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JAY SHETTY
MIXES PURPOSE WITH
ANCIENT WISDOM
BY MICHELE STUEVEN

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MUSIC

BACK IN THE DAY JOHN CAGE AND SUN RA SENT CONEY ISLAND TO THE COSMOS

BY BRETT CALLWOOD

The Best Gig I Ever Saw: Arad Evans of NYC-based avant-rock supergroup The Whimbrels travels back in time to a transporting John Cage/Sun Ra gig.

Arad Evans: In 1986, not long in the City, I got into my decrepit Oldsmobile, balanced a paper map on my knee and steered towards Coney Island to see my heroes: John Cage meets Sun Ra at Sideshows by the Seashore, then a faded venue for sword swallows and magicians on the boardwalk. Cage: the master of chance and indeterminacy, the

mushroom-eating mother-stone of the uptown avant-garde. Sun Ra: the big band veteran, channeling the hot gasses of his home planet — said to be Jupiter. It was packed; it started very late. We waited on folding chairs, with the surf, boardwalk chatter, and seagulls for background.

Finally, they took the stage. Sun Ra came on in shimmering robes, led by a priest figure bearing an ankh and a cohort of dancers. Cage in jeans and denim shirt, sat by himself at a card table. Sun Ra unleashed his improvisatory might on a DX7, fifteen seconds in and every musical bias and preconception was floating

some miles offshore. Then it was Cage, singing or chanting mesostic syllables, from a small book, interspersed with long, intentional silences. The words, the seagulls, passersby, and waves merged into a stunning, gorgeous whole.

Back and forth and then together they went, two giants conversing over our heads, like friends from different planets. Speaking in the language of gods as it seemed to me. I’ve learned a lot since then, but I thought I knew it all as I headed for home.

The Whimbrels’ eponymous debut album will be available on June 27. [A]



The Whimbrels

COURTESY MARK RICHARDS

ENTERTAINMENT

UNBINGED REVIEW: 'YOU' SEASON 5 CLOSES THE BOOK ON ITS CREEPY STALKER STORY

BY ERIN MAXWELL



COURTESY NETFLIX

Hello, *you*. When you first met Joe Goldberg, he was a deceptively sweet purveyor of books and ancient texts who lived in New York and was looking for love. You watched as he found love, stalked love, fell in love, kept love in a lucite cage, and eventually killed love and fled to Los Angeles. Then you watched as he repeated the pattern with a new Love, this time ending in marriage, progeny, murder, and an escape to London. You watched as he evolved from stalker to serial killer, seemingly finding a perfect mate in the process.

You stuck it out through thick and thin. Held hostage by Joe's point of view narration, you endured the never-ending violence, Joe's moral gymnastics, repeating story developments, and the endless parade of derivative characters just waiting to become corpses. Now it's the final season — are you ready for the end of *You*?

Charming psychopath Joe (the always impressive Penn Badgley) returns to his original hunting ground of New York with his wife Kate (equally notable Charlotte Ritchie) and his son Henry (Frankie DeMaio). Back in his hometown, Joe must now contend with both the ghosts of his past and Kate's estranged American family, who are none too pleased that the prodigal

daughter has taken over the family conglomerate. This season begins with boardroom shenanigans and a toxic family dynamic before gradually shifting toward the show's central focus: a farewell to Joe Goldberg.

Season 5 of *You* carelessly tosses aside major plot points from Season 4 — like Joe's dissociative identity disorder and most of the “Eat the Rich Killer” mess — in favor of a soft reset that feels more like a rerun. Joe's back in New York, back at the bookshop, and back to his old tricks, seemingly learning nothing with his wealth of experience or, you know, his *actual wealth* from his wife Kate. This was perhaps done on purpose, to lure the viewer into a false sense of safety with weak storytelling and overused series devices. Just a theory, but one best reflected in the new cast of characters, some of whom are not as refined, defined, or designed to be anything more than a means in which to dump exposition or plot gimmicks. (Twins? And an evil twin, no less?)

However, thanks to a well-executed structural pivot at midseason, the narrative moves away from heavy-handed clichés and begins to resolve lingering plot threads involving Joe's bloodlust and the consequences of his violent past. This shift transforms the

series from copy-paste storytelling into something more compelling, replacing throwaway characters with more substantial and purposeful figures.

The show does a good job of yanking the viewer's chain, dragging them through a seemingly endless parade of well-worn, *You*-specific tropes, only to suddenly and unexpectedly turn the tables with moments that offer brief reminders of why audiences fell for the series in the first place.

But for many, it may be too little, too late, as much of the audience has already tuned out due to the show's repetitive rotation of shallow side characters and recycled plots that rendered the narrative stale seasons ago.

In its final death throes, *You* still has a few tricks up its sleeve, but to get there, it goes through the familiar motions of yet another reiterative season, packed with trite, thinly written characters meant to parody the upper class before audiences get to see the fate of the “hero.” But when the narrative shifts, the story jolts to life with fresh horrors to explore. For a moment, the viewer is no longer tethered to Joe's perspective, and the series becomes something else: unpredictable. Still, this midseason pivot may come too late, as the show's formulaic storytelling might have already driven away ... you. [E]



Penn Badgley stars in the final season of *You*
COURTESY NETFLIX

FOOD

WHAT'S UP POPPING UP

Anteaters at The San Diego Zoo Food, Wine & Brew and more.

BY MICHELE STUEVEN

This year, San Diego Zoo Food, Wine & Brew will be held on Saturday, May 3. More than 130 of Southern California's best restaurants, breweries, and wineries will come together to support wildlife conservation around the globe.

Roam and indulge in unlimited bites and sip on the region's finest wines, craft brews, spirits, and nonalcoholic refreshments, while discovering the magic of wildlife and the mission to protect it. Back by popular demand is the Conservation Stage, a unique opportunity to get up close with wildlife ambassadors, hear conservation stories from the zoo's wildlife care specialists and horticulturists, and learn how support makes a difference in our backyard and across the globe.

General Admission tickets are \$179 and include all food and beverage samples, entertainment, and wildlife experiences. The event runs from 7:30 p.m. to 10 p.m. VIP packages are \$299 and include all the benefits of general admission, early access to the event (doors at 6:30 p.m.), exclusive VIP lounges with their own food and beverage vendors, and more. This event is for guests 21+ only; children and strollers are not permitted.

Inspired by her Tijuana roots, executive chef of the San Diego Zoo, Zaz Suffy will be serving tacos gobernador, seared shrimp tacos loaded with melted jack cheese and a medley of peppers tucked into warm corn tortillas and finished with a colorful array of house-made salsas, fresh micro cilantro, and creamy slices of avocado.

And, for the first time this year, the San Diego Zoo banquet team is offering a cocktail to attendees. The passionfruit sangria is a blend of passionfruit purée, simple syrup, brandy, triple sec, and house chardonnay, finished with a sprig of fresh mint, dehydrated fruit, and a wisp of citrus-infused smoke.

More details at zoofoodandwine.com.
W Los Angeles - West Beverly Hills



Wildlife care specialist with a tamandua or lesser anteater



San Diego Zoo food samples

COURTESY SAN DIEGO ZOO WILDLIFE ALLIANCE

has recently launched a new live music series, "Unplugged at The Living Room Bar." The series includes a solid lineup of artists like Brandon Cruz and Debo with live performances on Fridays and DJ sets on Saturdays from 4 p.m. to 7 p.m.

On Sunday, May 4, in an afternoon with José Andrés, he will discuss his newest book: *Change the Recipe: Because You Can't Build a Better World Without Breaking Some Eggs* at the Aratani Theatre, Japanese American Cultural & Community Center

With both in-person and virtual tickets that are open to the public, Andrés will share stories from kitchens to conflict zones, hard-won wisdom from a man who has dedicated his life to changing the world through the power of food. The Michelin-starred chef is an author, TV host, has more than forty restaurants, and is most famous as a tireless humanitarian leader who pops up around the globe through his nonprofit, World Central Kitchen.

Crudo e Nudo chef and owner Brian

Boornemann is partnering with yoga guru [Hannah Dawe](#) for retreat at [The Ecology Center](#) that will a full-day on the farm, blending movement, mindfulness, education, food, meditation, breathwork, movement practices, and meals all designed to help root yourself into the earth and connect with the soil. Bornemann will create a multi-course farm-to-table lunch, highlighting the best of the spring produce, and there will be a tour of the 28-acre regenerative organic farm. [L]

CULTURE

HEALING: JAY SHETTY MIXES PURPOSE WITH ANCIENT WISDOM

BY MICHELE STUEVEN



COURTESY OF JAY SHETTY

Bestselling author, entrepreneur, and host of the award-winning podcast *On Purpose*, Jay Shetty, mixes purpose and ancient wisdom in a relatable, practical, and easily accessible way that has garnered him a following of more than 58 million across social media platforms.

In 2019, the London-born Shetty harnessed the transformative power of digital media with the launch of *On Purpose*, a platform where people can engage in transformative conversations aimed at enhancing one's happiness, health, and healing through entertainment and education.

In its debut year, it ranked #1 on Spotify in India and featured in Apple's Top 20 Podcasts of the Year. Today, the podcast tops the charts as the world's leading Health and Wellness podcast with over 35 million monthly downloads, ranking in Spotify's Top 5 Podcasts Globally and earning a spot among Apple's Top 20 Podcasts of the Year.

Guests on the show have included [President Biden](#), discussing mental health and exploring childhood memories, [Michelle Obama](#) reflecting on the White House years and sharing the importance of personal responsibility in marriage, and [Selena Gomez](#) talking about overcoming heartbreak and public scrutiny, turning pain into confidence and self-love. [Oprah](#) talked about childhood trauma and healing, while [Kendall Jenner](#) opened up about anxiety, insecurity, and the pursuit of happiness. [Will Smith](#) shared his commitment to family and living by the golden rule, and [Kim Kardashian](#) discussed the chaos and enlightenment of single motherhood.

He's taking his podcast on the road with surprise guests along the way, and will be appearing in LA at the [Greek Theater](#) on Thursday, May 29.



COURTESY OF JAY SHETTY



COURTESY OF JAY SHETTY

The former monk and a dedicated Krishna since his youth, Shetty captivates audiences with his insightful and inspirational content, offering practical life advice resonating with those seeking personal growth and self-improvement. The conversations are designed to help listeners expand their mindset and cultivate healthier habits, with hope being a constant thread throughout his discussions.

“The tradition I follow is the book, *The Bhagavad Gita*, which would be likened to the bible or the torah. It’s of that stature in the tradition of Krishna,” the soft-spoken Shetty tells *L.A. Weekly* in a very restorative telephone conversation. “Its teachings are around 5000 years old, and I find that human challenges today are very similar. The historic epic of the *Gita* is a conversation between Arjuna, who is a warrior, and Krishna, who is God and divinity. Arjuna is on a battlefield, feeling anxious, doubtful, and fearful of the divisive nature that’s happening in front of him. I think anyone hearing that today would feel that’s the experience we’re having currently. We feel a sense of anxiety, stress, doubt, pressure,

and fear. We look around us and don’t understand what’s going on. The message in the eastern philosophical teachings is very akin to the human experience of today. I find that despite all of our modern changes in technology, our human emotional needs have stayed the same. In one sense, they’ve become more heightened because of technology, but the actual core needs haven’t changed that much. We worry about the same things, like losing people we love, safety, and security. We worry about getting older and illness. These are still the same real challenges of humanity that change with the rise of social media and families living apart. We’re seeking more connection in different ways, but as humans, we are yearning and looking for the same things we’ve always been looking for; we’re just looking in different places.”

He attributes much of the divisiveness we are now experiencing comes from a lack of training, whether at school or work, in the ability to be critical, nuanced thinkers.

“Starting from when you’re young, you have to choose a subject, you have to choose a side or an option,” he says.



CHELSEA GUGLIELMINO/GETTY

“There’s goodness in making choices, but we need to have nuanced gray conversations. We used to have black and white TVs, but if you look very closely at those TVs, there were lots of gray pixels. So even a black and white TV isn’t black and white, it’s gray. And most things in the world are not black and white. The challenge is, we haven’t been trained to have gray discussions. It’s not the fault of families or people, it’s not having created platforms where people understand and learn how to have subtle conversations that allow for disagreement and healthy discussion. I don’t think we know how to engage with anything that we are uncomfortable with anymore. Echo chambers have naturally been created and accelerated by social media, and humans are becoming more and more divided because we’re only seeing and reading more of what we know and what we believe. We’ve lost the ability to question our beliefs. That’s why these ancient teachings of compassion and empathy are so important at a time like this. We can talk about the need for them, but

we also need to practice them in positions when it’s difficult.”

So, what are some practical steps we can personally take to help keep peace at the dinner table?


“Step one is to predict the conversation,” says the author of *Think Like A Monk*. “Some people feel like,” Oh, I hope no one is going to bring up XYZ at the family dinner. Well, predict that they probably are. You know what that uncle is like, and you know what to expect. And since you know what to expect, have a game plan. Some family members are open to a healthy conversation, and some aren’t. The second thing is to be aware that there is no point in debating or trying to change someone’s mind about something they’ve already made their mind up over. Accept that this isn’t somebody open to a healthy, honest conversation. Be aware that that’s not how they function. The third step, I think, is to make sure we are challenging our own beliefs. Are we opening ourselves up to other ideas and stepping outside of the echo chamber? Are we opening ourselves up to other forms of ideas,

which is a healthy thing for our brains and mindset?”

But hope springs eternal with the life coach, who believes the next generation of critical thinkers will discover the gray and says that humans have always found a way to survive and thrive in the most difficult times.

“I have more faith that they are asking the right questions and challenging some of the status quo and that they naturally will rise and become stronger,” he says. “That’s what happens when you have chaos. You’re forced to find clarity. I think that’s what we’re seeing around us. The young people are coming up in the world looking for solutions, whereas maybe certain things were set up too comfortably for the generation of today, which makes it harder.

“TV shows like *Adolescence* are sparking mainstream conversations about what mental health should look like and what education should look like,” he says. “That’s a healthy and powerful thing.”

Jay Shetty will be performing at the Greek Theatre on May 29, as part of his “On Purpose Tour.” 



COURTESY OF JAY SHETTY

LA WEEKLY CLASSIFIEDS

EMPLOYMENT & EDUCATION

Graphic Designer wanted. Bachelor's degree or higher in Graphic Design, Industrial Design or closely related field req'd. \$46,509/yr. Send resumes to: Bryce Parker Company, Inc. 1511 W. 2nd St., Pomona, CA 91766.

Market Research Analyst: Req'd: Associate degree in Bus. Admin., International Bus., or rel. \$48,693/yr. Mail Res.: Modu Food Service, Inc., 5050 Everett Ct., Vernon, CA 90058.

Accounting Clerk (No. of Position: 2) Req'd: Bachelor's in Bus. Admin., Accounting, Int'l. Business, or rel. Mail Resume: Essential, LLP, 3600 Wilshire Blvd., #1220, Los Angeles, CA 90010.

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