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IDYLLWILD - GARNER VALLEY - FERN VALLEY - MOUNTAIN CENTER - PINE COVE - RIVERSIDE MOUNTAIN COMMUNITIES

Volume 2

Issue No. 3

Wednesday

February 7, 2024



2024 Employment Law Update: New Compliance Obligations for CA Employers

(Report from Riverside County
Office of Economic Development)

Tuesday, February 6, 2024 | 11:00
AM - 12:00 PM PT

It's that time again! Each new calendar year, employment law and human resources guidelines are revised. To ensure your compliance for a January 1, 2024 effective date, join us for an overview of what's new in California labor laws for 2024.

During this webinar, CMTC Human Resources experts will cover the following topics:

- Workplace Violence Prevention Plan & Training
- Paid Sick Days Increase
- Cannabis Laws
- Reproductive Loss Leave & Reproductive Health
- Retaliation Presumptions Employee Handbooks Revisions COVID-19 Regulations & Rehire Rights
- And, much more!

Is There a New Chamber of Commerce Coming to Idyllwild?

How to Start a Chamber of Commerce in 7 Steps

If you think a "chamber of commerce" sounds a little old-fashioned, even a little pretentious, you're not the only one.

But the archaic-sounding name makes sense seeing as how the first chamber of commerce was founded in France in 1599, and the first one in the United States started in New York in 1968.

But really, the modern chamber of commerce is simply a collection of local business owners who come together to improve their organizations and communities.

Author: Tatiana Morand lists the following 7 step

1. Make sure there's a need for it
2. Connect with other people who are passionate about forming a chamber of commerce
3. Create bylaws, a mission statement, and business plan
4. File for incorporation 501 (c)(6)
5. Decide on a dues structure

6. Start publicizing and marketing your chamber of commerce
7. Start hosting meetings!

501(c)(6) designation includes membership-based organizations or clubs that promote the business interests of their members, such as trade associations and sports leagues. Achieving this status means your chamber will enjoy a federal tax exemption and other benefits.

To apply for 501(c)(6) status, you must fill out IRS form 1024, and submit a user fee.

You will need the following information:

- * Organizational activities
- * Present and future sourced of funding
- * Names of officers and directors
- * Affiliations with other organizations
- * Financial information
- * Services that will be performed for members
- * Employer identification Number

★★★3RD VETERANS FISHING DAY TROUT DERBY

Lake Cahuilla Veterans Regional Park
58075 Jefferson St., La Quinta, CA 92253

★ FEBRUARY 17, 2024 ★

Pre-Register Now
arcg.is/DOW0u

Hosted by the Riverside County Regional Park and Open-Space District, the Desert Reclamation District, and Supervisor Perez's Fourth District Veterans Cabinet.
Free Admission & Parking for All! \$5 CASH tournament fee for Non-Veterans (Purchase derby entry at event).
State fishing license required for all over the age of 16.

GATES OPEN: 6 A.M. | **TOURNAMENT:** 7:00 A.M. - 11:00 A.M. | **PRIZE WINNERS:** 12:00 P.M.

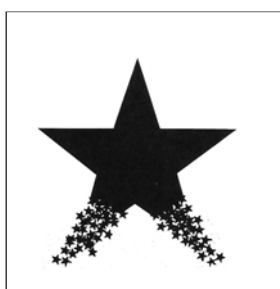
LAST MEASUREMENT: 11:30 A.M. ★★★★★ PRIZE CATEGORIES: ADULT & KIDS



Idyllwild Fire Protection District Calls for service

1/28/2024	Northridge	PSA
1/29/2024	Maranatha	EMS
1/29/2024	Maranatha	EMS
1/30/2024	Sta 621	PSA
1/30/2024	Howland	EMS
1/30/2024	Sta 621	EMS
1/30/2024	Sta 621	EMS
1/31/2024	Live Oak	EMS
1/31/2024	Sta 621	PSA
2/04/2024	Sta 621	EMS
2/04/2024	Marnatha	Smoke inv

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and
Tommie's Kitchen

Food & Entertainment
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THE STAR
Est. August 5, 2016

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Inspiration

Kristy Frazier
Culture & Customs

Kathy Harmon-Luber
Health & Healing

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Garner Valley Review

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OFFICE HOURS

Monday - Appointments
Tues-Thurs: 9-5
Friday - Appointments
Saturday -Authors & Artists
OPEN 10am-4pm
Sunday - Closed



The Editor's Page

Letter to the Editor Policy

The Star provides a place *for we the people* to carry on a dialog with the community, as well as with the county and state government officials.

The Star wants to address that in the proofing of any edition, it is not the sole responsibility of the proofreader to catch all errors that may be found in the publication. Though we reserve the right to edit spelling and punctuation, we also take responsibility to admit when we have erred.

Letters to the Editor must be signed and dated. Please include your address and phone number. All letters are the property of Monroe Publishing LLC and The Star.

WE THE PEOPLE will make better decisions when we are better informed and when we have a safe place to communicate with our community and elected officials.

Send your *Letter to The Editor* to:
jo.monroepublishing@gmail.com

The Star
P.O. Box 3019
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or contact: 951-527-0055
LETTERS TO THE EDITOR
A place where you talk and we listen.



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Adjacent to Rustic Theater
Downtown Idyllwild

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www.idyllwildrealestate.com



38 Years Local REALTOR® • Experience Counts!

Share your Announcement In THE STAR



Judah Huff & Jennifer Huff-Granados

May 26, 2023

"I am proud to officially call this amazing woman my wife.
I cannot wait to see what God has in store for us next. "

"Let love and faithfulness never leave you;
bind them around your neck, write them on the tablet of your heart.
Then you will win favor and a good name in the sight of God and man."

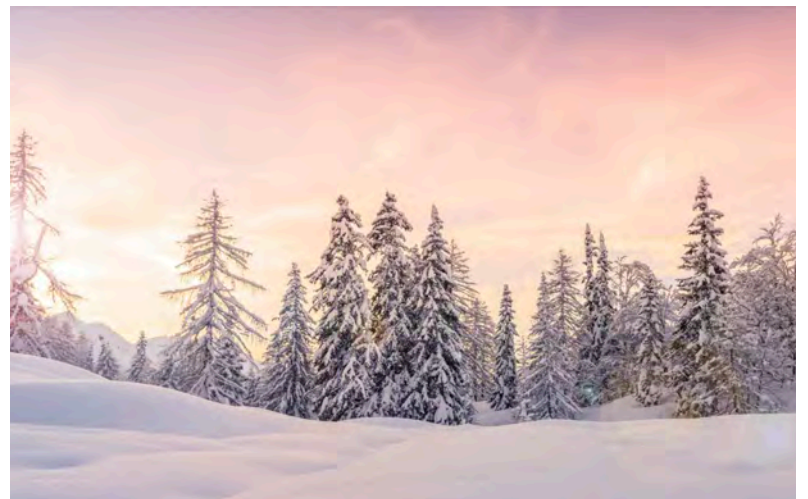
Proverbs 3:3-4



Announcements
Birthdays, Anniversaries,
Special Occasions.

Please include
name and phone number
Send to Email:
jo.monroepublishing@gmail.com

Remember someone special Idyllwild Angels



NEWS AND NEW BUSINESS

THE STAR INTRODUCES
A NEW BUSINESS
ON THE HILL

SUZANNE SCHREIBER
Certified Massage
Therapist

Hello Idyllwild!



Introducing Suzanne Schreiber to the Hill. Suzanne recently moved to Idyllwild to be closer to her mom who has lived in the Palm Springs area for 48 years. Suzanne shared the following letter so we could get to know her better.

"It's a little too hot for me in Palm Springs along with the huge growth that's occurred in the desert. I chose Idyllwild due to its natural beauty, hiking trails and friendly locals."

Suzanne is a certified massage therapist who has been practicing since 1998. Her CAMTC#95190 and is fully insured.

She offers mobile massage where she will come to you. You can find her website at Health-4you.co which explains her treatments and benefits as well as contact information.

- *Specialized in:Swedish massage
- *Deep tissue therapeutic massage
- *Lomi Lomi Hawaiian massage
- *Reflexology for the hands and feet
- *Trigger point therapy /neuromuscular therapy.

Suzanne uses plant based aromatherapy essential oils for specific conditions.

Some benefits of massage therapy are:

- *It helps manage stress.
- *Reduces blood pressure and eases sore muscles and stiff joints while lowering stress hormones and increasing immunity.

Massage is beneficial for back issues, muscle strains and osteoarthritis. Healing touch can boost levels of endorphins and serotonin which are the body's natural painkillers and mood regulators.

Massage therapy also helps to relieve anxiety, depression and eating disorders. Massage therapy is proven effective for reducing pain, anxiety and reducing depression and stress.

"I look forward to connecting with this amazing community while providing care."
Thank you,
Suzanne Schreiber
Visit:Health-4you.co or call: 970-319-3471



UNLOCK THE SECRETS
OF BEAUTIFUL HAIR

Stylist and Professional
by Dawn Finlayson

Happy Chinese New Year Everyone!

It is Chinese New Year 4722, year of the Wood Dragon, this Saturday February 10th. It is my favorite holiday. It is an opportunity to to clean and declutter. It's the perfect time to clean out drawers and closets.

Sometimes we keep things we have paid money for that didn't work at all, but feel guilty throwing out and keep around for years. That is not ok. Products go bad and can cause problems. Don't pass them on to anyone else if they are more than a year old. Who knows how long they were on the shelf at the distributor, or in the salon or store. Products can go bad and may cause hair loss.

This is the time to clear out old products and allow room for something better to come in to your life. I am here to help you find the right and perfect products that work for you. My new pre-wash scalp oil for hair growth will be available soon. Let me know if you are interested.

Dawn Finlayson has had a home on the hill since 1990. She is available for free text consultations, answer questions, and does hair on the hill on Thursdays.

She can be texted or called at
(951)659-3296(DAWN)

THE IDYLLWILD ROTARY REPORT



Idyllwild Rotary Club

Ribbon Cutting for the Atomic Cow Creamery Burgers, Fries, Sandwiches and Home Made Ice Cream



Photo by Jo Monroe

Jennifer with her team Nick, Jake, Rachel, Hunter and Laena



Photo by Eric Tracy

Owner Jennifer, we are delighted to welcome the Atomic Cow Creamery to the vibrant new location next to the Red Kettle Restaurant. Your presence in this larger space-a heartwarming blend of comfort and community-enhances the charm of our Idyllic Town. Eric Tracy, Rotarian



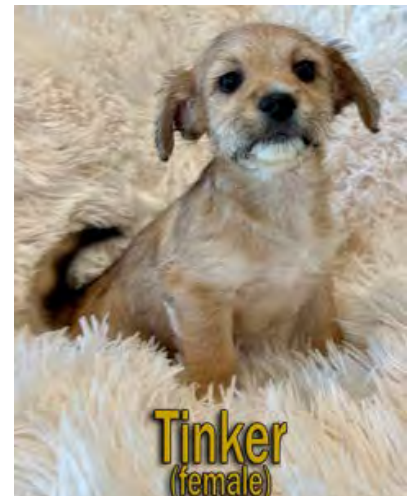
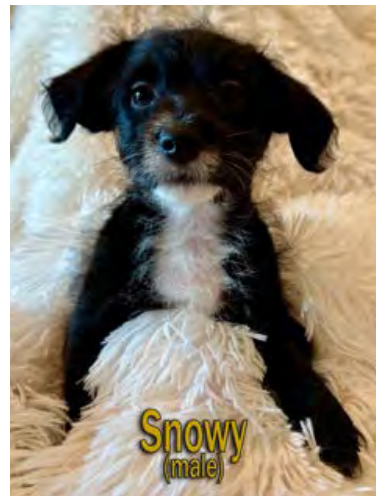
Photo by Eric Tracy



Photo by Jo Monroe



These four darlings are now available for adoption. Interested parties should call ARF as soon as possible. 951-659-1122 Primarily Poodle and Chihuahua. Mom is only 11 lbs. Piddle-pad trained, love to nap in laps, and very, very smart!



CULTURE AND CUSTOMS



"It was upon a Sommers shynie day,

When Titan faire his beames did display,

In a fresh fountaine, farre from all mens vew,

She bath'd her brest, the boyling heat t'allay;

She bath'd with roses red, and violets blew,

And all the sweetest flowres, that in the forest grew." Edmond Spenser

The History of Valentine's Day by Kristy Frazier

The history of Valentine's Day has many stories and legends, including pagan beheadings, martyr executions, and religious conflicts. In the 8th century, the Gelasian Sacramentary recorded the celebration of the Feast of Saint Valentine as taking place on February 14th. Fast forward several hundred years later, in the 14th and 15th centuries, when notions of courtly love flourished because of the association with the "lovebirds" of early spring.

In 18th century England, it was turned into an occasion for couples to express their love by giving each other flowers, candies, and greeting cards which became known as "valentines." In Italy, St. Valentine keys were given to lovers as a romantic symbol, being an invitation to unlock the heart of the one presenting the key.

In the 3rd century, Saint Valentine of Rome was imprisoned for ministering to Christians. The Roman Emperor Claudius II interrogated Saint Valentine, trying to convert him to Roman paganism, and so save his life. Valentine tried to convert Claudius II to Christianity, and so was executed. But, before his execution, according to legend, Valentine performed a miracle by restoring the sight of the daughter of his jailor, Asterius. Her name was Julia, and legend has it that, before his death, he wrote her the first known Valentine message, signing it as, "Your Valentine." The expressions, "from your Valentine," and "be my Valentine," were later used throughout the Valentine card industry.

The first recorded association of Valentine's Day with romantic love is believed to be in the Parliament of Fowls by Geoffrey Chaucer, 1382, where in a poem he referenced the gathering of birds to choose their mates. It has since been noted that the date on which spring begins has changed since Chaucer's time because of the precession of the equinoxes.

The verse, "Roses are red," can be traced back to Edmund Spenser's epic The Fairie Queen, 1590. Then, a similar reference is made in Gammer Gurton's Garland, 1784, in a collection of nursery rhymes published in London by Joseph Johnson. cont. page 12

Make Money Now

Make and Sell Facsuits Online



On Camera



In Reality

Since COVID, a lot of people work from home, but have to "dress up" for their video business meetings. They hate it. Here is a solution for them: the Facsuit. On camera, it looks like a suit, but it's just the front parts of the jacket and shirt/blouse mounted on a piece of cardboard with a neck notch. It's a new invention, and a new way to sell, starting February 1st .

That's where you come in. You make Facsuits at home, and sell them through your own free store on the Facsuit.com website. Your cost is \$5 - \$10. Get the clothes from your closet, family, friends, or a thrift store. It only takes 30-60 minutes to make each one. Sell it for \$35-\$250. Easy step by step instructions on everything. Sales tax, shipping and accounting are automatically done for you. **It's that easy.** Curious? Be there first! Go to:



Facsuit.com



Inventor Ken Carlson and his Facsuit

GARNER VALLEY EDITION



VOL. I

Our local mountains abound with the history and the spirit of the west. We hope these stories inspire, educate and motivate you to learn and preserve our local history; building a bridge to our past and a sense of community pride that binds us and influences the generations of those to come who will care for and call Garner Valley home.

My introduction to the history of the valley was unexpected. When I moved here, I was not aware of the historical significance of the area or that a piece of our local history was literally right under my nose. Soon after I moved in, the dogs took off at a run, barking wildly. As I followed them out of the barn, I noticed a tall woman striding with purpose across the pasture... I instinctively knew she was a horsewoman. What I didn't know was that I was about to meet a member of one of our valley's



Photographed with permission from the Hamilton Museum.

founding families, Ruth (Ruthie) of the Wellman family. Ruth's great grandfather, Frank Wellman, was one of the valley's early pioneers working as a cattleman and a teamster who hauled lumber. Ruth had come, however, to share the story of her grandfather, Jim Wellman (b. 1901). As a young boy in 1910, Jim and some of his school friends had decided to place a metal buggy wheel over a pine tree in the town of Kenworthy (GV was known as Kenworthy for a period of time beginning in 1896). The tree and the buggy wheel still stand today on lot 38 in Garner Valley. The rim is visible from the path that runs along the



NW property fence that connects to the Meadow Trail.

Ruthie's mother, Margaret, was one of 3 children born to Jim Wellman and Elma Hall. Margaret's great-grandparents, Manual and Dolores Garduna Arnaiz, homesteaded in Kenworthy Valley (Garner Valley) in the 1800's. The Wellman cattle ranch was located where Minor Field stands today in Anza. Margaret, Ruthie's mother, often participated in the cattle drives moving the cattle from Anza to the winter range in the Pinyon Flats area. It's no surprise that Ruthie followed in her footsteps as an accomplished horsewoman and cattle rancher.

Margaret and her brother, Bud Wellman, were intimately involved in documenting our community history. If you would like to learn more about our valley's history, visit the Hamilton Museum and Ranch Foundation which Margaret founded and curated. It is located at 39991 Contreras Road in Anza and open on Wednesdays & Saturdays 11 a.m. to 3 p.m. Margaret also authored several books on our local history entitled, "Looking Back, Anza and Garner Valley" and "Images of America: Around Anza Valley."

IDYLLWILD - MOUNTAIN CENTER CHURCH SERVICES

Idyllwild Bible Church

54400 Pine Crest Ave
951-650-4775

Sunday Service: 9:00am and 10:45am.

Sunday Youth LIFE Group from 6-8pm

Idyllwild Community Church

54400 N. Circle Dr.
951-659-2935

Sunday Service: 9:30am
Wednesdays:

Women's Bible Study 9am Men's Small Group Manse meet at 6:30pm

The Church of Jesus Christ of Latter-day Saints

53830 Tollgate Rd
951-216-8716

Sunday Service: 10am

Calvary Chapel Mountain Center

79375 Highway CA 243
Mountain Center
951-659-0097

Sunday Service: 10:00am
2nd Saturday - Men's Breakfast: 7:30 am -
1st and 3rd Wed: CCMC Youth Ministry: 6-8pm - students 8th-12th

Queen of Angels Catholic Church

54525 N. Circle Dr. Idyllwild
951-659-2708

Mass:
Sunday Mass: 10:00am

Shiloh

54295 Village Center Drive, Idyllwild, CA
951-659-2416

Sunday Service 10:00am
Children's Church 10:00am

St. Hugh of Lincoln Episcopal Church

25525 Tahquitz Drive, Idyllwild, CA
951-659-4471

Sunday Service at 3pm
Holy Communion
2nd Sunday Supper
Pot-lunch follow Sunday Service

Also meeting at St. Hugh:

AA meeting: Monday, Wednesday, Thur -Sat. at noon

CODA meeting: Tuesday at noon

Temple Har Shalom

PO Box 381, Idyllwild, CA 92549

951-468-0004

Shabbat Candle Lighting Friday:6:00pm
Join with ZOOM <https://us02web.zoom.us/j/890852>

GARNER VALLEY REVIEW

More Whoa Than Go When Traveling Through An Equestrian Crossing Zone

By Sandra Burnet

There's something magical about exploring the beauty of nature from on the back of a horse. That's why many people have moved to the equestrian community in Garner Valley that is located along both sides of Highway 74. Several of the community horse trails cross over the highway so it is not uncommon to see a horse and rider along the sides of the highway or crossing over the highway.

Designated equestrian crossing signs alert you to the possibility that you may encounter horseback riders on or near the highway. California vehicle laws regarding horses help drivers and riders understand their responsibility to share the road safely.

CA Veh Code Sec on 21805 requires that vehicle drivers shall yield the right-of-way to horseback riders crossing the highway in a designated equestrian crossing zone. Additionally, CA Veh Code Sec on 21759 states specifically that the driver of any vehicle approaching a horse-drawn vehicle or person on horseback must slow down or stop as appropriate to avoid frightening the horse or otherwise endangering horse and rider. Horses are easily startled; so yelling or honking a horn, even in appreciation, can frighten a horse causing them to bolt which may cause injury to them, their rider and your vehicle.

While the section on of Highway 74 is designated as an equestrian crossing, that does not relieve horseback riders from using due care for his or her own safety. CA Veh Code Sec on 21805 states "No horseback rider shall leave a place of safety and proceed suddenly into the path of a vehicle which is close enough to constitute an immediate hazard."



North on Highway 74 before Devil's Ladder, heading toward Idyllwild

South on Highway 74 Before Barbara Lee Drive heading toward the desert

A relatively new law, CA Veh Code Sec on 21300 requires all riders under 18 years of age to wear a properly fitted and fastened helmet on a paved highway. If riding in the dark, it also requires reflective gear on the rider or the horse that is visible from a distance of 500 feet to the rear and the sides or a white light that is visible from a distance of 300 feet in front of and from the sides. Just like driving a vehicle, equestrians are required to obey all traffic laws i.e., riding with traffic, turn signals, etc. (CA Veh Code Sec on 21050).

Highway 74 is traversed at high rates of speed; as a horse or horse property owner, you can be held liable for negligence if you fail to keep your horse contained and it causes an accident! So, make sure fences are solid and gates are secured properly. Seeing a horse and rider in the natural splendor of our mountain is one of the most beautiful sights you will see as you traverse Garner Valley; please drive by slowly and respectfully so we all arrive at our final destinations safely.

The graphic features a central film strip with the text "Grand Jury 2024" and laurel wreaths. Surrounding the film strip are eight individual portraits of the jury members, each with their name printed below. The names are: Anne Archer (top left), Roger Taylor (top right), Lesley Paterson (middle left), Alan J. Levi (bottom left), Juan Ruiz Anchia (bottom center-left), Irene Bedard (bottom center-right), Faye Brenner (middle right), and Sondra Currie (far right). The "iife" logo is in the bottom left corner, and a "SUNDANCE" logo is in the bottom right corner.

Idyllwild Film Festival's Illustrious Grand Jury by THE STAR staff

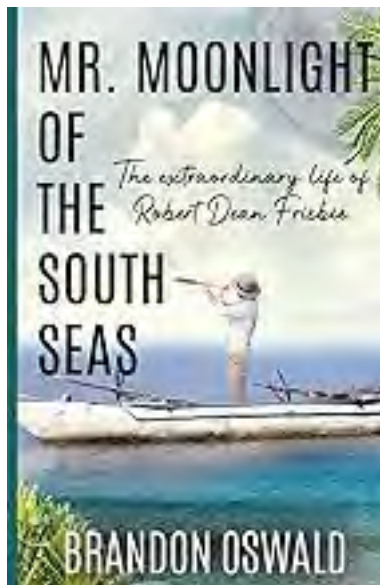
This coming March 5th through the 10th will see the Idyllwild International Festival of Cinema returning for its 15th season. This year's event will showcase 100 film, music video, documentary, and animation projects from 16 countries, including Kazakhstan, Turkey, Ireland, the Russian Republic, the United Arab Emirates, and the UK. And of course, some great independent movies from around the USA. The festival owes its success in large part (according to founder and festival director Stephen Savage) to the town of Idyllwild itself, with its old-world charm and breathtaking surroundings providing an inspirational draw to artists from around the globe. Its juxtaposition to at least 6 major and regional airports is also a factor, making Idyllwild easily accessible to both foreign and American filmmakers, while a growing reputation as one of the "Go To" film festivals in the nation doesn't hurt either. The event's close proximity to Los Angeles and Hollywood is also a factor, driving novice film artists and well-known entertainment icons to Idyllwild every March.

But the festival's main attraction to budding filmmakers worldwide may be its notable Grand Jury, one of the most prestigious on the international film festival circuit. For a smaller film festival, Idyllwild's Jury has enough name recognition in its ranks to rival even iconic events like Sundance or Cannes. Headed up by Oscar and Emmy nominated actress Anne Archer (now marking her 7th season at the helm), the Idyllwild Cinema Festival boasts a powerhouse of experience and name recognition, attracting independent filmmakers of all artistic levels. As with most of the members of this illustrious panel, Ms. Archer came to it via her friendship with Mr. Savage, who's own work in the entertainment industry as a film and television director and screenwriter has allowed him to build such an iconic panel of celebrity notables. With Roger Taylor, drummer and songwriter of the superstar rock group, Queen, heading up the Best Original Musical Score category, and Oscar and BAFTA winning screenwriter and producer Leslie Paterson (*All Quiet On The Western Front*) on board for her 5th season at Idyllwild, Mr. Savage has put together a truly distinguished group of Hollywood professionals to select the winners of the best of the best, culminating in the IDY Awards, the Idyllwild festival's film awards, which occurs on the final day of the 6 day festival. Rounding out this esteemed jury are Irene Bedard, Golden Globe winning actress and the voice of Disney's Pocahontas, legendary television director Alan J. Levi (*Magnum PI*, *CSI*), director and script supervisor Faye Brenner (*The Rookie*, *Clear and Present Danger*), Actress Sondra Currie (*Hangover I, II, and III*), and renowned cinematographer Juan Ruiz Anchia (*Glengarry Glen Ross*, *At Close Range*), driving the Idyllwild International Festival of Cinema to a status that is head and shoulders above all other film festivals of its size.

Idyllwild locals' passes to the Idyllwild International Film Festival are on sale now, but only available at the Rustic Theatre box office. The price is \$25 for the entire festival run, a \$100 reduction from the non-locals' price, available to Idyllwild and mountain area residents from Alandale to Garner Valley, and everywhere this newspaper is delivered.

GOOD READS - AUTHORS & ARTISTS

A GREAT WINTER READ!



Need an escape to the South seas? Journey with Brandon Oswald as he takes you to visit the life of Robert Dean Frisbie. "Travel with Frisbie as he leaves the United States for the unknown adventurous ports of the Pacific Islands in the early 1920's. Discover the South seas where Frisbie wrote his most famous book titled The Book of Puka-Puka."



Photo courtesy of Brandon Oswald

Raving Review : "Brandon Oswald is truly a talented writer. With every page, every word, I was captivated."

Coming Soon in Idyllwild at Authors & Artists

54585 N. Circle Drive - Idyllwild, CA

or

NOW available on Amazon.com

About the author selection from Brandon Oswald bio

Brandon Oswald is the Founder and Executive Director of the nonprofit organization Island Culture Archival Support (CAS) which is dedicated to providing help to cultural heritage organizations throughout the Pacific islands region of Polynesia, Melanesia, and Micronesia.

Visit Brandon's website: brandonoswaldauthor.com

MONROE PUBLISHING LLC



Authors & Artists

A Community Affaire

Opening February 17, 2024

Authors, there is still time to submit your books
and join with local authors

UNDER THE STAR

54585 N. Circle Drive, Idyllwild, CA

Call for more information call: 951-527-0055

The worst thing for an author is to have

YOUR books sitting on YOUR shelf!

Make 2024 a year like never before!

email: jo@thestar-news.com

FUTURE AUTHORS ARE INVITED

Authors & Artists

YOU Are Invited!

Thursday - February 15th

from 5-7 pm

The 1st of many workshops for
Future Authors

This will be an Introduction to the
Upcoming Workshops

Limited seating - Sign up now!



Helle Brisson lives in our wonderful mountain town of Idyllwild, California.

About the author selection from Amazon.com

This inspirational speaker and author of works translated into three languages. Helle has taught at writers' retreats and guided autobiography writing workshops in the US, Canada, and Europe.

Helle has illustrated numerous children's books, painted portraits of families, children, and animals, and was a background artist in the animation industry. Helle's artwork has also been displayed in numerous galleries and as murals. Helle's daughter, Amber, served as an inspiration for Rasmose's elfin friend.

For more about Helle Brisson, visit: www.artbyhelle.com

HEALTH AND WELLNESS



Living in Rhythm with Winter

By Kathy Harmon-Luber

Winter is Nature's time to recharge, in preparation for an exuberant burst of life in the Spring. Outside your window, our forest is resting. But in today's fast-paced, overstimulated world, we lose sight of Nature's signpost: "Slow down." Over time, it's at the expense of our health and well-being. To stay healthy, it's important to live in rhythm with Winter: Prioritize sleep, rest and recharge often, hibernate when you need to, and turn inward. We're familiar with how our trees go dormant and bears hibernate. Ladybugs, snakes, turtles, snails, squirrels, skunks, and bats also hibernate. Fish, frogs, and other amphibians along Strawberry Creek, Lake Fulmor, and Lake Hemet go dormant, too.

We've all grown up with the expression, "Busy as a bee," but did you know honeybees sleep up to eight hours a day? 1 The animal and plant kingdoms know how to rest. Let's not forget that sleep is strong medicine. During sweet slumber, elegant repair work happens in both body and mind. Sleep scientists tell us, "Sleep is one of the most important things we do. . . . Not getting enough sleep is linked to an increase in the incidence of many conditions, including cancer, autoimmune disorders, cardiovascular disease, and Alzheimer's."

2 And that's not all. One study found, "people who did not sleep well react more emotionally to stressful events the next day and do not find much joy in positive things."

3 In addition to a good night's sleep, health returns in the "rests," the moments between things. Think about it: the rests between musical notes give music its structure. We hear and appreciate music because of the rests. We can enjoy better health and well-being when our activity is offset with rest. The music of your life plays better when you give it the rests it needs. Elite athletes know, especially after intense training or a performance, they need a "rest and recharge" day. Although few of us are "elite" athletes, it's no less important that we tend to our own rest in the same spirit. Winter is just the time to create this practice.

When it's impossible to carve out large blocks of time for rest, slowing down at intervals throughout the day helps. These "rest stops" between work, family obligations, and other responsibilities are where our bodies and minds reset. We become more relaxed, balanced, and grounded when we rest. Make this a practice, and you'll strengthen your resilience and change your life and health in amazing ways.

Societal pressures keep us hamsters on a wheel. Despite research showing that taking time off from work improves efficiency, "41% of employees reported feeling like they were being 'vacation shamed'...being made to feel a sense of shame or guilt by coworkers, their supervisor or employer for taking time off to go on vacation."

4 Hibernation is a reset where we try, like a bear in winter, to step away from the world for an extended, undisturbed period of time for self-care. It sounds challenging, but like everything good in life, the rewards far outweigh any inconveniences. When we prioritize time for resting and recharging, we come into our own healing power. When learning a new piece of music, we musicians slow down the pace. Why not slow your life pace this Winter, to remember how to rest and recharge?

Busyness is a choice. Slowing down for self-care and healing by living in rhythm with the seasons also is a choice. Honor your health with more sleep, rest stops, hibernation, slowing down, and getting quiet and you'll emerge in Spring with renewed energy. Lucky for us, Winter has extended that lovely invitation!

Kathy Harmon-Luber is an author, certified Sound Healing Practitioner, Reiki Master, shamanic practitioner, and life-long nature girl.

1 "Do Honeybees Sleep?" (British Beekeepers Association), <https://www.bbka.org.uk/do-honeybees-sleep>.

2 CellPressNews, "Researchers Identify a Gene Linked to Needing Less Sleep" (EurekAlert!), https://www.eurekalert.org/pub_releases/2019-08/cp-ria082119.php.

3 University of British Columbia, "You Need More Sleep to Find More Joy in Your Daily Life" (Regenerative Medical Group, March 29, 2021), <http://news.regenerativemedgroup.com/you-need-more-sleep-to-find-more-joy-in-your-daily-life/>.

4 Jane Burnett, "Survey: 41% of Employees Feel 'Shamed' for Taking Vacation," Ladders (Ladders, April 11, 2018), <https://www.theladders.com/career-advice/survey-41-of-employees-feel-shamed-for-taking-vacation>.

LOVE NOTES

Loving Your Local Businesses on the Hill

cont. from page 5

History of Valentine's Day

In 1797, a British publisher issued the Young Man's Valentine Writer for those who were unable to compose their own Valentine verses. Printers had already started printing a limited number of cards with verses and sketches, called, "mechanical valentines." In the early 19th century paper valentines became very popular, and were assembled in factories. Real lace and ribbons were used for decorations.

In the United States, the first mass-produced Valentine Cards with embossed lace were produced and sold in 1847 by Esther Howland, at her Father's book and stationary store in Massachusetts. Today, the US Greeting Card Association estimates that approximately 190 million valentines are sent each year in the US.

In 1868, the British chocolate company Cadbury created fancy heart shaped boxes for their chocolates. Boxes filled with chocolates quickly became associated with Valentine's Day. Over time, the idea of expressing love on Valentine's Day spread all over the world.

(WIKIPEDIA)

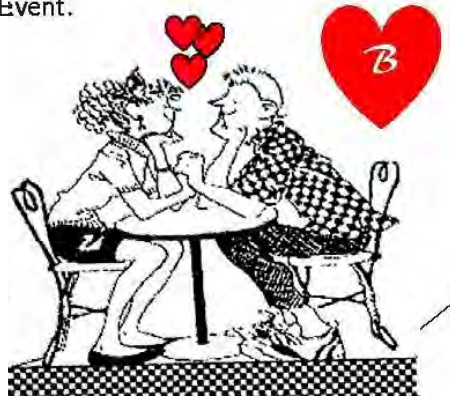
*Send your love a Valentine Note
in The Star*

Deadline: February 10th Delivered on the 14th

Valentine Day is a Special Event.

Make plans now to enjoy a lunch or dinner at one of Idyllwild's fabulous Restaurants!

Your date will LOVE you for it!

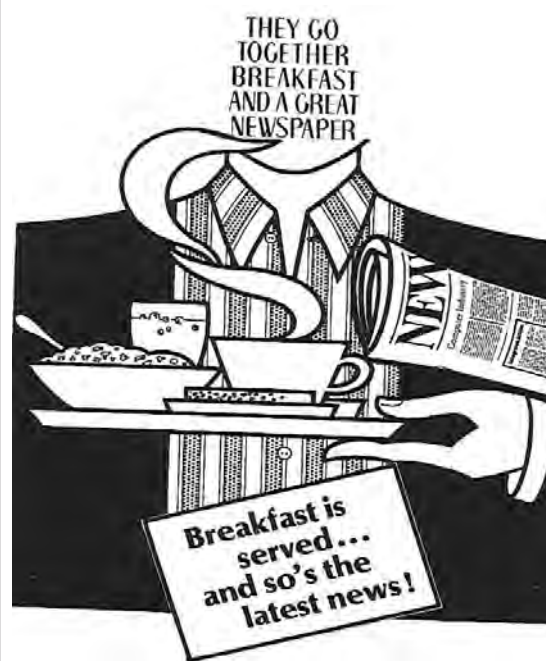


**Idyllwild Realty
Wayne Johnston
Realtor**

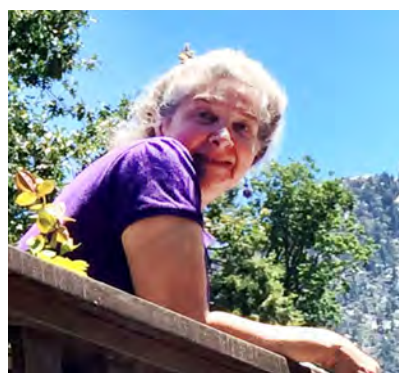
**951 236 1998 cell
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THE STAR send their love to your PO Box
Free weekly!



*Give your Valentine
the greatest gift of Love Make the time to visit
Judi Milin, Chiropractic Dr. at
Mountain Chiropractic 55450 S. Circle
Drive Idyllwild-Pine Cove
951-659-4522*

RESTARUANT REVIEW

FERRO'S

wins *The Star* review this week

Chef Frank Ferro prepared an extraordinary
culinary delight
and for the Excellence in Service!
Thursday dining out included

Insalata di Quinoa Rossa

Lasagne al Cinghiale e Manzo

and

Linguine Pollo con Crema al Limone

We were served with a warm smile and pleasant conversation with
Server/Bartender Kadie Cadigan.

When dining out this week, we stopped in to Ferro's for a warm
and cheerful place to escape the chill of a rainy, snowy, wintry
Thursday evening.

The recommendation of wine to compliment our selection was
perfect. Sitting by the fireside, watching the snow fall just made
our evening dining out even more enjoyable.

25840 Cedar Street
951-659-0700
Mon-Fri 3-9pm
Sat-Sun 2-9pm

TOMMIE'S KITCHEN

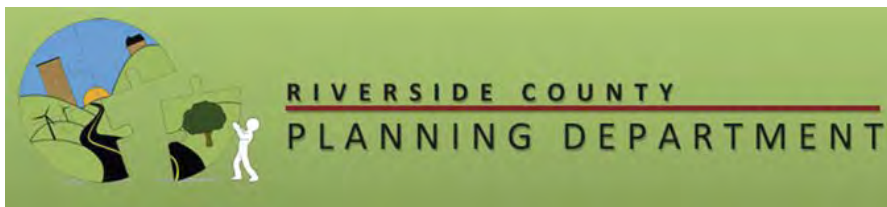


Monday night dinner
Lasagna Dinner is oh so Delicious!

You can
Call, Email, Text, FB to place your order.
Why should you cook this week?

When Tommie's Kitchen is busy preparing a
gourmet meal just for you.

Call or text 714-614-7295
or Email: tommyskitchen@yahoo.com



2024 Property Owner Initiated Foundation General Plan Amendment

On Tuesday January 30, 2024, the riverside County Board of Supervisors approved the 2024 Foundation General Plan Amendment cycle today. As a result, the County will accept Foundation General Plan Amendment applications starting on Monday, February 5, 2024 to Friday, April 5, 2024 – approximately 60-days.

What it is:

The Riverside County Planning Department will accept applications for the 2024 Foundation General Plan Amendment (FGPA) cycle, from Monday, February 5th, 2024 to Friday, April 5th, 2024 (60-Days), consistent with the County's eight-year application cycle. During this application period, property owners seeking a change to their property's General Plan Foundation Component are invited to submit a completed application for an FGPA to the Planning Department for consideration.

Process:

The completed FGPA application will be reviewed by County staff and facilitated in accordance with the 2024 Property Owner Initiated General Plan Foundation Amendment Process, which has two (2) phases. Phase 1 includes a General Plan Initiation Proceeding (GPIP), which consists of application submittal, staff review, General Plan Advisory Committee (GPAC) review and recommendation, Planning Commission review and recommendation, and a Board of Supervisors decision to either adopt or decline to adopt an order initiating proceedings for the proposed Foundation General Plan Amendment. Phase 2 focuses on processing the Foundation General Plan Amendment through final adoption, in conjunction with an Implementing Project, which is required to be submitted within 6-months of initiation.

Submittal Requirements:

Foundation Amendment initiation requests shall be submitted using the Planning Department's General Application for a General Plan Amendment and submittal of the appropriate Deposit Based Fees (DBF). At a minimum, applicants shall provide an aerial map, any other thematic map that provides additional information, and a detailed written discussion justifying the reason for the proposed change. Discussion should include information related to compatibility, infrastructure, habitat, site constraints / opportunities and any other information unique to the property that supports a Foundation change.

Application:

For further details regarding the application process and for a copy of the application, visit the Riverside County Planning Department website: <http://planning.rctlma.org>