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

Volume 2

Issue No. 2

Wednesday

January 24, 2024

IDYLLWILD - BUILDING for the FUTURE

Workers put the finishing touches on the CHAMBER OF COMMERCE - VISITOR'S CENTER building.

Located on North Circle Drive, directly behind the new public restrooms, Shane Stewart oversees the final work on the building he referred to as designated for a new Chamber of Commerce.

Shane states, "Now we need to staff it!"

Heading into 2024, a Chamber of Commerce offers a new opportunity for businesses in Idyllwild to network, grow, and succeed.

Business owners and residents will have to wait for the official filing to learn of the chamber's name and its board members. Visitors will have an easy-to-find destination to gather information about Idyllwild businesses.

What is the main purpose of the chamber of commerce?

A chamber of commerce is an association or network of businesspeople designed to promote and protect the interests of its members. A chamber of commerce is often made up of a group of business owners that share a locale or interest.

The main tasks of the chambers are foreign trade promotion, vocational training, regional economic development, and general services to their members. (definition provided by Google)

The California Secretary of State business records currently does not show a business name filed as yet.



1-18-2024 photo taken by Hiram Matthews

Short-Term Rental Tier 1 Application Notice

News Release Riverside Planning Commission

The Riverside County Short-Term Rental Tier 1 application period will be open for the areas of Idyllwild and Temecula Wine County Districts. Applicants must be registered with the County Treasurer Tax-Collector to pay Transient Occupancy Tax (TOT). Airbnb operators paying TOT and meet the application requirements below, shall apply.

The application period is open for 90-days beginning February 1, 2024, through May 1, 2024, at 11:59 PM. The application will become available on the Planning Department's website at <https://rctlma.org/short-term-rentals>.

ELIGIBILITY:

Properties are eligible if the Owner(s) or Responsible Operator(s) paid Transient Occupancy Taxes with the County or Airbnb only for the entire period of operations from September 13, 2021, to September 13, 2022, Airbnb operators will need to submit the Airbnb Annual Earnings Summary report that shows the property was rented/operated and TOT was paid, for at least 24-days between September 13, 2021, to September 13, 2022 (one weekend per month).

TRANSIENT OCCUPANCY TAX SUBMITTALS TO INCLUDE:
Tier 1 Application
Copy of Transient Occupancy Tax (TOT) Certificate

AIRBNB SUBMITTALS TO INCLUDE:

Tier 1 Application
Airbnb Annual Earnings Summary report
Submit application to TLMA-STR@rivco.org no later than 11:59 PM, May 1, 2024.

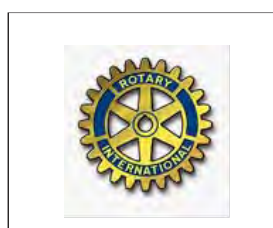
REVIEW AND SELECTION OF SUBMITTALS:

The Riverside County Planning Department will review all Tier 1 applications to verify whether applications meet Tier 1 requirements in accordance with Ordinance 927.2. Only qualified Tier 1 applications shall have the opportunity to be selected as eligible properties. If the number of qualified Tier 1 qualified applications received exceeds the Tier 1 Cap, the County shall implement a stand-alone lottery to select eligible properties up to the Tier 1 Cap. If any of the eligible properties does not meet all the application requirements, then the County shall not issue a Short-Term Rental Certificate for that property.

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THE STAR
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Owner/Publisher
JoAnne Monroe

*The Star
Recognizes the
Editorial
Contributors
and staff
members for
their support*

Articles this week

*have been
contributed by*

*Sandy Brunet
Kristy Frazier
Kathy Harmon-Luber*

Advertising

JoAnne Monroe

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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:
jo.monroepublishing@gmail.com

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P.O. Box 3019
Idyllwild, CA 92549
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Dear Readers,

You are invited to send in Announcements for Birthdays, Anniversaries, Special Occasions. Remember, we are also interested in your recommending someone special to be an Idyllwild Angel. Please include your name and phone number Send Email: jo.monroepublishing@gmail.com

REMINDER!



MILE HIGH RADIO CLUB MEETS

FEBRUARY 6, 2024
MEETING TIME: 6:30 pm

Members, guests, and interested individuals are welcome

Meeting held at MIDDLEBRIDGE- 54301 N Circle Drive, Idyllwild, CA



RIVERSIDE COUNTY REPORT



Desert Hot Springs compra antiguo edificio de la biblioteca del Condado de Riverside

DESERT HOT SPRINGS – Después de servir a la comunidad de Desert Hot Springs desde 1972 hasta el año 2021, la antigua biblioteca de Desert Hot Springs ubicada en 11691 West Drive, podría convertirse en el hogar de nuevos servicios para la comunidad.

La Junta de Supervisores del Condado de Riverside aprobó la semana pasada la venta de la antigua biblioteca, un edificio propiedad del condado, a la Ciudad de Desert Hot Springs.

La antigua biblioteca se encuentra al lado del Centro Comunitario para Personas Mayores, conocido en inglés como Carl May Community and Senior Center, que son propiedad de la ciudad. Adquirir el edificio de la biblioteca, significa que la ciudad será propietaria total de todo ese complejo para darle un uso comunitario en el futuro.

El Supervisor V. Manuel Perez y el Alcalde de Desert Hot Springs, Scott Matas, dan la bienvenida al traslado de la antigua biblioteca del condado a la ciudad, lo que beneficiará a la comunidad con un nuevo espacio para servicios.

“Este es un esfuerzo que me llegó del Alcalde Scott Matas y de los Concejales de Desert Hot Springs desde hace algún tiempo, y finalmente lo logramos,” dijo el Supervisor Perez. “Esto permitirá que la ciudad se haga cargo del edificio. La ciudad decidirá el uso de ese lugar a medida que identifiquen nuevas formas de ampliar sus servicios a los residentes. Estamos muy orgullosos de nuestra asociación con la Ciudad de Desert Hot Springs que ha creado la oportunidad de hacer crecer nuestros servicios para los residentes.”

“La Ciudad de Desert Hot Springs se complace en tomar posesión de este edificio para que podamos garantizar que todo este complejo esté disponible para atender a los residentes y personas mayores de Desert Hot Springs,” dijo el Alcalde Scott Matas.

La transferencia del edificio es posible gracias a la inversión en la nueva biblioteca que se construyó en Desert Hot Springs. Este fue uno de los primeros proyectos en los que trabajó como Supervisor del Condado V. Manuel Perez. Su misión fue encontrar la manera junto con el Sistema de Bibliotecas del Condado de Riverside, de construir una sucursal de una biblioteca nueva y moderna para la Ciudad de Desert Hot Springs cuyo costo fue de \$12 millones, que construida por el Condado de Riverside e inaugurada en 2021, y se logró así liberar el espacio de la antigua biblioteca propiedad del condado.

La Ciudad de Desert Hot Springs está comprando la propiedad del condado a un costo de \$350,000.

City of Desert Hot Springs Acquiring Former Library Building from Riverside County

DESERT HOT SPRINGS – After serving the community of Desert Hot Springs from 1972 to 2021, the former Desert Hot Springs library at 11691 West Drive could be the home of new services for the community.

The Riverside County Board of Supervisors last week approved the sale of the former library, a county-owned building, to the City of Desert Hot Springs. The previous library is contiguous with the Carl May Community and Senior Center, which are city-owned property. Acquiring the library building means the city will fully own the entire complex for future community use.

Supervisor V. Manuel Perez and Desert Hot Springs Mayor Scott Matas welcome the transfer of the former library from the county to the city, which will benefit the community with a new space for services.

“This is an effort that came to me by Mayor Scott Matas as well as the Councilmembers from Desert Hot Springs some time ago and we finally got it done,” said Supervisor Perez. “This will allow the city to take over the building. It will be theirs to use as they identify new ways to expand their services to residents. We are very proud of our great partnership with the City of Desert Hot Springs that has created the opportunity to grow our services for our residents.”

“The City of Desert Hot Springs is excited to take ownership of this building so we are able to ensure this entire complex will be available to serve the residents and seniors of Desert Hot Springs,” said Mayor Scott Matas.

The building transfer is possible because of the investment in the new library that was constructed in Desert Hot Springs. One of the first projects Supervisor Perez worked on as a county supervisor was to find a way, working with the Riverside County Library System, to build a brand new modern library branch for the City of Desert Hot Springs. The \$12 million library, built by Riverside County and opened in 2021, freed up the former library space owned by the county.

The City of Desert Hot Springs is purchasing the property from the county at a cost of \$350,000.

Supervisor V. Manuel Perez represents the Fourth Supervisorial District on the Riverside County Board of Supervisors. The largest district in the county by geography, the 4th District covers eastern Riverside County, from Whitewater, stretching across the entire Coachella Valley south to the Salton Sea, up Highway 74 to Idyllwild and the mountain communities, and heading east of the Coachella Valley to Blythe and the Colorado River.

Supervisor Perez’s office hours are 9 a.m. to 5 p.m. Monday through Friday.



THE STAR

Community Newspaper

THE IDYLLWILD ROTARY REPORT



Idyllwild Rotary Club

Ever wonder what your local Rotarian members do, other than make great pancakes and help local non-profit organizations?

Recently, a team from the Idyllwild Rotary Club caravanned to Mexicali with truck loads of much needed items including food, clothes, blankets, health care products and every item that an individual with nothing would need.

Trucks and buses filled with basic daily supplies journeyed to meet up with sister Rotarian clubs to show an act of compassion and a humanitarian gesture. The mission was to do whatever they could to meet a few basic needs of those dropped at the border with no place to go and no resources to survive.

Some of those traveling to Mexicali from Idyllwild were Rotary President David Cutter, Chuck Weisen, and Roland Gaebert

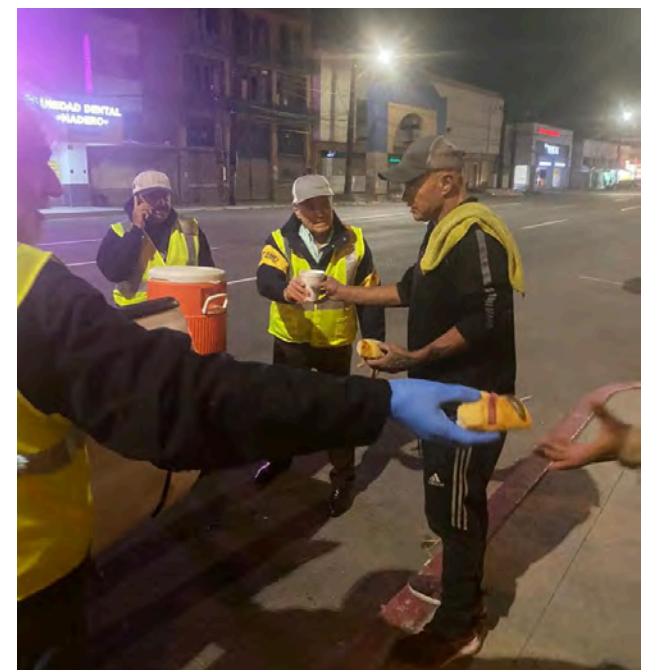


Photo provided by Mexicali Rotary Industrial

Rotary members in Mexicali stay out in the dark to help the homeless and give a cup of warm coffee in the bitter night cold.

23rd Day OF COMBATING THE COLD shared by Mexicali Rotary member

Monday, January 15th we start the 6th week and more than hand out a cup of coffee and warm milk, thanks to donations from our friends at Latidos Banco de Alimentos Mxl. It's about sharing prayers and expressing our solidarity with these people, homeless migrant families. Like those who received us at the Cobina hostel or those who sleep in the weather in parks, like the Ninos Heroes, the Mariachi or those waiting for the train under the road of L. Cardens or seen spending life in a bad land, where we have been touched, thanks to doctors from Club Rotario Mexicali Industrial as Doctor Jesus mariaperaza Pachis, take care of people burning with fever. Thanks also to the tireless Salvador Sanchez Shava, the great Samuel Alvarado Samy and to our President moiseslopez Moi who also brought oranges from his ranch, thanks to everyone for those hours that are invested and mean so much to the one who has nothing.

GARNER VALLEY REPORT

GET HOOKED ON LAKE HEMET by Sandy Brunet

Lake Hemet was created as a result of the construction of Lake Hemet Dam. When the dam was completed in 1895, it held the record as the world's largest solid masonry dam for 16 years! If you've never stopped to read the historical marker on Highway 74, that's just a sampling of the fascinating history that you'll discover about Lake Hemet.

Cradled in the San Jacinto Mountains, Lake Hemet has a surface area of 470 acres and 12 miles of shoreline; so, it's no wonder that it attracts fishermen from all over Southern California. If you've never fished before, cloudy, rainy winter weather is perfect for fishing and well, there's a lot of fish happening at Lake Hemet!

On January 3, the California Department of Fish and Wildlife stocked the lake with 1,500 lbs. of trout and there's more to come. Additional stock is planned in late January (4,000 lbs. from Mt Lassen), mid-February (3,500 lbs. rainbow + 500lbs lightning trout from Mt Lassen), late March (4,000 lbs. from Mt Lassen) and late April (3,500 lbs. rainbow + 500lbs lightning trout from Mt Lassen).

And, if that wasn't enough to make you want to check out Lake Hemet, all camping and marina rentals are 30% off during January and February. Book your boat directly at: golakehemet.com/marina-rentals (discount already applied); book your camping site at golakehemet.com and use promo code WINTER30.

Day use is open daily from 7am to 5pm for \$25 per vehicle or \$150 for an annual pass. Shoreline fishing is open every day, from 7am to 5pm. The Marina is closed on Tuesday and Wednesday.

If you've been driving by the lake for years and never stopped, consider making it one of your winter adventures this year.

If you're lucky enough to catch some of the trout, here's our family recipe for pan fried fish:

Ingredients:

2 (8 ounce) whole trout, butterflied and deboned	¾ Cup Yellow Corn Meal
¼ Cup Grated Parmesan Cheese	1/3 Cup Flour
½ Teaspoon Paprika	3 Tablespoons Lemon Juice
1 Beaten Egg	1 Tablespoon Chopped Fresh Parsley
Salt and Freshly Ground Black Pepper to Taste	Lemon Slices
3-4 Tablespoons Cooking Oil	

Directions:

Combine corn meal, cheese and parsley in a shallow bowl.

Combine flour, paprika and pepper in another shallow bowl.

Place lemon juice and egg in separate bowls.

Dip fish in lemon juice, then in flour mixture, then in egg and finally in cornmeal mixture.

Heat cooking oil in a large skillet. Add fish. Fry over medium heat for 5-7 minutes on each side until flaky and browned.

Garnish with lemon slices to serve.

THE CUPENO TRAIL OF TEARS by Kristy Frazier

When we hear reference to the Trail of Tears, we are reminded of the forced removal of approximately 100,000 Native Americans from their ancestral lands in the South and Southeastern United States. They were forced to walk about 800 miles to Oklahoma during fall and winter months, resulting in the death of approximately 15,000 people. They perished from starvation, exposure, disease, and heartbreak.

Here in Southern California, the Kuupangaywichem, or Kupa Tribe of Indians, experienced their own Trail of Tears, though it was much shorter, and no lives were lost. Their ancestral lands were located in what is now known as Warner Springs, in northern San Diego County. (Cupeno is a Spanish derivation, meaning, "a person who lives in or hails from Kupa." Kuupangaywichem means, "people who slept here.") They occupied an area of about 10 square miles in a mountainous region at the headwaters of the San Luis Rey River. For centuries they lived near sulfur hot springs, and they were deeply connected to their natural surroundings. Their foods included acorns, seeds, berries, cactus fruits, deer, quail, and small mammals. Their tribe was made up of approximately 1000 members, and they traded with other local Indians.

In the early 1800's, Spanish, Mexican and other trailblazers and settlers began to cross their ancestral lands. Many of them were traveling from Arizona to the Pacific coast. Four years after California became a state, in 1848, a land survey commission was formed, and cattleman Juan Jose Warner claimed 47,500 acres of what is now Warner Springs, taking up most of the Cupa homeland. Then, in 1880, the property was purchased by former California Governor John Downey. By the late 1800's, the hot sulfur springs located in the Cupa territories were becoming very popular, attracting visitors from Los Angeles and San Diego. Meanwhile, Downey filed a lawsuit demanding the eviction of the Cupenos. The Cupeno argued before the courts that a peace treaty that ended the war between Mexico and the United States insured Indian rights, and precluded the hostile takeover of their land. Unfortunately, in 1901, the California courts agreed with Downey, and the US Supreme court affirmed the judgment ordering the removal of the Cupeno people from their ancestral lands. President Rutherford Hayes declared the Cupeno Indians "trespassers" and ordered that they relocate to Pala, just beyond the Palomar Mountains, where a 10,000 acre reservation had been designated for the Pala Band of Luiseno Indians.

On the morning of May 12, 1903, an Indian agent arrived with 44 armed teamsters to carry out the eviction. The 40 mile journey from Cupa to Pala took only three days, but the sadness, devastation, and depression that they experienced lingered for decades.

Today, they are well integrated into the Luiseno Band of Indians in the area. They own the Pala Casino Resort Spa, a Motocross facility, a skate board park, and a fitness center, all open to the public. A school, and senior facilities care for their tribal members.

IDYLLWILD HOMES

What does the building of a dream look like?

Featuring Dave Bradish Tree House Builder Extrordinaire



photo by Jo Monroe

Climbing the stairs into the tree tops, not only was the view amazing but, this Dave Bradish tree house was breath taking.

Idyllwild's resident Contractor and Engineer Dave Bradish, owner of Wild-Imaginations, recently shared his passion for building dream homes. Dave's professional history includes the design and constructing of everything for campus structures and corporate towers. Not to mention houses that require engineering expertise in the execution of materials and structures. A short visit to his website will take you on a tour of amazing designs and structural accomplishments. Some are so astonishing that he has been recognized with several awards. No matter how grand the structures of the past have been, there has always been a deep appreciation of nature, the movement and texture of wood and being one with nature. Even with the most complex of designs Dave has captured the movement of nature in his construction.

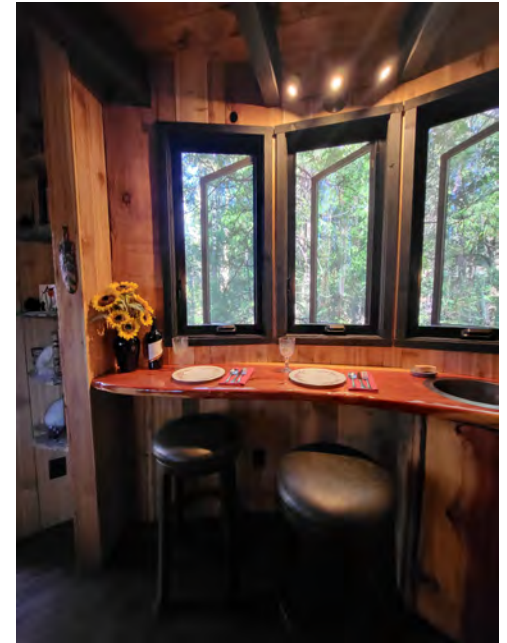


Photo by Jo Monroe



Wild-Imaginations.com is the site for Dave Bradish and his amazing team.



Cottage Caretakers

Idyllwild's premier cleaning and maintenance professionals

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Housecleaning Spoken Here. And Window Washing. And Carpet Cleaning. And Home Repairs...

"A house is made of bricks and beams. A home is made of hopes and dreams."

Cottage Caretakers is Idyllwild's premier cleaning and maintenance provider. Jim Brannan, the owner of Cottage Caretakers, has provided quality service in Idyllwild for 20 years!

- Housecleaning
- Window Washing
- Carpet Cleaning
- Fire Abatement
- Chimney Sweeping

Hands on Handy Man Service!

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:
Saturday Mass: 4pm
Sunday Mass: 10:00am

Shiloh
54960 Pine Crest Ave
Idyllwild 951-659-2416

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



The Amazing Bald Eagle - Story captured by Sandy Burnet

THE bald eagle, our nation's symbol representing freedom, independence, and strength, has graced the Great Seal of our country since 1782. And we have the opportunity to see this majestic bird up close and personal right here in Garner Valley at Lake Hemet.

While many places have to wait for migrating eagles to come south during the winter months (Dec – March) to hunt and fish, we are fortunate to have a nesting pair of eagles at Lake Hemet year-round.

All you need to do is head over to the Forest Service's Day Use area, look across the lake and then up at the tallest trees around open water on the lake. This photo was captured from a video that Christi Igarashi took recently at the lake. It captured an adult male from last spring and a juvenile eaglet named Wonder.

See The Symbol of America, Right Here in Garner Valley

Did you know that Lake Hemet was key to the reintroduction efforts of the Bald Eagle in Southern California? Despite being our national bird, in the 60's there were only about 400 breeding pairs left in the U.S and none in Southern California.

In 1978, the bald eagle was placed on the endangered species list. Southern California's rebuilding efforts began with a female eagle named "02" hatched at the San Francisco Zoo in 2000 and released on Catalina Island. She made her way to Lake Hemet in 2004 where she took up residence with the local male bald eagle and well, they were great at making babies; successfully raising 1-2 eaglets a year from 2007-2013 ensuring bald eagles would continue to be a part of our mountain scenery for the foreseeable future.

The bald eagle was removed from the endangered species list in 2007 and according to the US Fish and Wildlife Service, in 2019, there were an estimated 316,700 bald eagles and more than 71,400 breeding pairs in the continental U.S.

Bald eagles are still protected under the Bald Eagle Protection Act and California's Endangered Species Act which make it illegal to harm or harass bald eagles or to possess bald eagle parts, even a feather.

So, if you are heading to Lake Hemet to view the bald eagles, here are some tips from the San Bernardino Forest website:

*Remember that human presence may distract or disturb the eagles - so, try to limit your movements and do not make loud noises when they're nearby,

*If possible, remain in your car while looking at eagles - the car acts as a blind,

*Stay a respectful distance of at least 200-300' away from perched bald eagles,

*Do not get closer than ¼ mile away from nesting bald eagles – trying to get a closer look may result in eagles becoming agitated and knocking eggs or chicks out of the nest.

Enjoy the breath taking beauty of these birds and please do your part to help protect these national treasures!

Garner Valley is the home to these magnificent Bald Eagles and so many other beautiful of natures wonders.



March 5, 2024 is quickly approaching, as is the Primary Election. There are several Proposals of interest to California voters.

The League of Women Voters recommend...
Voting No on Prop 1 Mental Health Care and Addiction Treatment & Bonds to Build Places for Treatment and Supportive Housing. Although California has a critical need to resource better mental health and addiction services and to address our crisis of homelessness, the League of Women Voters of California opposes Proposition 1 for a number of what they believe are important reasons. LWV states that, "While the additional housing resources offered through Prop 1 are sorely needed, they do not outweigh its flaws."

IN a recent article LWV offered the following viewpoint:
The bond portion of the measure was rushed through the legislature with last-minute amendments that opened the door to funding involuntary treatment in locked facilities. The rushed nature of these amendments precluded substantive debate and ignored arguments from diverse community-based organizations and health care and civil rights advocates. These groups contend that community-based care is more effective than institutionalization and that incentivizing institutionalization will both lead to worse health outcomes and curtail individual liberties.

Furthermore, Prop 1 does not increase the overall funding for mental health services for counties – the bond money is to build treatment units and supportive housing. Under the changes this measure makes to the Mental Health Services Act, more of the money received by counties must be used for housing of a certain group of patients and for intensive, personalized support service like assistance finding employment and accessing educational opportunities. This reallocation reduces the funds available for other mental health services that counties currently offer to patients, like treatment, crisis response, and outreach. It has the overall effect of reducing counties' ability to set priorities based on local needs for mental health services. Any variances that may allow counties to spend more or less on specific categories would increase their administrative costs and do not erase the lack of flexibility they would have to meet specific needs.

Finally, budgetary decisions should be made by the legislature, not by earmarking funds through ballot initiatives. Earmarking restricts the counties and the state from redirecting funds to alternative models of care that may arise in the future, or to other emerging and essential needs.

The LWVC Education Fund has provided an unbiased explanation of this ballot measure to help voters make informed decisions.

THE MESSURE

Measure Identification

Authorizes \$6.38 Billion in Bonds to Build Mental Health Treatment Facilities for Those with Mental Health and Substance Use Challenges; Provides Housing for the Homeless

Type of Ballot Measure: Legislative

THE QUESTION

Should a greater share of county Mental Health Services Act funding be used, and new bonds issued, to build treatment facilities and housing for people with mental illness and substance use disorders as well as housing for other homeless individuals?

THE SITUATION

The Legislature placed Proposition 1 on the ballot. Annually, \$2.0-3.5 billion for mental health services is derived from the Mental Health Services Act (MHSA), known as the "Millionaire Tax," passed by voters in 2004. California's counties are granted 95% of these funds, with relative flexibility in their use for mental health services and for substance use treatment for people with or at risk of developing mental illness. Currently, total housing and treatment resources are insufficient to address these crises. In January 2022, approximately 171,500 Californians were homeless. Of that population approximately 75,700 are suffering from severe mental illness and/or chronic substance disorders. Another 10,400 are veterans.

THE PROPOSAL

If passed, Proposition 1 would:

- Authorize the issuance of bonds to rise \$6.4 billion: \$4.4 billion to build facilities for treatment of people with mental illness and substance use disorders, and \$2 billion to build or renovate housing for people who are experiencing or at risk of homelessness, or who have mental illness or substance use disorders.
- Shift approximately \$140 million of annual MHSA funding, currently available to counties for community-based mental health services, to the state for its mental health services
- Divert roughly one third of all county MHSA funding currently used to provide mental health services – including outpatient treatment, crisis response, early intervention, prevention and outreach, and treatment for people with substance use disorder-to housing and personalized support services like employment assistance and education.

FISCAL EFFECTS

Counties would annually receive approximately \$140 million less in MHSA funding and would have to use a greater percentage of their MHSA funding for housing and support services and less for community-based mental and behavioral health treatment. Counties would provide more housing and personalized support services but would have less MHSA money for their mental health services. This means counties may need to use other county, state, or federal money to keep current service levels.

The Legislative Analyst Office estimates the bond would pay for building 6,800 treatment beds in new facilities and up to 4,350 housing units, half for veterans experiencing homelessness. The number of new housing units would reduce overall statewide homelessness by approximately 3 percent, although there are also other funding sources for such housing.

The cost to repay the bond from the General Fund over thirty years would be approximately \$310 million annually. The total cost to pay off the bonds plus interest would be \$6.38 billion plus several more billion, depending on the interest rate.

SUPPORTERS SAY

- The bond will pay for needed housing for people who are chronically unhoused, including veterans and people with mental or behavioral health challenges.
- The bond will pay for needed construction and rehabilitation of psychiatric and other facilities necessary for the treatment of people with mental illness or substance use disorders.
- Proposition 1 provides treatment over incarceration.

OPPONENTS SAY

- The actual number of newly built or rehabilitated housing units would have minimal impact on reducing overall statewide homelessness.
- Billions of dollars will be borrowed to build new locked facilities to hide the homeless, the addicted and the mentally ill against their will.
- Proposition 1 reduces local funding for community and evidence-based treatment that is accessible, effective, and voluntary. Forced Treatment is ineffective and associated with higher suicide risk.

FOR MORE INFORMATION

- Supporters: TreatmentNotTents (Governor Newsom's Ballot Measure Committee)
- Opponents: Californians Against Proposition 1

Whether you are a supporter or an opponent, it is important that you vote your choice and your voice. You can visit the Easy Voter Guide at www.easyvoter.org



THE STAR Author Review

Best Reads This Month - Lily Rock Mystery Series



Just in at The Star - Authors Book Gallery. Opening February 3rd - 10am. I'm ready to read my first 3 of 5 editions of the Lily Rock Mystery series. Available at www.amazon.com

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IDYLLWILD AUTHORS
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The Star opens *Idyllwild Authors Book Gallery*
Saturday, February 3rd - 10:00 a.m.

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IDYLLWILD'S BEST BOOK CLUB
This book club for young readers ages 9 - 14 is sponsored by the Friends of the Idyllwild Library. The Friends provide each reader with a copy of the book, so please join us - the third Wednesday of the month, at 4:30 p.m. in the Library's Community Room, to discuss the book, followed by a craft and a snack. *This book club takes a summer break during June, July and August.*



New! FACES AND PLACES BOOK CLUB
Each month, readers in this group will explore a different "interesting life or location". To prepare, read any book on the subject - or watch a documentary! This group meets on the 4th Wednesday of every month at 2:00 p.m. in the Library's Community Room; ZOOM option available.

FIRESIDE BOOK CLUB
This monthly book club reads both fiction and non-fiction books* and meets the third Wednesday of every month at 2:00 p.m. in the Library's Community Room; ZOOM option available.

LADYBUG READERS
Readers in this book club delve into both fiction and non-fiction books*. They meet the second Thursday of every month at 10:00 a.m. in the Library's Community Room.

* The Friends of the Idyllwild Library provide additional copies of the book as needed.
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HEALTH AND WELLNESS

Harness the Healing Power of Sound In Your Daily Life: Part 1

by Kathy Harmon-Luber

Here we are in a pristine mountain forest, yet human-made sounds are everywhere: motorcycles revving, construction droning, chain saws incessantly buzzing, ubiquitous car alarms chirping. But still other kinds of intentional sound can be deeply healing.

Sound healing is quite popular these days. While it might seem like a “new age” trend, the ancient practice of sound healing is integrated into major hospitals and nursing homes throughout the US.

The ancient Greeks and Egyptians, indigenous tribes of North and South America, and traditional holistic practices like Ayurvedic and Chinese medicine have long known sound can restore our bodies and minds.

Today, medical research confirms sound can reduce pain, lower blood pressure, super charge the immune system, and decrease inflammation (often the root of pain and disease). Studies also demonstrate that sound can elevate dopamine (the brain’s happy drug) and lower the stress hormone Cortisol, improve relaxation, energy, focus, and overall well-being.

New MIT research demonstrates that sound at 40 Hz increases blood flow in the brain and cleans plaque, which suggests this frequency may hold the key to advances in preventing and treating dementia and other brain diseases.

Oncologist Dr. Mitchell Gaynor tells us, “Sound can redress imbalances on every level of physiological functioning and can play a positive role in the treatment of virtually any medical disorder.”

Sound may well revolutionize the future of healing, but how does it work?

First, everything in the universe is energy. Trees, rocks, food, our planet, and our bodies are made of atoms vibrating at a frequency ranging from low to high. We humans are energy beings, plus our bodies are approximately 60% water, which conducts sound better than air.

Sound frequencies can stimulate the brain into the Theta state (a deeply relaxed state we achieve during meditation or prayer), which is connected to creativity and intuition.

In addition to relaxation, scientific research demonstrates the healing effects of sound on the body. Researcher James Gimzewski of UCLA found that every cell in your body sings all the time, except when cells are diseased or injured. But the good news is “our body’s cells can be energized and purified by the very thing they emit: sound.” With specific frequencies, dormant, diseased, or injured cells can be restored.

Interestingly, some of the most healing frequencies are below what the human ear can hear. For example, the gong, the most healing of all instruments, has the largest range of Hertz (unit of frequency for 1 cycle/second). In other words, it has the widest range of low and high notes. In fact, many of the gong’s frequencies cannot be heard by the human ear but are “heard” by our cells.

The lowest sound frequencies support our vascular system to absorb more oxygen into the blood, which is especially good for the healing process and for pain reduction. Sonic scientist John Stuart Reid has demonstrated that 20 minutes of sound regenerates old blood cells.

In our next issue, we’ll discuss how you can harness sound’s healing power at home.

---Kathy Harmon-Luber is a certified Sound Therapy & Sound Healing Practitioner, Reiki Master, shamanic practitioner, author of “Suffering To Thriving: Your Toolkit for Navigating Your Healing Journey,” classically trained flutist, and life-long nature girl. Learn more at www.SufferingToThriving.com.




*I GO TO THE HILLS
for the
Sound of Music*

This beautiful photo of Lily Rock was provided by the amazing photographer Tom Pierce

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RESTARUANT REVIEW

The **BREW PUB** wins The Star review for **Black Mountain Ribs!**

After working a long day and just not knowing what sounds good for dinner, we headed to the Brew Pub for a late meal. Glancing over what I thought I knew was the menu, only to find that something new was listed, Black Mountain (1/2 rack) Ribs with a choice of fries (truffle fries, chili cheese fries or regular fries).

We chose to share the 1/2 rack ribs and the chili cheese fries. This was plenty for two. Great service! The sauce made you lick you fingers til there just wasn't any sauce left to lick. The fries were hot, gooie and just the right amount of heat. Went home, slept like a baby and enjoyed the memory of the ribs with no regrets of heart burn or indigestion. I highly recommend Brew Pub's 1/2 rack Black Mountain Ribs for dinner any night they are open.

Idyllwild BrewPub

54423 Village Center
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 No reservations - Call 951-659-0163

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Wednesday January 24th Dinner, \$20 lus Tax per Order

Chicken Tortilla Soup

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Homemade Desserts

Friday January 26th Dinner, \$20 plus Tax per Order

Manhattan Clam Chowder

Smoked Salmon Fettucine on a Béchamel sauce with Chili flakes, Fresh Dill Parmesan Cheese and Vodka

Homemade Dessert:

Saturday January 27th Dinner, \$20 plus Tax per Order

Tomato and Basil soup

Chicken Breast "Calabrese" Honey and Balsamic Marinated Chicken Breast topped with Tomatoes, Capers, Artichokes and fresh Mozzarella served with baked Polenta

Homemade Dessert

Sunday January 28th 8.00AM-10AM \$12 plus Tax per order

Sennen Rösti with Bacon Ham, Onions and Swiss cheese topped with 2 Eggs your Style or **Vegetarian Rösti** with Roasted Vegetables, fresh Herbs, Mozzarella and 2 Eggs your style

Monday, January 29th Dinner, 16.50 plus Tax per Order

Minestrone, Angus Beef Lasagna, Cannoli's



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