates at the forefront of the

DC LGBT community. www.cherryfund.org



APR 25 - MAY 2

PHURFEST 2016 PHOENIX, AZ

Join the Bears of the West for Phurfest Weekend. Enjoy fun in the sun, a chance to meet new friends, and explore what Phoenix has to offer. Phoenix Phurfest has been around for 12 years. During the past eleven Phurfests, almost 2500 bears and buddies from over 10 countries have enjoyed the warmth and friendliness of our city; thereby, making Phurfest weekend quite popular among the bears, www.phurfest.org



APR 28 - MAY 1

DINAH SHORE LAS VEGAS 2016.

LAS VEGAS, NV

Once again, Dinah Vegas takes over some of Caesars' exclusive and most sought-after venues for its world famous events, created by lesbians specifically for lesbians. New for 2016: Thursday's OPENING PARTY happens at Flamingo Hotel's Beach Club Pool. Friday night's GLITTER II is back at the famous and extremely popular VOODOO Lounge at Rio Las Vegas. In 2016, women from everywhere - including Australia, Brazil, Canada, England, France, Germany, Mexico and New Zealand, will enjoy all the non-stop entertainment, worldclass dining, 24/7 gaming and fantastic weather that only Dinah Vegas offers in "the City that never sleeps" and where there is no "last call.

www.dinahshoreweekend.com



APR 28 - MAY 1

PURPLE PARTY 2016. DALLAS, TX

Dallas's award-winning charity dance weekend, The Purple Party, is excited to bring you our biggest and best party yet. We're outdoing ourselves this year with the hottest international DJs, famous Texas hospitality, and other developments to continue the evolution of America's favorite HIV/AIDS dance fundraiser. www.purplefoundation.org

EVENTS CALENDAR



APR 1 - 11

BALI COMPASSIONATE ARTS TOUR.

BALI, INDONESIA

The focus of this Compassionate Arts Tour is to immerse in Karma philosophy and traditional Balinese arts and culture. Interact in Balinese everyday activities and working closely with Yayasan (non-profit) communities where collective donations will be given, respecting Trinity of Life - Man, Environment and Spirit. Personal sketching intertwined with leisure activities is geared to provide a balanced travel adventure. www.gekotour.org



APR 15 - 17

LONDON LESBIAN FILM FESTIVAL.

LONDON, ONTARIO, CANADA
The London Lesbian Film Festival is a
celebratory gathering at which we project
our images, challenge our politics, and reflect
upon our lives. The festival aims to portray the
richness and diversity of lesbian experiences
and to strengthen our communities. www.llff.ca



APR 19 - 23

MR. GAY WORLD. VALLETA, MALTA It's official! Mr. Gay World M follows its tradition of taking place at exotic and breathtaking places all over the globe. 2016 leads us to the magical island of Malta.

Where a rich cultural and historical heritage meets with a modern spirit. Discover the place where Game of Thrones, Pompeii, Troy, Gladiator and over 50 other movies and TV productions came to live. Blue lagoons, modern architecture, under water caverns, historical palaces, and colorful carnivals - Malta is a true treasure chest. And in 2016 Mr. Gay World TM adds its most valuable commodity: the international contestants of Mr. Gay World TM! Malta is looking forward to welcoming Mr. Gay World TM 2016! www.mrgayworld.com



APR 28 - MAY 2

SLEAZY MADRID. MADRID, SPAIN

With 16 years of experience under its belt the event is prominent in the gay fetish circuit. Madrid's gay scene will be inundated with visitors come to take part in the event. The participating bars, clubs, discos, shops, saunas, hostels and hotels will be organizing a wide variety of activities and parties with a fetish theme. Well known DJ's and producers consolidate the event providing the perfect ambience for each and every session and event.

MAY 1 - 15

MASPALOMAS PRIDE MASPALOMAS
GRAND CANARY ISLAND, SPAIN
For those who have never experienced the
Pride of Maspalomas, a surprise awaits



you! The days are filled with various events: festivals, exhibitions, parades, tours, shows, and concerts, along with your favorite restaurants and bars in and around the Yumbo Centre joining in the fun! So make yourself look fabulous and join in the Pride celebrations with us, together with dancers, singers, and drag queens! Are you ready for the craziest and most fun Pride festival in the World?

www.maspalomaspride.es





Our international media partner, FNQ Magazine, www.fnqmagazine.com Cairns gay lifestyle and travel publication that gives Australia

and the world a taste of gay life in the tropics, sponsors the International Calendar. www.go2gaycairns.com

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> PHOTO REWIND

MIZELL CENTER GALA
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