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Volume 2

Issue No. 1

Wednesday

January 17, 2024

Idyllwild Film Festival Celebrates 15 Years

The Idyllwild International Festival of Cinema (IIFC), will celebrate its 15th anniversary, March 5th through the 10th, at the historic Rustic Theatre in downtown Idyllwild. This year's edition of the festival will showcase 100 feature length movies, short films, animations, and music video projects from 16 different countries and 5 continents, retaining its standing as a truly international event. The festival's founder, film and television director Stephen Savage, states that this year's festival will be the last at its present size, as 2025 will see the week long event expand into the new Tahquitz Pines Retreat Center, adding more screening venues and events locations, with The Rustic Theatre remaining as the festival's beloved home base. This expansion will have the potential effect of doubling the size of the overall event. Tahquitz Pines begins this relationship with IIFC in 2024 by becoming the festival's foremost lodging sponsor, with rooms offered up at discount rates to all filmmakers and festival attendees. Shane Stewart (the man behind the new retreat center and former owner of the Rustic Theatre), along with his wife, Ashley, became the very first Idyllwild Cinema Festival sponsors back in 2010, when they donated the theatre to Mr. Savage for the entire first season of the event. This first run was a huge success, and the rest, as they say, is history. Now, with the full



cooperation of the Rustic Theatre's newest owners, Graham and Gail Sutherland (back for their second festival staging), the Idyllwild International Festival Of Cinema moves full steam ahead into its 15th season with a very bright future, showcasing some of the world's best new film talent. In the words of festival executive producer Trinity Houston, "With these new strategic partners, we can grow the Idyllwild Cinema Festival in the way we've always envisioned." With a Grand Jury that includes Oscar nominated actress Anne Archer, Roger Taylor, composer and drummer for the legendary rock band, Queen, Oscar and BAFTA winning writer and producer Lesley Paterson, and actress and the voice of Pocahontas, Irene Bedard, among others, Idyllwild has truly become what The Hollywood Reporter dubbed "The Greatest Little Film Festival On Earth". Though it looks as though the qualifying word "Little" may be on its way out very soon. Full Local Passes are now available at the Rustic Theatre for the discounted price of \$25, a \$100 discount off the non resident pricing.

USE THIS LINK FOR A 20% DISCOUNT FOR DATES DURING THE FESTIVAL!

<https://hotels.cloudbeds.com/reservation/69ojBj#promo=FILM>



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951-659-2934

Idyllwild Inn \$\$
543000 Pine Crest Ave, Idyllwild-Pine Cove, CA 92549
(951) 659-2382

The Grand Idyllwild Lodge \$\$\$
54820 Pine Crest Ave, Idyllwild-Pine Cove, CA 92549
(951) 659-2382

Creekstone Inn \$\$
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(951) 659-3342

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(951) 659-2696

Fireside Inn \$
54540 N Circle Dr, Idyllwild-Pine Cove, CA 92549
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54300 Village Center Dr, Idyllwild-Pine Cove, CA 92549
(951) 659-2552

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BETWEEN THE PAGES

Supervisor Perez Reports on Child Care Center Funding for Fourth District

English and Spanish!



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*The Star
Recognizes the
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Contributors
and those who
offer their time and
service to edit, and
bring interesting
articles to our readers
each week.*

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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:
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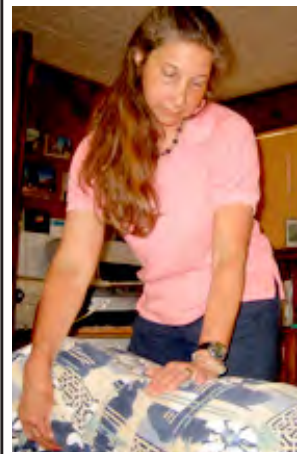
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The trees have gone within...
They teach us to find stillness,
and quietly gather our energy
for a springtime burst
of life & creativity.

- Kathy Harmon-Luber

SufferingToThriving.com

There Is a New Tree
in Town!

The Sequoia tree was just not healthy enough to withstand another winter. The diagnosis was to remove and replace it with a healthy new Sequoia.

The drone photo was taken by Joseph Full Vibez Videography
JMACJOEY@ICLOUD.COM





Darin Schemmer, Office of Fourth District Supervisor V. Manuel Perez, (760) 863-8211

Child Care Centers in Fourth District Receive Support from Supervisor Perez

En la primera reunión de 2024, la Junta de Supervisores del Condado de Riverside aprobó la propuesta del Supervisor V. Manuel Perez de asignar \$72,000 para ayudar a los proveedores de cuidado infantil a través del Cuarto Distrito.

At their first meeting of 2024, the Riverside County Board of Supervisors approved an item by Supervisor V. Manuel Perez to allocate \$72,000 to help child care providers throughout the Fourth District.

El Supervisor Perez escuchó cómo los centros de cuidado infantil han sido afectados por los recientes cambios de financiamiento y trabajó para encontrar una solución utilizando fondos de la Ley del Plan de Rescate Estadounidense (conocida en inglés por su sigla ARPA) y creó puentes para ayudar a estos centros, mientras el estado trabaja para establecer políticas y tasas de pago de subsidios para este sector. Estos fondos se asignarán una sola vez para apoyar a los centros de cuidado infantil.

Supervisor Perez heard from child care centers impacted by recent funding changes. Supervisor Perez worked to find a bridge solution using Riverside County ARPA funds to help them while the state works to set child care subsidy payment rates and policies. These are one-time funds to support the child care centers this time around.

“Estos fondos provienen de ARPA, y uno de mis objetivos con estos fondos es apoyar el cuidado infantil, la infraestructura, la vivienda y otras áreas que son clave para la calidad de vida en nuestras comunidades,” dijo el Supervisor Perez.

“These funds are coming from ARPA, and one of my goals with this funding is to support child care, infrastructure, housing and other areas that are key to the quality of life in our communities,” said Supervisor Perez. “Child care centers have stayed operating during challenges such as COVID and inflation, and this funding will help with supporting child care providers. Child care providers need these funds to ensure our youth are educated at an earlier age and, as well, so that families can continue to work. That’s what allows the economy to grow and allows everyone to prosper.”

“Los centros de cuidado infantil han seguido funcionando durante desafíos como el COVID y la inflación, y estos fondos ayudarán a apoyar a los proveedores de cuidado infantil para seguir operando y garantizar que nuestros niños reciban educación a una edad más temprana y también, para que las familias puedan seguir trabajando. Eso es lo que permite que la economía crezca y que todos prosperen.”

The funding comes from the federal American Rescue Plan Act (ARPA) funding Riverside County received that is set aside for Supervisor Perez to use in the Fourth District for projects for infrastructure, housing, economic recovery, and other priorities.

Este dinero proviene de los fondos federales que recibió el Condado de Riverside y que están reservados para que el Supervisor Perez los utilice en el Cuarto Distrito para proyectos de infraestructura, vivienda, recuperación económica y otras prioridades.

The funds will be directed to First 5 Riverside County, which will distribute funds to eligible family child care home providers and child care centers within the Fourth District.

Los fondos se dirigirán a First 5 Riverside County, institución que distribuirá dichos fondos a proveedores elegibles de hogares de cuidado infantil y centros de cuidado infantil ubicados dentro del Cuarto Distrito.

First 5 Riverside County Executive Director Tammi Graham recognized Supervisor Perez’s support, saying, “First 5 Riverside County thanks Supervisor Perez for prioritizing child care providers. We continue to champion state rate reform to adequately support the early child education workforce.”

La directora ejecutiva de First 5 en el Condado de Riverside, Tammi Graham, dijo: “First 5 Riverside County agradece al Supervisor Perez por priorizar a los proveedores de cuidado infantil. Seguimos defendiendo la reforma de las tarifas estatales para apoyar adecuadamente a la fuerza laboral de la educación infantil temprana.”



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DARIO CROSETTO UPDATE

Inventor of the 3D-CBS, Dario Crosetto, underwent a harmless examination on 1/12/2020, using a less efficient and more expensive Chinese copy of his invention.

Should 0.1% of the annual defense budget be used by Dario Crosetto to prove "experimentally" that his 3D-CBS invention can save the lives of over 400 defense employees from premature death from cancer in one year?

Summary:

Such a result can be achieved through early diagnosis of cancer with the invention 3D-CBS which finds tumors with only 100 cancer cells before they grow to a million cells (1mm) currently detectable by CT.

The contrast liquid for a CT scan or MRI is more dangerous than this test which only administers sugar with very low radiation, not even detected at the airport.

December 25, 2023:

Summary of email of December 20 sent to the Italian Government. Researcher Dario Crosetto invented the 3D-CBS in 2000. Copied by the Chinese in 2019, using the least efficient and most expensive equipment called EXPLORER, for which the radiation is increased 10x and the examination cost is 50x that of the 3D-CBS.

The differences between 3D-CBS, EXPLORER and traditional PET scans is in acquiring a number of signals (over 200 million) sufficient for a diagnosis are:

- 3D-CBS: 1 minute with 0.5 mCi radiation; at \$200 per exam
- EXPLORER: 3 minutes with 5 mCi radiation; from \$4,500 to \$10,000 per exam
- 10,000 PET scan, 20 minutes with 15-20 mCi radiation at \$6,000 per exam (no initial stage tumors found)

Nobody has disproved the calculations, feasibility, or the estimated cost to build two 3D-CBS machines with €20 million. In addition, no one had disproved that the 3D-CBS machine identifies cancer cells in time to save lives from the premature death

D. Crosetto now owns the CD with 1.63 Gbytes of data related to the exam on his whole body, conducted on 1/12/2020 and offered to host ERASMUS students interested in building a roadmap similar to <https://bit.ly/40JCBqw>.

Following the delivery of the letter to the Hon. Mattarella, the Ministry of Defense on 4/7/2020 organized a meeting in Rome between the inventor of the 3D-CBS and the highest scientific authority of the Defense. In a written report dated Nov. 29, 2020, they did not deny the advantages and the benefits of invention of D. Crosetto.

Dario Crosetto, asked to make public this relationship with his integrations that would allow us to understand who and why he doesn't want to allow us to prove experimentally that he can save lives.

The office of the President Hon. Sergio Mattarella, on December 19, 2019, asked that D. Crosetto to wait to release his report, promising to address this topic in early January 2024.

D. Crosetto accepted the request, but for professional, scientific and moral obligation towards the 400 Defense employees and the 90,000 Italians who die prematurely every year requires that the topic, pending from the meeting on 4/7/2020, if not addressed scientifically and transparently, he will have no choice but to publish publicly on January 26, 2024.

ON THE FIGHT AGAINST CANCER



For your information about D. Crosetto follow <https://bit.ly/46GWu40> approved in 2023 along with the article relating to his 3D-Flow, 3D-CBS and TB-CAD inventions that create a revolutionary paradigmatic shift in the way medicine is practiced <https://bit.ly/49k7GF9>

In recognition of
Monday, January 15, 2024
Martin Luther King Day

Baptist minister and social activist who led the civil rights movement in the United States from the mid-1950s until his death by assassination in 1968. His leadership was fundamental to that movement's success in ending the legal segregation of African Americans in the South and other parts of the United States. King rose to national prominence as head of the Southern Christian Leadership Conference, which promoted nonviolent tactics, such as the massive March on Washington (1963), to achieve civil rights. He was awarded the Nobel Peace Prize in 1964.



Martin Luther King, Jr.

Born January 15, 1929
Atlanta, Georgia, U.S.—
Died April 4, 1968,
Memphis, Tennessee



Photos courtesy of Wikipedia

Look What God Did!

Sandy Brunet

Scanning the headlines, listening to the news...it's easy to wonder if God is real or if He even cares about us or what's happening in the world today. Yet, talk to others and they hear God and see His work in their lives and the lives of others.

What's the difference? Why can some people see and hear God and others can't? The world is noisy; full of distractions that open drown out the still quiet voice of God.

"Then a very strong wind blew... But the Lord was not in the wind. After the wind, there was an earthquake. But the Lord was not in the earthquake. After the earthquake, there was a fire. But the Lord was not in the fire. After the fire, there was a quiet, gentle voice." 1 Kings 19:11-12.

Have you taken the time to make room for God in your life? So you can hear Him? See His works? One way to do that is to embark on a prayer and fast. I know that sounds like an antiquated concept; I mean after all, Jesus, as part of his spiritual preparation, went into the wilderness and fasted 40 days and 40 nights. I was introduced to the concept a few years ago at Idyllwild Community Church. Fasting and prayer can transform your life and let God speak to you in new and dynamic ways. I was truly amazed at the results of my first fast last year; spiritual empowerment, heightened spiritual awareness, a deeper connection with God, enhanced focus and clarity about my purpose and my path and an inner peace that calms the turbulence of life.

When you fast, you deliberately replace food, social media, entertainment, or any other distraction with God-time: reading, prayer, praise. Fasting cuts out the noise of life, amplifying the voice of God.

If you're not sure how to go about a prayer and fast, Idyllwild Community Church has a 21 Day Prayer and Fast Guide for 2024 entitled, "Turn a New Leaf." It provides daily scriptures, prayers and praise music to help your focus and commitment. Copies are available at the church office.



GOOD NEWS



The first week's focus, aptly, is "Make Room for God." God wants room in your heart and daily routine, but it's not easy; it requires focused discipline. But if you choose to hit the pause button to spend time with God daily, you can live a life of amazing power and purpose.

Suggested scriptures for the first week include:

Day 1: Matthew 14:23, Matthew 6:6.

Day 2: 2 Corinthians 9:15

Day 3: Proverbs 3:5-6

Day 4: Psalm 46:10. Isaiah 55:6, Galatians 6:25

Day 5: Psalm 32

Day 6: 2 Chronicles 7:14, 1 Chronicles 16:11, Matthew 6:6, 9-13

Day 7: Hebrews 4:16, 2 Corinthians 3:16-18

You can also follow the Idyllwild Community Church Facebook page for the daily prayer and fast posts for 2024.

I pray that you will experience the presence and power of God extraordinarily as you commit yourself to Him over the next 21 days. Then share your insights and revelations by Emailing your faith inspired stories to idyllwildriseup@gmail.com.

We look forward to hearing what God did for You!



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IDYLLWILD AUTHORS

Interview with Michael Max Darrow



"I always wanted to write books, but life intercedes. Writing is not what you make money out of. And being young I was macho, and I wanted to do macho things. So I joined the military out of high school and came back after 4 years, staying in the reserves, then the National Guard where I grew up in Santa Ana. But, I still had stories in my head. I grew up with westerns, being a John Wayne fan, and I grew up with the Navajo police. When I retired, I started writing. I wrote two science fiction novels, two fantasy novels and then I wrote Indian Country. Indian Country is a murder mystery that happens around the Lakota Reservation in South Dakota and the law enforcement career I wish I had."

Interview with Michael Max Darrow, author of *Indian Country*.

Michael Max Darrow has a number of books out for your reading enjoyment. Early in 2023 his 5th book, *Indian Country* was introduced as a historical novel based upon an "Incident at Big Pine."

Michael's research and the desire to have his dream job in law enforcement, serving on the Lakota reservation fueled his writing of *Indian Country*. Years of experience in military and law enforcement brought Michael to numerous encounters with the Lakota tribe. He speaks Lakota and practices a number of rituals with great humility and respect for the tribal nations.

Michael shared his experience at the Sweat Lodge – "first time I went in a sweat lodge there was a Lakota man there who wanted to stab me. After going into the sweat lodge several times with him he came to me and said that he could see that I did not try to say I had a DNA or that I wanted to be an Lakota but, he could see that I was humble and respectful. He told me that he wanted to stab me the first time but, no longer thought that way. It was because I was humble. He later made me a beaded necklace with a turtle. According to the Lakota Nation, the turtle carried the world on his back. I still have the necklace that he made for me. He made that for me because he felt bad because he thought I was the white man and that I was the enemy. I just won him over by being humble and not acting like I was trying to be a native American, dressing like one, acting like one, I was just a white man. A white man on a red road."

Michael Max Darrow has just released his latest new book called the *Blood Wolf God*. Available now on Amazon and soon available at Authors & Artist Book Gallery here in Idyllwild. *Blood Wolf God* is an interesting read about a town called Idyllwild Falls. "What they don't tell you in the nature brochures is what else calls this town home..."

Continued on page 9. Books are available on Amazon and Kindle

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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

Jan. 18, 6:30-7:30pm
Community-Wide Night of
Prayer and Worship

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 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:

Saturday Mass: 4pm

Sunday Mass: 10:00am

No weekday Mass every 4th Tuesday

Shiloh

54960 Pine Crest Ave
Idyllwild
951-659-2416

St. Hugh of Lincoln Eposcopal Church

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

Sunday Service at 3pm

Holy Communion

2nd Sunday Supper

Pot-lunch follow Sunday Service

Also meet 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: 6:00

pm w/Kerry Abram Join with ZOOM

<https://us02web.zoom.us/j/890852>

THANKFUL AND GRATEFUL

Kristy Frazier

Rather than making a New Year's resolution that I probably won't fulfill, I decided to think about all of the things that I am thankful and grateful for. When I wake up each morning I am thankful because I look forward to a new day to do things I enjoy, to work, to learn, to discover, to be inspired, and to help others. I am thankful for the warm bed I sleep in, the safe room I live in, and the clothes that keep me warm. I appreciate the good nutritious organic food that I have to eat, and the clean water that I have to drink.

I am thankful that I live in a forest, surrounded by Mother Nature, the greatest of all healers. I am so thankful for my many wonderful neighbors and friends up here on the Hill. I appreciate that they are here for me, and I am here for them, regardless of religion or politics.

I am so very thankful for my sweet little dog Mini, she makes me smile every time I look at her! When we go for a walk, I love to see the deep blue sky behind the green trees. If the sky is cloudy or grey, that's OK. I hear the sounds of the many birds chattering and squawking, and the Ravens conversing back and forth with one another in the tops of the trees. I love seeing all the lichen and moss on the rocks, the patterns of the bark on the trees, and all the wildlife. I appreciate that I can exchange smiles and greetings with strangers passing on the street.

I'm so thankful that I can do research and write articles for the STAR. I am very excited about helping an exceptional poet organize and publish his poems so others may benefit from his insights, experiences, and life lessons. I like a thought he had, "The older I get the more I focus on adding life to my years, instead of adding years to my life." Stephen Anderson.

When I am back in my warm bed at night, with Mini snuggled by my side, I again think of the many things that I am thankful and grateful for. I am extremely grateful for my health because, in 2021, I was victorious in my battle against stage 4 metastatic breast cancer. I was told I was terminal, given six months to live, but with the help of prayers, miracles, the love of others, and many all-natural alternative therapies-no chemo, radiation, or traditional treatments-I am here writing this now! I will always be grateful and thankful that I can live in this very special place, Idyllwild-the Hill-where people support each other and don't judge others based on style of clothing, make of car, or color of skin. We live in Peace. Ultimately, I am thankful and grateful that I have so many things to be thankful and grateful for...the list goes on!

Thriving Through the Winter Cold & Flu Season

by Kathy Harmon-Luber

Tis the season when colds, the flu, pneumonia, RSV, Covid, or other respiratory conditions are making the rounds in our mountain communities.

At some point, we all get knocked down for a bit, and sometimes for a longer stint with chronic illness or injury. When we're down for the count, we can get frustrated or upset—or we can find another way to cope.

First of course, we need to spend time resting and recovering, as much as our bodies require. But when it comes to the rest of the time, let's look at some of the ways we can turn being sick, bedridden, and isolated into the best it can be, under the circumstances.

The most important thing is to recognize that your mind is your medicine—and in every moment you have a choice to mentally and/or emotionally suffer...or thrive.

Ask yourself, “How can I re-frame this period and channel it into something positive?” What new or buried interests are seeking your attention? Engage your imagination on something that brings you joy, puts you in the flow and makes time fly by.

Let's face it, you can only watch so many movies or read so many books. Here are some fresh ideas for harnessing the power of your mind and making the best of recovery time: A Time of Exploration.

Would you like to learn something new? A language? A skill? A course of study? A mindfulness practice? The world is so full of such wonder and awe—and we're so fortunate to be able to take virtual classes on demand these days with wise teachers from all over the world.



A Time of Dreaming, Planning, or Seed Planting.

Consider using this time to plan a home improvement project, a new business venture, a flower or veggie garden, or a windowsill herb garden. But say you're low energy...why not spend your time visualizing your way to better health? Or daydreaming about flying like a bird, soaring through the sky and exploring a new land for an hour (which can help to distract us from physical issues)? Or Visualization can be very healing, especially when we're sick or injured.

A Time of Creativity. Ask any musician, writer, artist, dancer, or actor and they'll share how alone time is vital to creativity. While artistic pursuits—like drawing, coloring, painting, singing, humming, playing an instrument, writing poetry—come to mind while we're convalescing, you can use your creativity to plan menus for beautiful meals or crafty projects like knitting and jewelry-making, and sketch out your woodworking project ideas.

A Time of Contemplation. In our busy lives we don't always have as much time as we like to take a deep dive into inner stillness. Pull out your journal and write the hero/heroine's journey of your life so far, or about the archetypes you embody, or write a letter to your 8-year-old self, sharing your wisdom you have today. My husband suggested writing a letter to someone inspiring you'd like to meet, like Martin Luther King, Rachel Carson, Malidoma Some', Chief Seattle, Sitting Bull, Nelson Mandela, Mahatma Gandhi, Nefertari, Abe Lincoln, Queen Victoria, Napoleon, you get the idea.

Following the meandering thread of your interests may not only distract you from your discomfort, but can be very healing as well. May you always thrive!----

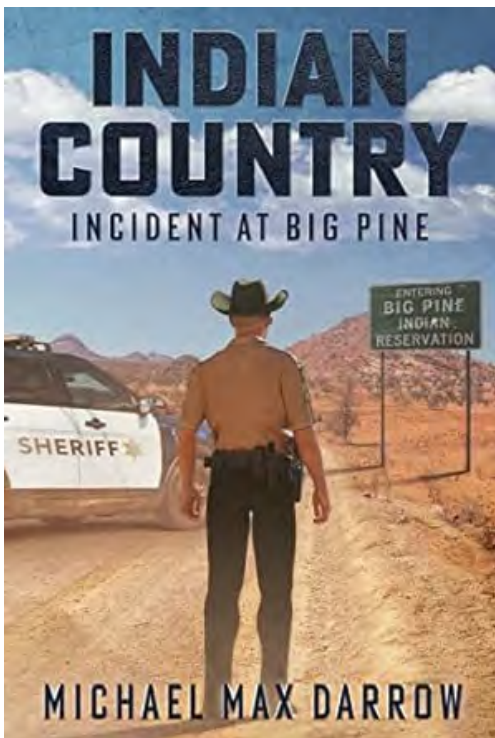
Kathy Harmon-Luber is the author of “Suffering To Thriving: Your Toolkit for Navigating Your Healing Journey,” a certified Sound Healing Practitioner, Reiki Master, shamanic practitioner, and life-long nature girl.

written by Kathy Harmon-Luber

AUTHORS AND ARTISTS



THE STAR
Best Reads This Month



AUTHORS & ARTISTS
Book Gallery

Idyllwild and Mountain Community AUTHORS!

THE STAR has OPENED NEXT DOOR
TO PROMOTE YOUR BOOKS!

The Star opens *Authors' Book Gallery* on Saturday, February 3rd. Next door to THE STAR office at 54585 N. Circle Drive, Idyllwild, CA

Authors, you don't want to miss this opportunity; with limited space but unlimited possibilities.

This Book Gallery is unique in promoting you and your books to weekend visitors and local residents. Schedule a book signing or an interview to promote your book beyond the Hill. Interested? Contact THE STAR now to find out more.

The worst thing for an author is to have your books sitting on your shelf!

Make 2024 a year like never before!

THE STAR

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Idyllwild, CA 92549

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"Unlock the Secrets to Beautiful Hair: Expert Tips"

by Dawn Finlayson

I am so excited to share a few tips I have learned that can make a difference in the health and luxuriousness of your hair. If you are feeling like your hair isn't as healthy and thick as it once was, I have a few tips that will help.

Stress is a major factor in thinning and falling hair. Stress causes cortisol levels to spike and reduces nutrients required for healthy hair. Vitamin D, iron, zinc, and magnesium are available with eating eggs, nuts, especially Brazil nuts, protein of a gram per pound of body weight, and adding multiple colors of veggies is a great way to get what is needed.

Meditation, conscious breathing, yoga, gentle exercise, or simply taking a walk have shown to help reduce stress and anxiety, and manage pain. I always recommend, if you are feeling stressed, to take a moment and reset. Simply saying to yourself, "I am safe," can be a game changer.

Gentle massage of the scalp at specific pressure points with a pre-wash scalp oil also regrows hair. Formulas that I am working with are showing great results. Along with gentle washing once or twice a week with warm, not hot water goes a long way to preserving and growing beautiful locks. Pre-orders for my new scalp oil will be available soon.

Dawn Finlayson is a long-time resident and has done hair on the hill for more than two decades. She is available for free text consultations, answer questions, and does hair on the hill on Thursdays.

She can be reached at (951) 659-DAWN (3296).

✂️ HAIRSTYLIST ✂️

- Handcrafted cuts
- Dimensional Color
- Making mature hair look young!
- Free Consultations

Now doing FREE text consultations! Send me a text message with a photo of your hair and what you want! Dawn Finlayson

CALL OR TEXT AT (951) 659 - DAWN (3296)

Idyllwild Rotary Club meets in Mexicali...Working together...Making a difference

Thirty Years Later...Working together, Rotarian friends are making a difference in communities that need help.




Photos provided by Chuck Weisbart (Cheeze) Proudly- an Idyllwild Rotarian!

The gathering after the painting project at the school for the deaf. Rotarians from clubs in Mexicali, clubs in the US , parents and students.



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CIRDC - YOUR DOG'S HEALTH ALERT!

by Rachel Newman

A new respiratory infection in dogs is part of what is called Canine Infectious Respiratory Disease Complex (CIRDC). It is a syndrome of diseases that can be caused by several different—and often highly contagious—bacterial and viral pathogens found with co-infections. Symptoms are more often mild and self-limiting. But, in some individual cases, symptoms have been known to progress to severe disease and death. Because there has yet to be a proven vaccine to protect against the spread of this disease, veterinarians, boarding and grooming professionals including private pet owners are concerned.

Symptoms of CIRCD include:

Chronic pneumonia or mild to moderate coughing for 6 to 8 weeks (or longer) that is minimally or not responsive to antibiotics.

Acute pneumonia that rapidly becomes severe and often leads to poor outcomes in as little as 24 to 36 hours.

When dogs begin to exhibit purple or bluish mucous membranes (gums) it is an indication that they're struggling to get enough oxygen. Pulse oximeter readings (blood oxygen levels) can decrease into the 80s when normal is around 95, with elevated heart rate.

In a dog friendly mountain destination, such as Idyllwild, visitors often bring their dogs from more populated areas, like Los Angeles and San Diego, where there is greater exposure to potential disease. In the case of CIRDC, without any proven vaccination to protect against its spread, the best measures are in common sense preventative precautions. Local businesses who once provided communal dog water bowls are being urged to discontinue such practices so as to prevent the spread of disease. Restaurants providing dog bowls at tables should be providing disposable, single use, paper dog bowls for water.

Another highly important mode of prevention is in not allowing interaction between dogs from separate households. Walking on opposite sides of the street and avoiding dog park interaction are common sense good practices. For those dogs living in homes that border short term vacation rentals, who can routinely interact through fencing, a useful practice would be to construct a sturdy barrier between properties with either secured ply board and/or tarps.

In the case of a grooming facility, preventing interaction in passing and sanitizing tables, tubs, floors and instruments between use with dogs from separate homes is also an effective precaution.

As with any communicable diseases, a calm approach to prevention is most important. Awareness is key.



Stitch needs a forever home!

Stitch is a very sweet, playful, and smart boy. He is about 9-10 weeks old. Stitch likes other dogs and wants to play with kittens. His house training is coming along well. To meet Stitch, please call ARF at 951-659-1122



For more information
about Stitch
call (951) 659-1122

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