



Pala Mesa Resort

Just What The Doctor Ordered!

By Dale Good

Are all the pressures of the week getting to you? Don't feel like doing yard work this weekend? Just had enough? Want to get away but just don't have the time or energy to drive a long distance?

It's too expensive this time of the year in the desert, and pretty soon it will be too hot.

Well, Pala Mesa Resort may be just what the doctor ordered for a relaxing weekend getaway with plenty of wonderful recreation activities or for just lounging around the pool enjoying a cool beverage on a warm, beautiful, North County day.

Peace and tranquility are what their Web site states you can get at Pala Mesa. But you can get that, and more, much more.

From the minute you check into one of their charming well-appointed guest rooms with views of the lush golf course, their beautiful pool or the surrounding mountains, you begin to unwind and know that you made the right decision.

Once you settle in, you can immediately unwind and think about all your choices at Pala Mesa while enjoying a cool beverage poolside.

The options are many, but you make the choices. No one at Pala Mesa has you on a schedule. Take your time. Relax.

However, if you're like me, you'll soon be ready for some action. And that is also the beauty of Pala Mesa.

You can tee it up on their championship golf course, play tennis day or night under one of their lighted

courts, get fit in their fitness room, enjoy a nature walk on their three-mile, scenic walk around the property, and relax around or in Pala Mesa's swimming pool and whirlpool spa.

If you need to adjust that swing, either on the golf course or tennis court, Pala Mesa has professionals who will improve your game. As a matter of record, Mark Littrel, their tennis pro, is fantastic, just ask Cynthia De Cindis, a partner at Rio Rico Bar & Grill.

Pala Mesa offers yoga classes, low impact aerobics and stretch sessions. If you're taking the kids along, there is a junior golf program.

And, if you want to wander away from the resort for a few hours in the afternoon, Pala Mesa is just minutes away from the Temecula Wine Country and even closer to the local North County casinos, if you're feeling lucky.

Don't forget to return in the evening because Pala Mesa will delight you with the menu and service at their Aqua Terra Restaurant. Aqua Terra is one of North County's most celebrated, fine but casual, dining experiences.

Enjoy fresh seafood and sushi, mouthwatering steaks, along with the freshest California produce in Pala Mesa's beautiful dining room or out on the patio overlooking the 10th fairway. A perfect ending to a perfect day at Pala Mesa.

Pala Mesa Resort is just what you need, right now. Give them a call at 800-722-4700 or go to www.PalaMesa.com for all the information on the resort's weekend getaway specials and packages.

~ GRAY

continued from page 16

There is music throughout. Gray tried something new. At his home recording studio, he played all of the instruments separately into his computer and gave that recorded CD to the sound man. At the performance, they added live drums, piano and a violin.

"The upside was that we got the sound of a full orchestra. The downside was that the actors had no flexibility on stage."

His wife, Cathy, and his daughter, Nicole, took turns playing the violin for that show. And his youngest son, 7, played Tiny Tim.

Outside of Welk's, Gray has clients, usually high school drama departments, for whom he does orchestra recordings they can use with musical shows.

He uses sampled instruments, which produces a richer, more realistic sound than that produced by a synthesizer.

Could this technology someday make live musicians obsolete? He doubts it. "Nothing takes the place

of real instruments making real sounds," he says.

Currently he is doing this for a high school drama department that is putting on the musical *Sweeney Todd*.

Multitasking is all in a day's work. At any one time he is working on three shows. For instance, while *I Do, I Do!* is running, he is rehearsing *Pirates of Penzance* and scheduling auditions for the upcoming show *Footloose*.

Gray is often amazed by the quality of the acting talent at Welk shows.

"We are fortunate that although we are out of the way, we get a lot of great talent," he says.

"Many of them have done Broadway and film, and we are offering something that they want to do."

Waxing philosophical, Gray muses that "My calling in life is to entertain people. I put myself in their shoes. They may have had a rough week. They may be tired. But they are here to be entertained. So I'm going to have fun tonight entertaining them!"

Local Golf Courses

- Castle Creek Country Club ~ Public ~ 18-hole, Par 72**
760-749-2422 ~ www.castlecreekcc.com ~ 8797 Circle R Drive, Escondido
- CrossCreek Golf Club ~ Public ~ 18-hole, Par 71**
800-506-3402 ~ www.crosscreekgolfclub.com ~ 43860 Glenn Meadows Road, Temecula
- Eagle Crest Golf Club ~ Public ~ 18-hole, Par 72**
760-737-9762 ~ www.eaglecrestgc.com ~ 2492 Old Ranch Road, Escondido
- Fallbrook Golf Club ~ Public ~ 18-hole, Par 72**
760-728-8334 ~ www.fallbrookgolf.com ~ 2757 Gird Road, Fallbrook
- Golf Club of California ~ Private/Semi-public ~ 18-hole, Par 72**
760-451-3700 ~ www.thegolfclubofcalifornia.com ~ 3742 Flowerwood Lane, Fallbrook
- Journey at Pechanga ~ Public ~ 18-hole, Par 72**
866-991-7277 ~ www.journeyatpechanga.com ~ 45000 Pechanga Parkway, Temecula
- Links at Summerly ~ Public ~ 18-hole, Par 72**
951-674-3900 ~ www.linksatsummerly.com ~ 29381 Village Parkway, Lake Elsinore
- Meadow Lake Golf Club ~ Public/Semi-private ~ 18-hole, Par 71**
760-749-1620 ~ www.meadowlakegolfclub.com ~ 10333 Meadow Glen Way East, Escondido
- Pala Mesa Golf Resort ~ Public/Semi-private ~ 18-hole, Par 72**
760-731-6803 ~ www.palamesa.com ~ 2001 Old Highway 395, Fallbrook
- Pauma Valley Country Club ~ Private ~ 18-hole, Par 71**
760-742-1810 ~ www.paumavalleycc.com ~ 15835 Pauma Valley Drive, Pauma Valley
- Redhawk Golf Course ~ Public ~ 18-hole, Par 72**
951-302-3850 ~ www.redhawkgolfcourse.com ~ 45100 Redhawk Parkway, Temecula
- San Luis Rey Downs Golf Course ~ Public ~ 18-hole, Par 72**
760-758-3762 ~ www.slrd.com ~ 31474 Golf Club Drive, Bonsall
- Temecula Creek Golf Resort ~ Public ~ (3) 9-hole Courses, Par 36**
951-676-2405 ~ www.temeculacreekinn.com ~ 44501 Rainbow Canyon Road, Temecula
- Twin Oaks Golf Course ~ Public ~ 18-hole, Par 72**
760-591-4653 ~ www.jcgolf.com/courses-twin Oaks.php ~ 1425 N. Twin Oaks Valley Road, San Marcos
- Vista Valley Country Club ~ Private ~ 18-hole, Par 71**
Club Office 760-758-2800 ~ www.vistavalley.com ~ 29354 Vista Valley Drive, Vista
- Welk Golf Resort ~ Public ~ 18-hole, Executive & 18-hole, Par 3 Course**
760-749-3225 ~ www.welkgolf.com ~ 8860 Lawrence Welk Drive, Escondido
- Woods Valley Golf Club ~ Public ~ 18-hole, Par 71**
760-751-3007 ~ www.woodsvalleygolfclub.com ~ 14616 Woods Valley Road, Valley Center