

Q&A

# KEEPING IT REAL

WE CHAT WITH LEGENDARY MUSICIAN SHERYL CROW AHEAD OF HER PERFORMANCE AT GLAZER HALL

BY JUDY ALEXANDRA DIEDWARDO

“There is a certain spirit and energy that accompanies live music and audiences that you just cannot reproduce,” says nine-time Grammy Award-winning recording artist Sheryl Crow, who will appear live in concert on Palm Beach during Glazer Hall’s inaugural season gala April 18. Celebrated for her rock-and-roll-meets-country sound, signature guitar work, powerhouse vocals, and emotional candor, the Missouri-born singer-songwriter has long been a champion of music as a vehicle for genuine human connection, something she believes is increasingly tested in a technology-driven world. *PBI* caught up with Crow—a 2023 inductee into the Rock & Roll Hall of Fame—to learn more about what inspires her. ([glazerhall.org](http://glazerhall.org))



DOVE SHORE

***PBI:* What excites you most about being part of Glazer Hall’s inaugural season, especially given its mission to enrich the community through the arts?**

**Crow:** Being an artist and supporting the arts is so incredibly important in our world right now, so I’m honored to be a part of this and help usher in this series.

**Your new song, “The New Normal,” speaks to the struggle for authenticity in today’s**

**world. What helps you stay grounded and true to yourself—both creatively and personally?**

Anything that helps me get in touch with myself and my emotions. For me that means journaling and meditating. ... Journaling and meditation are a big part of what brings me back to myself and gives me a sense of peace/calm. It’s essential for me.

**After decades of making music, what contin-**

**ues to inspire you creatively?**

I’m always inspired by the world around me and how it’s continuously evolving. There’s always something on my mind to write about and translate into my music.

**What do you hope audiences feel or carry with them after hearing your music live?**

I hope they feel a sense of connectedness and feel seen—whether it’s through the lyrics or just by coming together for a night of live music.