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THE STAR

Community Newspaper

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

Volume 2

Issue No. 5

Wednesday

March 20, 2024



Jo Monroe Matthews Owner/Publisher of THE STAR Celebrates the first year of serving Idyllwild and the Riverside Mountain Communities

Honoring THE WOMEN of IDYLLWILD

This is the first selection, of the many woman, to be honored this month. You are invited to name a local woman to be honored in our April edition, as we continue to recognize the amazing Women of Idyllwild. jo.monroepublishing@gmail.com

Marge Muir



Shirley Peters



Judi Milin



Reba Coulter



Bonnie Reynolds



Gisela Stearns



Nam



Phyllis Curington Brown



Rachel Teeguarden



Dawn Finlayson



Lupita Lomell



Julie Thomas



Paige Dobson

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ANZA

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Dining &
Entertainment page 12

The Editor's Page



THE STAR
Est. August 5, 2016

THE MONROE TEAM

Jo Monroe
Owner/Publisher
jo.monroepublishing@gmail.com

Kristy Frazier
Editorial Associate

Tracy Meier
Advertising Associate and
Director of the
Gallery of Authors
Bookstore/Writer's Studio

WRITER'S CIRCLE
Featuring:

Kathy Harmon-Luber
Inspiration

Kristy Frazier
Special Interest

Jessica McAnallen
Garner Valley View

Dawn Finlayson
Healthy Beauty Tips

OFFICE HOURS:
9AM - 5 PM MONDAY -
FRIDAY

OFFICE PHONE:
951-527-0055



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.

We reserve the right to edit spelling and punctuation.

The Star will acknowledge errors and make corrections in a later edition.

Letters to the Editor must be signed and dated. Please include your address and phone number.

Once received, all letters are the property of Monroe Publishing LLC and The Star.

It is our hope that "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.

Address your letter to:
The Star
P.O. Box 3019
Idyllwild, CA 92549

or
jo.monroepublishing@gmail.com

THE STAR OFFICE
54585 N. Circle Drive
Idyllwild, CA 92549

951-527-0055

YOUR LETTERS TO THE EDITOR
A place where you talk and we listen.



No entry fee! Enter March 1-23, 2024

Voting March 24-April 5, 2024

Enter a photo of your dog, cat, or "other".

Online voting chooses the winners.

Funds raised will be used to help local low income families provide medical care for their pets and will fund necessary medical testing and treatment for senior pets coming into ARF's care.

Please visit www.gogophotocontest.com/arfpetsofyear for prize listing, rules, and entry submissions.

This week's Letter to the Editor is from Terri French

Dear Editor,

With all of the bad news going on these days with wars, corrupt leaders and the quickening implosion of our once great nation by Marxists, plagues etc., there is still so much to be thankful for...

I am truly grateful for the elderly man who picks up trash along the highway, thank you Sir!

For the young man who appeared and dug me out of a snowbank on a dark, cold night, Thank you!
For those who leave food and grocery bags in the lobby of the post office, Thank you!

For the neighbor that came to my home during Hurricane Hillary, brought over his chainsaw, climbed up and cut up the tree that fell through my roof (in a hurricane!), Thank you!

To those friends and neighbors that helped me with cleanup of the huge chunks of the tree and debris... Thank you! I'm thankful for Gentlemen who still open the door for those of us who understand how this gender thing was designed (LOL)...Thank you!

For all of the volunteers whose hearts yearn to help others, Thank you!

For this paper that still allows opinions to be published, honoring our rights to freedom of speech...Thank you!

Most of all I am thankful for the almighty God of heaven, who loves each and every one of us and longs to save us from what is to come. Look up and thank Him; hear Him before it's too late. Time is short!



Suzanne Schreiber
Massage therapy

Suzanne Schreiber massage therapy
.....
CAMTC license 95190
At your home service
suzannelea7@gmail.com
Health-4you.co
.....
970-319-3471 cell
Insured service to Idyllwild California areas

Health and Beauty Tips

Unlock The Secrets of Beautiful Hair

By Dawn Finlayson

I have been working with Natulique, a company from Denmark, that strives for sustainability and healthy hair. We are setting the standard for holistic beauty. At its core, holistic beauty refers to looking at beauty as a "whole picture" situation, where beauty comes from health, and health comes from within. Holo in Greek means whole. A Holistic hair care routine focuses as much on the inner well-being as it does on the physical aspect. It's about finding balance between body and mind.

The Natulique products are derived from organic ingredients, cruelty free, fair-waged, renewable energy, recycled packaging, and vegan. We have beautiful, natural, PPD free and ammonia free hair color. I am proud to offer them to our community. With these products I am able to create fabulous hair that can be recreated at home. Healthy products create healthy hair and scalp. I have loved these products since the second I tried them. My clients love the way their hair behaves and smells. Natulique products contain essential oils to help produce healthy shiny hair and promote hair growth. They are naturally antibacterial, antiviral, anti-fungal. I have special hair treatments that can be done by me in the salon that promote clean, clear scalp and hair growth. I also have products that can be used at home along with wonderful shampoos, conditioners, and styling products.

Dawn Finlayson has had a home on the hill since 1990. She is available for in person or text consultations. Come visit her in her new location in the Oakwood Village. She can be reached at (951) 659-DAWN (3296)



HOLISTIC HAIRSTYLIST

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

Text me for a free consultation in my new salon in Oakwood Village! I would love to see you in my chair!

Dawn Finlayson

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



Creativity is Good Medicine

Kathy Harmon-Luber

Creative expression is good medicine for healing us physically, mentally, and emotionally—whether you play an instrument, sing in the shower, or paint with your children.

“Engagement with creative activities has the potential to contribute toward reducing stress and depression and can serve as a vehicle for alleviating the burden of chronic disease.”

Creative expression has big health benefits, helping us to:

- “express thoughts and emotions that can be hard to put into words
- lower stress and anxiety
- relax and feel calmer and happier
- connect with yourself on a deep level, no matter what you’re going through
- find meaning in life experiences
- cope with grief and loss
- form new connections with others

Expression has health benefits:

- shift your focus away from pain or stressful thoughts to activities that are soothing, enjoyable, and fun
- create something unique that gives you a sense of pleasure and accomplishment”

“The arts can be a safe haven for children to face big emotions, to channel fears and frustrations into acts of creativity.”

Art can help process trauma experiences and give voice to hopes and dreams.

You don’t need talent for creativity to be healing. (No need to share it either.) It’s easy to do something creative every day:

- hum a tune, sing to the trees, or play an instrument
- cook a colorful dinner, or bake healthy cookies in fun shapes
- design a garden or home improvement project
- do yoga, or dance in the forest with your favorite imaginary animals
- doodle, or play in a coloring book
- sew or knit
- write a poem or story, or journal your thoughts
- daydream, or follow the thread of curiosity down the rabbit hole

Cont. on page 10

THE IDYLLWILD ROTARY REPORT



Idyllwild Rotary Club

The Drinking Fountains Project is Born



At ROTARY, the month of March is dedicated to Water Supply and Sanitation. Millions of people suffer daily from the lack of vital liquid, and this causes severe health problems. The more than 34,000 Rotary clubs around the world are making a major contribution to solving this serious problem



Idyllwild Rotary Club welcomed Salavador Sanchez, Rotary member from Club Rotario Mexicali Industrial.

Sal Sanchez is the director of the Drinking Fountain Project which targets the need for 14 specialized clean water drinking fountains desperately needed and to be located in the Mexicali region.

The focus on providing sanitized drinking water, offers hope to the entire community.

Idyllwild Rotary Club recently traveled to Mexicli Industrial to work with the Rotarian. This week Idyllwild welcomed director Salavador (Sal) Sanchez, exchanging Rotary flags with President Pro-temp Dawn Brenner-Plonski



Photo provided by Rotary Club of Idyllwild



photo by Rotarian Eric Tracy

Success Story From 1991 to the Present

MD. Jesus's Maria Peraza Tinco begins by offering medicl consultations under a tree (This tree still stands, 33 years following initial services)

1992 - 1993

The Dr. Jesus Maria Peraza Tinco Clinic project of the Mexicli Industrial Rotary Club is launched

It was deemed necessary to expand the clinic in 2007 given an increase in population and the number of clinical patients. This brought along with it the need to request support from businesses in Mexicli

Two members of the Mexicli Industrial Rotary Club. Gabriel Villalobos and Fabian Martinez developed a project to expand the clinic.

Coming Soon

**Strawberry Creek
Medical**

Sign up at
strawberrycreekmedical.com
to be first to know

SPECIAL INTEREST



Though women's rights issues were voiced as far back as the early 1800's, the first National Women's Day was not declared until February 28, 1909. This day was organized by Theresa Malkiel and designated by the Socialist Party of America as the first National Women's Day. This took place at the same time that there was a demonstration being held in New York City's Lower East Side, in the garment district. Women were protesting child labor, sweatshop conditions, and they were also demanding women's suffrage.

Around the same time, other feminist leaders overseas were discussing when they might celebrate the special women in their communities. In 1910, an International Conference of Working Women was held in Copenhagen, Denmark. An International Socialist Women's Conference was organized ahead of a general meeting of the Socialist International Conference of Communist Women. German activist Clara Zetkin convinced them to create a worldwide version of the American holiday recognizing women. On March 19, 1911, the first International Women's Day was held in four European countries. Then, in 1917, that date changed to March 8th because, on that day, women textile workers in Petrograd, Russia, took to the streets to protest food shortages, poor working and living conditions, and the issue of suffrage. Four years later, in 1921, this historic strike gave rise to the Russian Revolution, and so March 8th became the date to recognize International Women's Day.

Women's History Month

by Kristy Frazier

In the United States, in 1920, the 19th Amendment to the Constitution was ratified, ensuring the right of women to vote, and in 1923 an Equal Rights Amendment was introduced stating, "Men and women shall have equal rights throughout the United States, and every place subject to its jurisdiction."

For several decades following, with the advent of the Dust Bowl, the Depression, and World War II, the celebration of this special day became a bit muted in the United States. Still, women's rights were fiercely fought for in the 1960's when the Women's Liberation Movement became the largest, broadest social movement in United States history. Then, in 1975, the United Nations sponsored the recognition of International Women's Day, and now dozens of countries acknowledge the tireless efforts made in furthering women's rights, and the need to continue the efforts to gain and ensure the equality of women throughout the world.

Here in California, the recognition of Women's History began in 1978 as a local week-long celebration in Santa Rosa. The Education Task Force of the Sonoma County Commission on the Status of Women planned the week and timed it with International Women's Day. Local advocates formed the National Women's History Alliance, and in 1980 they led a coalition of women's groups to successfully lobby President Carter to issue a proclamation recognizing National Women's History Week.

Finally, in 1987, after being petitioned by the National Women's History Alliance, Congress passed Public Law 100-9, designating the month of March as Women's History Month, and President Regan signed it into law. Other countries celebrate International Women's Day, but the United States is the only country that devotes an entire month to the recognition of women.

Ultimately, since 1995, Presidents have issued annual proclamations celebrating the many contributions women have made to the United States, and to recognize the specific achievements that women have made over the course of American history in a variety of fields.

(cont. on pg. 9)

HARLEY WOMEN IN HISTORY



Photo of Motor Maids Linda Dugeau, Dot Robinson, and Vivian Bales

Women have always been a part of the Harley-Davidson® family

As early as the 1910s, female riders did everything the men did, from lazy weekend rides to long-distance journeys. In fact, in 1915, a mother and daughter by the names of Avis and Effie Hotchkiss made history by crossing America - twice - on a three-speed V-Twin with a sidecar. The following year, *Enthusiast* magazine began publication, featuring many early accounts of women and motorcycling.

AS THE DECADES PROGRESSED, MORE AND MORE WOMEN DISTINGUISHED THEMSELVES AS GREAT MOTORCYCLE ENTHUSIASTS, MOST NOTABLY THE FOLLOWING: Vivian Bales of Albany, Georgia drew attention for her 5,000-mile round-trip journey from her home through the upper Midwest in 1929. Bales appeared on two different covers of *The Enthusiast*, and was later dubbed "The Enthusiast Girl."

Dorothy "Dot" Robinson, the wife of dealer Earl Robinson, competed alongside men in endurance races during the Depression. She was also co-owner of the Detroit dealership and a motorcycle courier during World War II. Known as "The First Lady of Motorcycling," she estimated logging over 1.5 million miles on motorcycles throughout her lifetime.

(cont. on page 9)

LOH - Ladies of Harley recently visited Idyllwild during the Film Fest. Two of the LOH members who embrace the two-wheeler lifestyle took time to visit with *The Star*. Their chapter is the LOH of Bakersfield, CA, with 37 local members. One member has traveled over 100,000 miles in California. As part of this year's LOH Challenge member will visit the Idyllwild Monument. The Coming Event will be the weekend of April 27-28, with a destination to Joshua Tree. The overall challenge this year is 50 rides and 50 states. :

GRAND OPENING

YOU ARE INVITED

April 6, 2024
11 am - 2 pm

*Meet Idyllwild's
Gallery of Authors*

*Local Authors will be signing
their books for your purchase*

MONROE PUBLISHING LLC



Gallery of Authors
Bookstore and Writer's Studio
54585 N. Circle Drive - Suite D



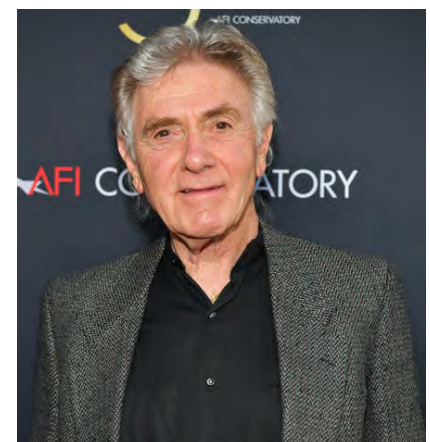
Michael M. Darrow
Author:
Indian Country:
Incident at Big Pine
and Blood Wolf God



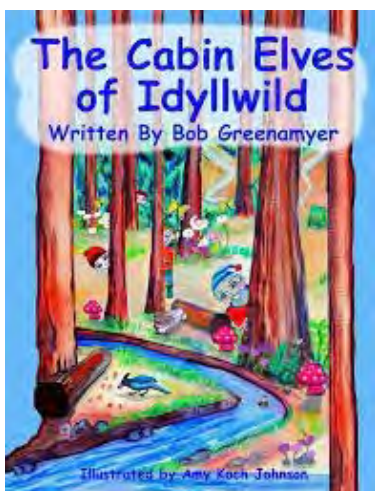
Kathy Harmon Luber
Idyllwild Podcaster/
Author:
Surviving to Thriving



Brandon Oswald
Author:
Mr. Moon of The
South Seas and
The Dark Lands -
A Melanesian
Experience



Ken Luber
Fiction/Novelist Author:
Sun Jumpers
The Angel, The Dealer,
The Deal



Bob Greenamyre
Children's Author:
The Cabin Elves of
Idyllwild and
The Grandkids Meet
the Cabin Elves



Helle Brisson
International
Author's Coach/
Children's Author:
Rassmoose the
Christmas Moose



Patricia Garza Pinto
Children's Author:
Adventures of Culco
and Chacho
Bi-lingual/Culture



Cheryl Gardner Moore
Children's Author:
The Thirsty Dragon
Culture/UK/
Environment Edu.

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

Sunday Mass: 10:00am

Shiloh

54295 Village Center Dr.
Idyllwild, CA 92549
951-659-2416

Sunday morning Service 10:00 am

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



MEN'S FELLOWSHIP

Men of All Ages Invited for Food and Fellowship

GUEST SPEAKER - PASTOR ROBERT JOHNSON

Saturday March 23, 2024


10:00 a.m.

SHILOH CHRISTIAN MINISTRIES

54295 Village Center Drive
(Behind the Post Office)
Idyllwild, CA

LET US KNOW YOU CAN JOIN US!

CALL JAMES 760-805-9949



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IBC Youth Evening of Fun!
Idyllwild Bible Church
Tuesday, March 26th

Free event for youth 6th-12th grade at Idyllwild Pines from 5 pm-7:30 pm.

An evening of Fun, Food, and Fellowship
PLUS: Giant Slide, Archery Tag, Hatchet Throwing, and Slingshot Range.

Plan on attending contact Pastor Clint: 951-659-4775
or email: clint@idyllwildbiblechurch.org

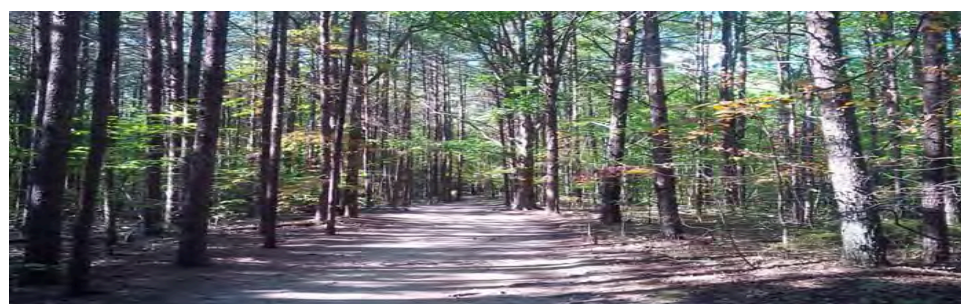
Friday, March 29th:
Good Friday Service at IBC @ 6 pm



MILE HIGH RADIO CLUB MEETS

April 2, 2024
MEETING TIME: 6:30 pm

Members, guests, and interested individuals are welcome. Meeting held at MIDDLE RIDGE WINERY 54301 N Circle Drive, Idyllwild, CA



WOMEN IN BUSINESS - BUILDING THE FUTURE



Jessica McAnallen is a dedicated real estate professional with a passion and a dedication for helping others. Her journey began with a curiosity-driven interest in real estate. Her dad owned a construction company and built custom log homes. He also had a passion for investing in commercial and residential real estate. Seeing his unwavering success and passion for helping others made her want to jump in. It has now evolved into a deep-seeded commitment for her. She thrives on building relationships, and is known for her go getter personality.

Whether she's working in the office, collaborating with friends, or building a relationship with new friends, she brings an unwavering dedication to excellence. She says, "In my mind I believe everyone should experience the dream of home ownership. I am excited to continue to make those dreams a reality. I'm excited to connect, share insights, and build relationships." Jessica has a keen eye for market trends and her negotiation skills have consistently resulted in advantageous outcomes for her clients. Her commitment to transparent communication and meticulous attention to detail sets her apart. She is deeply motivated by helping clients find their dream homes and achieve their investment goals, making her a valuable asset in the real estate landscape. She envisions a future of continued growth and innovation in the industry, and she's excited to be part of shaping it.

Jessica decided to move to Garner Valley to raise her kids outdoors. "In the desert it's hard to get outside much. I grew up in upstate NY and was always outside. I wanted the same for my children. When I found Mountain Center, I knew it was home." Since then Jessica has grown a passion for assisting others who want to buy or sell in Garner Valley and the surrounding area. After moving "up the hill" she has created the Garner Valley Business Directory and assisted with a new Neighborhood Watch program. The directory is now 22 pages long, full of local businesses that service the community, and offer client testimonials as to the quality of work they offer.

Editorial provided by Jessica McAnallen

ANZA REPORT

PhotoEffeX repair | colorize | edit
It's all about the tools and the skills.
AFFORDABLE Magic!
951.744.5011
ANZA, CA
Sandi's BizAssist

MarketPLACE Cooperative, Inc. (MCI)
Evovles into Sandi's BizAssist (SBA)

DATELINE: ANZA, CALIFORNIA 03/29/2024

No joke... and Sandi Hughes, the founder and co-owner of MarketPLACE Cooperative, Inc. is no fool this April Fool's Day. When unforeseen events appeared to ask, "Do we stay in business or fold?", she brought in a new deck of cards into play, answering, "We WIN! People have difficulty knowing or recalling our business name. They know my name. I can't let our community down when our products and services are so important to the community. Our customer database is over 850-strong. We'll rebrand, improve, and grow better in the coming years."

Office hours: Mon.-Fri. 9am-5pm: Sat. 9am-1pm.
Mobile Notary after hours on request.

Location: 56480 Hwy 371, #10, Anza, CA 92539

EASTER SONRISE

Service at Inspiration Point

SUNDAY MORNING

March 31st, 6:30-7:30 a.m.

Take Highway 243 south to Marian View and follow the signs to Inspiration Point.

Bring lawn chairs, hot drinks, and dress in warm clothing.

Sponsored by

Community Church
(Regular Service 9:30 a.m.)

Calvary Chapel Mountain Center
(Regular Service 10 a.m.)

Idyllwild Bible Church
(Regular Services at 9 and 10:45 a.m.)

In case of inclement weather, the Sunrise Service will not take place. However, Easter Services will follow at the various sponsoring churches at their regular time. For info call 659-4775.



Idyllwild Realty
Wayne Johnston
Realtor

951 236 1998 cell

951 659 2125 work

wayne@lovethehill.com

DRE# 01312089



Women's History Month cont. from page 5

This year President Biden stated, "Throughout history, the vision and achievements of powerful women strengthened our Nation and opened the doors of opportunity wider for all of us. Though their stories too often go untold, all of us stand on the shoulders of these sung and unsung trailblazers—from the women who took a stand as suffragists, abolitionists, and labor leaders, to pioneering scientists and engineers, groundbreaking artists, proud public servants, and brave members of our Armed Forces."

This year's theme is, "Women Who Advocate for Equity, Diversity, and Inclusion." Leading the way, for women was Gerda Lerner.

Gerda Kronstein Lerner (April 30, 1920 –January 2, 2013) was born in Vienna, Austria, to an affluent Jewish family. Her father was a pharmacist, and her mother was an artist. She and her younger sister attended local schools, and frequented the gymnasium. After the 1938 Anschluss (the incorporation of Austria into Germany), she joined the Anti-Nazi Resistance. That year, her father escaped to Switzerland. She and her mother were jailed for six weeks due to their Anti-Nazi rhetoric. Once released, her mother moved to France, and she immigrated to the United States under the sponsorship of the family of Bobby Jensen, her fiance at that time. That relationship dissolved and she ended up marrying Carl Lerner, a Hollywood film-maker. In 1951 they returned to New York, where she enrolled in the New School for Social Research. She began to ponder about, "people who did not have a voice in telling their own stories." She went on to earn a Ph.D. in history, and offered the first regular course in women's history. She continued her graduate studies at Columbia University, earning both an MA and a Ph. D.

In 1966, Lerner became a founding member of the National Organization for Women. Then, in 1968, she taught at Sarah Lawrence College, and developed a Master of Arts Program in Women's History. It was the first American graduate degree in its field. In the 60's and 70's she published scholarly books and articles that helped establish women's history as a recognized field of study.

In 1979, Lerner chaired the Women's History Institute, co-sponsored by Sarah Lawrence College, the Women's Action Alliance, and the Smithsonian Institute. It was attended by the leaders of national organizations for women and girls. When these participants learned about the success of Women's History Week, celebrated in Sonoma, California, they decided to create their own commemorations within their own organizations, communities, and school districts. They agreed to help secure a National Women's History Week, which helped lead to the national establishment of Women's History Month.

Research contribution sources:

Google; Wikipedia

The Progressive Magazine-Mathew Rothschild, 1-4-13

First, Second and Third Generations of NASA



Photo by Jo Monroe

Daughter of Katherine Goble Johnson honors her mother at American Airline C.R. Smith Museum - Dallas/Fort Worth, Texas



Photo by Jo Monroe

Family and friends join in celebrating the life of Katherine Goble Johnson, Dorothy Vaughan and Mary Jackson who were the three key mathematicians who were ultimately human computers. They worked at the Langley Research Center's Computational Building at NASA during the Space Race.

Wikipedia report: Though the mathematicians are ultimately replaced by electronic computers, a textual epilogue reveals Mary obtained her engineering degree and became NASA's first female African American engineer; Dorothy continued as NASA's first African American supervisor; and Katherine, accepted by Stafford as a report coauthor, went on to calculate the trajectories for the Apollo 11 and Space Shuttle missions. In 2015, she was awarded the Presidential Medal of Freedom. In 2016, NASA dedicated the Langley Research Center's Katherine Johnson Computational Building in her honor.

CREATIVITY IS GOOD MEDICINE Cont from page 3.

What's more, music has been scientifically proven to keep your brain young and healthy. And "expressive writing may also offer physical benefits to people battling terminal or life-threatening diseases... Writing about emotions and stress can boost immune functioning in patients with such illnesses as HIV/AIDS, asthma, and arthritis."

Try anything and everything that lights you up: Make your life a work of art

The key is to find something meaningful you enjoy doing that helps you 1) live from your heart center and 2) discover that magic moment of being in the flow. Just following the tug of curiosity and bursts of inspiration—or simply noodling around—opens pathways of discovery and deep healing. Whatever you do, be sure to silence your inner critic. As Miles Davis said, "Do not fear mistakes. There are none." A perceived "mistake" can take you to a delicious landscape that wasn't on your map. If you need guidance, find an expressive arts teacher.

All that's required is your unique expression of your true nature. That, my friend, will put you on the road to healing.---

Kathy Harmon-Luber is the Art Alliance of Idyllwild's "Artist of the Year, 2012," 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, frame drummer, and life-long nature girl.

Learn more at www.SufferingToThriving.com.

RESOURCE MATERIAL

1 Heather L. Stuckey and Jeremy Nobel, "The Connection between Art, Healing, and Public Health: A Review of Current Literature," *American Journal of Public Health* 100, no. 2 (2010): pp. 254-263, <https://doi.org/10.2105/ajph.2008.156497>.

2 Ronit Fallek, "The Power of the Creative Arts in Health and Healing," *U.S. News (U.S. News & World Report L.P., September 29, 2015)*, <https://health.usnews.com/health-news/patient-advice/articles/2015/09/29/the-power-of-the-creative-arts-in-health-and-healing>.

3 <https://edsource.org/2022/can-arts-education-help-kids-heal-from-the-trauma-of-the-pandemic/673558>

4 "Keep Your Brain Young with Music" (Johns Hopkins Medicine), <https://www.hopkinsmedicine.org/health/wellness-and-prevention/keep-your-brain-young-with-music>.

5 Bridget Murray, "Writing to heal: By helping people manage and learn from negative experiences, writing strengthen their immune systems as well as their minds," *American Psychological Association* 33:6 (June 2002).

6 Check out A Window Between Worlds' Windows (art healing trauma), Flora Bowley's Brave Intuitive Painting, Chris Zydel's Creative Juices Arts, Sheila Bender's Writing it Real.



The Hottest Renovation Trends for 2024

Now that the winter is here and we're all inside more of the time than usual, you may be feeling that your home is a bit cramped. If so, you're not alone. One in four people say they've out grown their home.

This month I'm sharing some information on why and how people decide to renovate their homes. It could be an easy fix, like reconfiguring existing rooms or a much bigger project, such as building an accessory dwelling unit (ADU) or adding a second story. I've also included typical costs for these projects as well s the ROI. (Of course, costs will very based on scope of project and location). I hope you find this information useful, and if you need a professional to help you with any home renovations, feel free to reach out and I'll connect you to one in my trusted network.

Sincerely,

Sheila Zacker

The highest compliment I receive is your ongoing referrals of friends, family and business partners.

Oh, by the way ...if you know of someone who would appreciate the level of service I provide, please call me with their name and contact information.

Renovations can be time-consuming and expensive. Carefully vet your contractor so that you don't end up with unexpected costs and aggravation. Please reach out if you need a referral to a great service professional.

What Will It Cost?
Prices will vary depending on scope of project and location.

Home Additions (one room)	\$22,000 to \$82,000
Accessory Dwelling Units (ADUs)	\$60,000 to \$225,000
Kitchen Remodel	\$15,000 to \$65,000
Basement Remodel	\$12,000 to \$34,000
Second-story Addition	\$150,000 to \$200,000

Typical renovation costs
\$49,000
with an average ROI of **60%**

DID YOU KNOW, THE #2 REASON PEOPLE MOVE IS BECAUSE THEY NEED A BIGGER SPACE?

If you or someone you know is considering a move, feel free to contact me with any questions. I'm here to offer clear, concise information you can trust. I also belong to a network of top real estate professionals, and I can connect you to one wherever you're looking to go.

Sheila Zacker
BRE#01385817
Oh, by the way... I'm never too busy for your referrals!

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Google History photo

Harley Women cont. from pg 5.

The Motor Maids, the world's first women's motorcycle club, was founded in the 1930s by Wellesley College graduate Linda Dugeau. The club became home to Dot Robinson, who was its first president, as well as countless others into the present day. More modern times have witnessed the creation Trailblazer Bessie Stringfield left her mark on the sport of motorcycling by being the first African-American woman to complete a solo cross-country ride. During the '30s and '40s, she traveled through all of the lower 48 states and rode abroad in Europe, Brazil, and Haiti. She also joined an army motorcycle dispatch unit during World War II, making runs across America. of the clubs "Women in the Wind" and "Women on Wheels," which boast large numbers of members and local chapters across North America. Today, one in ten riders is a woman, and female riders are the fastest-growing segment of the riding population.





Village
PROPERTIES
DRE#00607760

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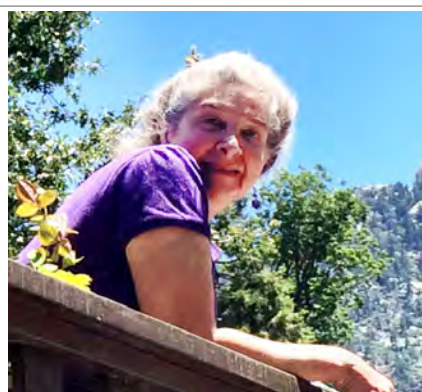
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Easter Sunday 2024



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Pick Up Easter Sunday, March 31th from 12PM - 1PM

Menu
\$32 per Order

Roasted Red Pepper and Chickpea Soup

Organic Leafs with Candied Pecans, Apples, Beets and Blueberry Balsamic

Roasted Leg of Lamb with Garlic and Herbs on a Red Wine Demi-Glace
Scalloped Potatoes and fresh Green Beans

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