

July / August 2006

Endings and Beginnings

It seems this July has its theme of endings and beginnings. We have the resource center closing and the Crest Clubhouse beginning.

School children have ended another year, and in many cases their time at Crest School. For some, the year will begin in a new school in the fall.

St Louise Church has said farewell to its Pastor of 3 years and will be welcoming a new Pastor this month.

The Crest Sun welcomes information from the community. If you have information to share, please contact; Chris at 447-5826 or by email, winters72@hotmail.com

Betty at 442-7083 Crest Library or by email: blucas@thecrestsun.com

Next deadline August 21, 2006

Father Robert Irwin



On Sunday, June 18th a celebration of Faith, *Christ's Presence in Our Midst*, was held in St Louise Parish Hall. It was also an opportunity for the parish to say Farewell to Father Irwin who has been transferred. Father was Pastor of St Louise de Marillac Church for the past three years.

On October 26, 2003, Father evacuated with the rest of us. While in a motel in El Cajon, he was busy on his phone arranging for emergency relief services for the community.

On Monday, the 27th, he tried three times to get up the Hill. On Tuesday the 28th, he walked up the hill to find the church and rectory badly damaged by the fire, and a small fire in the church.

By Tuesday afternoon, a relief center was established in the parish hall; food, water and other supplies arrived. By Wednesday there were 3 free meals a day available to the community as well as clothing, counseling, and other relief items. Crest owes a big THANK YOU to Father for

starting the relief effort.

Besides being pastor here, Father held a full time job with the Diocese of San Diego as a judge on the Diocesan Tribunal.

Father was an ardent supporter of *The Crest Sun* and eagerly awaited the new issues, distributing them to his neighbors and making them available to parishioners.

He will be missed, but we wish him well as he becomes Pastor of Our Lady of the Sacred Heart Church in San Diego.

Critical Hours Program

June 5, 2006

Nancy Jane Park, Crest

To all of our participants / parents;

As you know we are coming to an end to our fiscal year. We have recently met with our county contract monitor regarding this upcoming year. Unfortunately we have some news that affects some of our wonderful participants. As of July 1, 2006 we will need to reopen a file on all youth that meet the new contract age group. The program will be servicing youth between the ages of ten (10) years and fifteen (15) years old.

The target age range was to engage the middle school population. I am sure there will be some feelings regarding these changes. I will be available by phone to answer any questions or concerns regarding the upcoming changes. Throughout the month of June we will be working with all of the youth regarding feelings and thoughts about these changes and how this affects them.

We look forward to continuing our work here in the Crest Community and are always available to answer any questions or concerns. Thank you for your support and participation. Please feel free to call me at (619) 258-6877 x247

Sincerely,
Brenda Franco

Crest Coordinating Committee for Fire Recovery

It has been a great pleasure and education to serve this community as director of the Crest Resource Center and to serve with the Crest Coordinating Committee for Fire Recovery with a wonderful group of volunteers. Although I have lived in Crest for over 30 years, I have never made so many friends and acquaintances. Volunteers from all over San Diego and indeed, the United States, came to help us in our time of need. Many Crest volunteers have stayed the course and continue to this day to help when they can.

It gives me great pleasure to see all the new building and landscaping, for it is evidence of our community's will to reestablish homes and lives. For many, it has been and will continue to be

a struggle. But good things can come from within difficulty, and there is blossoming evidence of this all over Crest.

There are a few families who left our community altogether, and more than a few who are still deeply traumatized by the events through and after the fire. For some of these folks, no amount of assistance will ever be enough to "put our lives back together". Their way of life has forever been altered. We have attempted to provide the emotional support whenever possible, but ultimately disasters of this scale can never be completely erased from our lives. For some it will remain a turning point forever.

Our job at the center to provide resources and information, has come to an end and we know this because fewer of our fire folks come to see us. That means they are well on their way to recovery and our job is done. We welcome the announcements of " I have finally passed final!" and celebrate with you.

Our last open house and Thank You will be celebrated on July 4th. Please drop in and give us an update and say goodbye. Bring a photo of your new home for us to include in our album. We would like to share images of the fire recovery one last time!

There are many I wish to acknowledge for their time, energy and emotional support and steadfastness that made our center work. Resource Center Volunteers for 2004-06, Thank you all!

Jackie Grace, a VERY special thanks for her over the top commitment to help out with the books, and running the center. She has played a very important role in the success of this recovery effort. She has been a critical part of our team.

Dawn Hubert, a special thanks to Dawn and her entire family for initiating donation distribution with many of the local churches, putting the first fire folks lists together, helping our community with immediate critical needs after the fire, volunteering at the center and later joining the Salvation Army as a case worker. She is a wealth of information for our community. When you want something done you ask Dawn! And she will continue to assist if needed.

Kandhy Franklin, a special thanks for all her work and especially starting the Crest Fire Safe Council which will continue to make Crest a safer community in which to live. And for getting us a fire siren!

Andy Knutson, a special thanks for serving on the CCC board, starting our insurance groups, bringing George Kehrer to our community and assisting fire folks with insurance issues.

Noelle Carranza, thanks for many hours of work at the center, bringing us goodies and taking charge of Welcome Home Baskets and being a great proof reader.

Mary McLellan, thanks for her willingness to serve on the CCC board and volunteer one day a week for almost 3 years.

Linda Hjelle, thanks for help with the computers, volunteering and teaching us how to work with digital cameras.

Connie Gipson, thanks for her energetic support of our efforts, fund raising, and serving on the board. Connie gets things done!

Linda Cossey, thanks for putting our database together, serving on the board, and finding computers for fire folks.

Challais McDonald Troyer, for starting the first emergency recovery center at the school and continuing to serve this community as well as Harbison Canyon for over two years.

Alvin Troyer for all of his generous help over two and a half years.

Pam and Grant Mitchel, thanks for pitching in whenever we needed help, and assisting other fire folks with sage advice and paperwork, and construction advice.

Judy Becker, thanks for volunteering at the center whenever she could and assisting with computer technology.

Sally Bruner, thanks for volunteering at the center, helping with the newsletter mailing and feeding us.

Deanna Avant, thanks for the Adopt a Family program and serving on the CCC board.

Aaron Valdez, thanks for taking on our chipping program and helping fire folks with fire clearing, and checking in to see what needed to be done.

Deena Raver, Special thanks for her help with the county and reviewing plans for fire folks.

Bonnie Daniels for volunteering, working with TSA and helping whenever we asked and for all the great food she brought to us.

Sue Geller and Crest School, a special thanks for helping us with communications and donations and disaster preparedness.

Kiwanis International for all of their assistance during the fire recovery, from the very beginning to the end.

Dave and Laurie Jones , a special thanks for serving on the CCC board, helping out whenever you were asked and supporting our events with donations, great chili, and music.

CCC Long Term Board members: Without whose help we would not have survived: Linda Cossey, Cathy Chadwick, Dave and Laurie Jones, Dennis Ottolagano, Connie Gipson, Mary McLellan, Andy Knutson, Rosemarie Michelson, and Debbie Egelston.

Volunteers, workers, friends and sponsors to whom we owe a special thanks: Kathy Fiedor, Betty Lucas, Darlene Wilcox, Trish Gillogly, Cathy Kolbenshag, Jamie Larson, Shirley Alvarado, Bonnie Weischedel, Gloria Goodenough, Jamie Fransway, Barbara Halte, Ruth Maas, Tim Mc Master, The Nicasio Family, The Rader Family, The Shimamoto Family, Victor Smyth, The Tatro Family, The Wilson Family, The Bough Family, The Busch Family, The Gipson Family, The Goettches', Kay Acres, Debbie Milligan-Fox, Susanne Gaull, Dennis Plunkett, Graham Smith, The Glenn Mitchell Family and Trish McKenna-Weir and a very special thanks to Diane Brehm.

A special thanks to the Crest Library for always supporting our efforts to communicate with Crest.. Crest Community Church for donating their kitchen to our volunteer workers for almost

3 years, St Louise Catholic Church, for it's sterling efforts to assist our community in the early days after the fire; Rainbow Market, Leonardo's and Crest foods for helping out whenever asked.

You opened your hearts to our community and supported us so that we could continue. We wish to thank Crest residents who gave us generous donations, all our county representatives, and especially, Fire Chief Darrell Jobes, Supervisor Dianne Jacob, Assemblyman Jay la Suer, Congressman Duncan Hunter and Senator Hollingsworth..

We dedicate this to Friends of Crest our sponsor and fiscal agent. Without them we would not have had the Crest Resource Center. A special thanks to Board members, Cathy Chadwick, Peggy Meredith, and Christina Seebold.

Goodbye and Good luck! It has been a challenging time for all the fire folks and will continue to test the patience of those who are still the process of rebuilding. We started with almost 300 homes destroyed and we currently have 140 homes completed. We have had over 4600 visits to the center since it opened.

We are hopeful that when the Crest Community Center (CCA Clubhouse) is open for business, there will be a volunteer effort to have regular hours for community resource information. We will have the copier and fax machine available at that time.. WE have tried to thank all the folks who have helped us. If we have missed you please let someone here know and we can thank you on July 4th.

The week of July 10th will be our last week and we will be dismantling the trailer. It will be moved on July 17th. Our phone will not be in service after July 13th. If you need to contact Crest Resource folks you may leave a message on the CCA line at 44Crest or (619) 442-7378.

Thank You CRWRC for all that you have done on behalf of Fire Survivors.

Remember CFRRG if you are still in the process of rebuilding. They are a great support group and will be able to assist you with lots of purchasing information. Call David Kassell for information and meeting times at 619-895-6790.

When disaster strikes we are all in it together, thanks for being part of our team.

Thank You to Kenneth Greene for making the Crest Fire 2003 CD!

CDs of the Crest Fire, with over 400 images, can be ordered directly from the person who made them. Kenneth Greene at Greene-Taffy Creations, of Crest. (619) 593-1945 or art4all@cox.net or go to his web site at www.greene-taffycreations.com

Homeowner's Guide to Self-documentation of Home Value & Contents, by Ruth Mass. A Crest resident and Fire Survivor, Ruth Mass created this great document that you can fill out at home. She generously gave us a copy for reference. If you would like to get a copy, come into the Resource Center and order a copy for \$5.00. They will be ready to pick up July 4th through July 11th at the Resource Center.

Linda Chase, Director

On Top of the Hill

St Louise de Marillac Church

welcomes a new Pastor,

Father Earl Eggleston.

We hope you will enjoy our

community on "The Hill."

**Daily Mass at 8 AM
Saturday at 5:30 PM
Sunday at 8 and 10:30 AM**

Join us in prayer!

Crest 4th of July T-shirts



Available on the 4th, for \$10.00 Each.

***10% Will Be Contributed to
The Crest Community Association.***

***Two Designs Available, on Display at the
Resource Center,***

***Orders May Be Placed by Calling
the Resource Center***

or Trish at 619/328-6084 or

858/692-9458.

St Louise July 4th Booth



Come visit our booth

The booth this year is being sponsored by the CCD classes and the youth group.
We will have soda, water, gatorade, chili, nachos, and tamales.

Stop by for some food, drink and conversation!

House for Rent



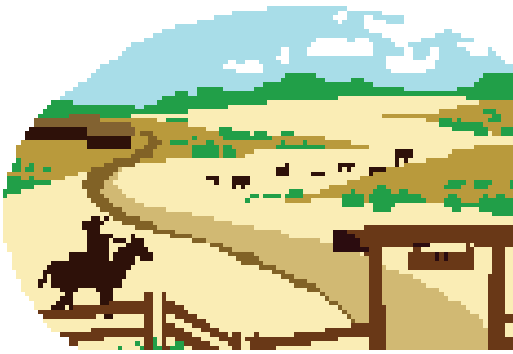
3br-1ba-House---2 car garage

Rv Parking ---Fenced Yard on .25 acre

\$ 1950.00 per Month, +Deposit, Utilities.

Phone 619/328-6084 or

858/692-9458



Equestrians of all kinds are invited for meets and greets plus swimming. If you want to meet other riders in Crest, let's start meeting at South Lane Park Saturdays at 9 AM . to go on local rides or trailer out. Pack water and a few snacks, plus bring a halter and lead for tying up, and a suit for swimming. We can ride for a couple of hours, try our newly graded Suncrest road, and ride to Kandhy Franklin's house, for a swim and snacks. Some weekends, I patrol in the Cuyamacas and I will trailer 2 other horses that want to go. If you are interested please call 619.444.4996.

Grand Marshall for 4th of July Exposed!



The Grand Marshals of the 4th of July Family Walk are two of the unsung heroes in our community. The first Grand Marshall is the entire Huber family; for their work in the community after the Cedar Fire. The sacrifices and countless hours each family member gave in their support and assistance to our community are greatly appreciated. We would not have been able to move through the "building and healing process" without them; they are always ready to step-up and do what needs to be done.

The second Grand Marshall is our very own past chairperson of the Sub-Regional Planning Group, Tim McMaster. I cannot remember a time when he was not representing Crest on this planning group. He is a walking history book on the developments and changes we have made. Having made Crest is his priority; we are a better community because of his foresight and commitment.

Fourth of July Family Walk: It is a tradition that those interested in participating in this event will get all decked-out and ready to "strut their stuff" meeting and conversing at South Lane Park at 8:30 a.m.. The walk steps off at 9:30. Our Firemen, the leaders of the walk, will help the "Wilson Boys" (Dan and Tom) organize and group the participants. Those that bring animals please gather in the large arena area, and those with motors, please line up on the street where you want to be and then turn off your engines. The order is usually: Fire Department vehicles, Scout Color Guard, Grand Marshals, motors, floats, walkers, and animals. There will be no judging this year as we are just walking for the fun and "health of it." If you have never done this type of thing or you are new to Crest, TRY IT, YOU'LL LIKE IT"!!!!

Crest Family and Community Picnic – Otherwise Known as the 4th of July Celebration: Don't be shy, you need to give this a try.

Invite your friends and family to be at Nancy Jane Park from 9-3. They will enjoy family games, a great band, a food court, a dunking booth, a beer garden, antique tractors and cars, the Crest Historical Society, and crafters. We will be showing off our new Crest Community

Association building that volunteers from every trade have worked on under the tutelage of Phil Goettsch.

The Crest organizations and churches will be cooking for you as well as selling Crest T-shirts, license plates, and new this year, Crest lapel pins. We will also have our big membership drive, and your Crest Fire Safe Council will be giving you another opportunity to sign up for our community emergency communication system and pick up their free magnet for important numbers. Joining us also at the table will be a member from the Office of Emergency Services, and members from local Ham Radio Operator clubs. This is day not to miss. Make this a part of your family tradition.



Crest Community Association

Padre Dam Municipal Water District will be at the July 18th Crest Town Hall Meeting at 7 PM to give a presentation and discuss residents' concerns regarding the scope, schedule and service impacts of the upcoming Crest Accelerated Pipeline Improvement Project; and the installation of fire hydrants made possible by a grant from the Sycuan, Viejas and Barona Indian Tribes.

Mike Uhrhammer,
Communications Manager
Padre Dam Municipal Water District
A 9300 Fanita Parkway, Santee, CA 92071
muhrhammer@padre.org
619-258-4613 Fax 619-596-6821

Messages on the Sign Board

Phone: 44CREST or send an email to crestcca@yahoo.com

Notices must be received one week in advance. If several messages are requested, they will be put up according to date of event.

CCA Community Clubhouse

After we get final inspection, CCA would like to have two days a week OPEN HOUSE at the CCA Clubhouse- for drop in conversation, community info. and social time. Volunteers

needed to plan what we will do. Call 328-0900 for more information and to get on the volunteer list.

The CCA would like to invite any artist to bring their fine art crafts work to the 4th of July to exhibit. We will have a table and we need one person to bring a pop-up tent. If anyone wants to work or paint bring your project. Contact Kandhy Franklin 444-4996

What Now?

Are you or one of your neighbors currently under construction and need of labor? Are you willing to lend a hand to help? Many of our community members continue to struggle with the rebuilding process; many homes remain in various stages of construction. Skilled laborer or novice, you can help. Or if you are in need of labor assistance. Please see our booth at the 4th of July event or call the Davies Family at 579-9113

ALVARADO HOSPITAL MUST REMAIN ACUTE CARE FACILITY

Jacob calls on Tenet officials to ensure that hospital doors, emergency room stay open .

La Mesa, CA- The closure of Alvarado Hospital would jeopardize the health and safety of thousands of San Diego County residents, Supervisor Dianne Jacob warned in a letter to Tenet Healthcare Corp. The Dallas-based company is making plans to close or sell the facility under terms of a legal settlement reached with federal prosecutors. Jacob is adamant that the hospital, one of only two in East County, remains open and continues to provide acute care. She is urging Tenet officials to honor those conditions as part of any future agreement to sell the facility.

"The closure of Alvarado would be disastrous," Jacob wrote in a letter dated May 24, 2006. "I implore you to put the interests of the residents first, the people who depend on this hospital in life or death situations," she wrote.

Jacob's letter included a list of negative impacts to the community should the facility close:

- Reduced access to care for uninsured and indigent patients in an area where there is no public hospital
- Elimination of a dedicated 24-hour emergency department for stroke patients
- Loss of one of the most comprehensive rehabilitation programs in the region
- Loss of 20 ventilator beds- 50% of available beds in East County in the event of a pandemic flu outbreak
- Closure of a cardiac program that has received Center of Excellence designation by United Health Care as well as a Bariatric Surgery Center of Excellence, as designated by Blue Cross, Health Net, Aetna and United Resources Network
- Loss of one of the only skull-based surgical centers in the nation
- Elimination of approximately 1,000 jobs with a salary contribution of more than \$70 million to the local economy, and the loss of more than \$5.7 million in tax revenue.

Alvarado Hospital serves residents of ten distinct communities in San Diego and Imperial counties. Its programs include cardiac services, emergency medicine, general surgical services, neuroscience, orthopedics, oncology, rehabilitation, skull base surgery, surgical weight reduction and vascular services. There are 500 physicians affiliated with the hospital.

Jennifer Stone, Communications Advisor
Office of Supervisor Dianne Jacob, County of San Diego
619.531.5522
www.diannejacob.com

Crest Kiwanis awards students at Crest School!



The Crest Kiwanis honored students at Crest elementary School awards ceremony on June 13, 2006. The beautiful framed awards were given by Kiwanians, Don Halte and Noelle Carranza. We would like to acknowledge and congratulate each of the following students for their hard work!

Kiwanis International is always looking for ways to encourage students in serving their community and striving to enrich their lives through education and community service.

Most improved in academics:

Mackenzie Callahan

Klayton Doktor

William Valley

Hannah Fransway

Redmond Jones

Cameron Rojas

Most improved in citizenship: **Tyler Howie,** **Dallas Chapman**

Outstanding listener during class time: **Lydia Maas**

In addition, Kiwanis helps collect "pop top tabs". This is a program sponsored through the "Ronald McDonald House" Each pop top represents one minute of chemotherapy for children with cancer. Children at Crest happily supported this program.

The following is a list of kids who were "BIG SUPPORTERS":

Katie Burnside, Brianna Carranza, Paige Christensen, Tyler Denbo, Maura Fox, Jack Gates, Lucy Gates, Mikaela Komp, Caitlyn Kruger, Jordan Raver, Mariahn Seavello, Katie Slabaugh, Vanessa Harlos, Kiaya Jaeschke, Lance Jones, Alix Kennedy

Congratulations to all of you and keep up the good work!

The San Diego East County Kiwanis also awards children who go above and beyond expectations with the giving of "The Hope Award".

5th Grade winner: **Vanessa Harlos**

6th Grade winner: **Kori Gilley**

Congratulations to both of you!

Critters in Crest

Lady Bugs

By Shelton Stanley

Lady bugs are also known as Lady Bird Beetles. They are, in fact, beetles and beloved by children and by us that need them to rid us of aphids, scale, mites and other sucking insects that harm our treasured plants and trees. The larvae also feed on these pests. Both can consume up to 50 aphids and other bugs a day!

We have an abundance of both the adults and larvae in and around our yard right now. A bunch of the larvae were crawling all over the concrete out back near plants where they were probably hatched. We stepped on several before noticing them. I'm not sure why they weren't on the plants, chowing down, but there they were. One time, while watching them, I observed a smaller one appear to attack a larger one. They struggled for many seconds until it looked like the larger one bit the smaller one and it limped off bleeding. I had to stop watching and go do something else, at my wife's bidding, so don't know if it died or survived. None of the other larvae were paying attention to each other. They were just wandering around on the concrete. Perhaps this was an anomaly?

Lady bug females only lay eggs where there is ample food available. The larvae hatch after about a week. Eggs are laid in clusters of ten to 50, often on the undersides of leaves. The eggs are yellow and spindle shaped. The larvae are black or grey with six orange or white spots on their backs. They molt three or four times before pupating. The pupa is dark gray and orange or black and orange. When the new adults emerge, the wing covers are yellow until they harden. That's why I've seen lady bugs with red, orange and yellow wing covers! I learned something researching this article!

The adult lady bug is nearly a perfect elongated half sphere with the head pointed downward and they have short legs. The most common lady bug has six black spots on each wing cover. (There is also a two spotted lady bug.) Family *Coccinellidae*; Order, *Coleoptera*; Class, *Insecta*. As an aside- my bug book, "A Field Guide to Insects" by *Donald J. Borror and Richard E. White*, there is a color plate showing the six black spots on each wing cover, but the black and white picture on a different page shows five larger spots and one has half on each wing cover. There are a lot of other lady bird beetles around, but they don't all eat our plant eating pests. Some eat the plants! These are drawings, not photos. This book was copyrighted in 1970! I'd buy a more up-to-date bug book, but we have the Internet now! It turns out that there are other lady bugs with different spot patterns on their backs.

Lady bugs find their food on plants and shrubs like rose bushes, oleander (strange, since the oleander is poisonous to humans and other mammals), milkweed, and your food garden plants like broccoli. I have also personally observed them on almost all of the weeds in and around my yard, like dandelions.

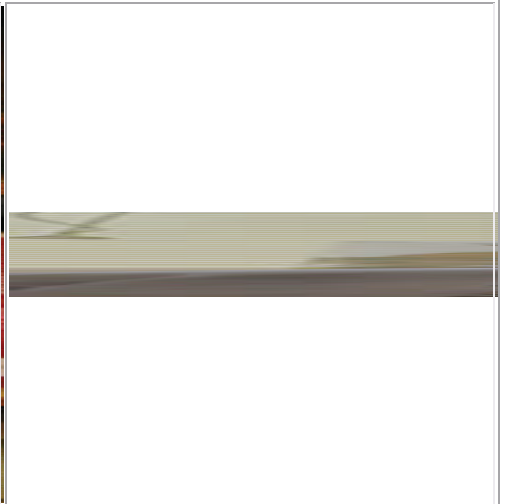
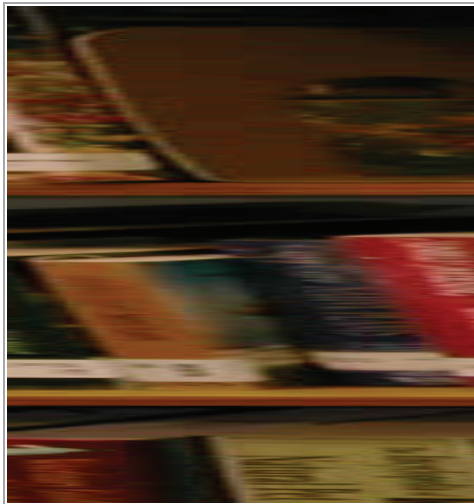
As a child, when my siblings and I played with lady bugs, we would sing a song: "Lady bug, lady bug, fly away, your house is on fire..." and I don't think we ever did know all of the words. I did find a rhyme on the Internet though: "Ladybird, ladybird, fly away home, Your house is on fire and your children are all gone..." I don't think that one is complete either.

We noticed too, that sometimes they would spit or secrete something on us when we played with them for too long. It turns out that they do this in self defense. It's a bad tasting (to birds) fluid that they can secrete from the joints in their legs. They were probably trying to tell us to leave them alone and let them go. Adult lady bugs also don't taste good to birds, so if birds try to eat them, they aren't ingested. They spit them out, that is, if birds can spit. I would imagine, though, that any attempt to eat them would result in a major fatal injury to the lady bug.

This is what the larvae looks like, but less than 1/4 inch long before pupating. I'm sure everyone knows what the adults look like. If you have any questions, just ask. Address them to the editor, Betty Lucas. She will pass them on.

Crest Clowns

The Crest Clown Club of the library have been meeting and preparing for their appearance in the July 4th Parade. **There is one more meeting on June 28 at 3:15 for anyone interested in joining them.**





CREST FIRE SAFE COUNCIL:

We now are officially registered with our Emergency Communication System from "ONECALL NOW!! You will have another chance to sign up at our booth at the 4th of July. We will also be handing out your refrigerator magnet with the important numbers. Soon we will also be sending through the email listings a survey of the type of notification you may want. Examples of this would be: who in the community are shut-ins and will need assistance, who has special needs or is handicapped in some way, who has animals that might need to be transported, who would be willing to be a block warden in the event of an emergency, and what types of community events do you want to be notified about. You can always reach us at: crestfiresafecouncil@yahoo.com, or call Kandhy Franklin-Collins at 444-4996.

By the time you read this, you might be getting the notification of the test of our Crest Fire Siren. We also will be testing the Emergency Communication System. You will be informed that this is a test, and what to do if it were not. Our hope is to have the siren sound off every Wednesday at 10 a.m. for the duration of one minute. Please let us know if you are able to hear it. The CFSC would like to thank Chief Jobes for the grant, the folks at SDG&E for the pole and the hole, and to Phil Goettsch for making it all work for our community.

CREST HAS AN EVACUATION PLAN IN PLACE!! Thanks to the writers of the Emergency Evacuation Plan for getting the job done and submitted to the office of the OES. We are now official!! Special thanks goes out to Debbie Milligan Fox, Kathy Fiedor, and Noelle Carranza for all of their time and effort. They have put in many hours to make sure that our residents will feel safe in knowing that we have a plan, we have ways of communicating with our residents, and that we will ensure they are getting the up to date information in fuel reduction and communication.

Random Thoughts by Millie Colburn Walker

Getting used to being taken care of isn't all that easy. As you know I fell at work and sustained a break to my pelvis and femur. This has been the worst injury I have ever had and hope it is the last injury of it's kind I will ever have. The recuperation time has been filled with a lot of whining, moaning and groaning. I am surprised to find my daughter is still here every morning. She waits on me, climbing the stairs whenever I ring the bell she hooked up and answering the telephone when I call her on the house phone using my cell phone. As my ability to move around improves her chores become fewer but still she stands by me taking care of any needs I can not do and even, bless her heart, some I can but not so well.

I was beginning to be able to ask for more without feeling guilty and she was right there helping me, serving me and only whining a bit herself. Then came the annual Sisters/Cousins trip to one of my sisters family cabin in Big Bear. In this cabin there is a dorm room upstairs with six twin beds and two bedrooms downstairs, one of which my sister, the hostess, sleeps in and one with a queen size bed that goes to whoever is older or unable to easily climb stairs. Well this year one of the cousins asked for the downstairs room and when we all had arrived she was asked if she would allow me, the youngest in the group, to have it since I was having such a problem getting around.

She did and it was heavenly. I haven't slept in a queen size bed in a long time, and it felt luxurious. I could even read late without bothering anyone else and if I can't sleep, that is what I do. Everyone helped me. They carried my bowl of cereal to the table, they brought my plate, my glass, anything I needed. I got to sit in the front seat of the car when we went into town. Now don't get me wrong but I could get used to being waited on by others like this, only without the pain. The trade-off isn't worth the agony.

I used to climb the stairs with little effort now I have to make sure my cane is well placed on the step. I used to crawl into bed but now I have to sit on the bed and scootch myself to the middle. I used to sleep on one side then turn often in the night now it's on my back or the side of my non-broken leg. I can't climb up anything, like into the top of my closet to pull down boxes of scarves, shoelaces, tissues, etc.

It's not easy remembering to not turn my leg out until the pain reminds me. The doctor tells me this will pass and one day I will be as good as I was before. Part of me wants it to be after next year's trip to Big Bear since I am the youngest and probably the only way I'll ever get that room again is to still be using the cane, but the other part of me (the one with the brain) wants this over ASAP and I will gladly sleep in the dorm, tossing and turning and not being able to turn on the light to read until three in the morning because I can't sleep.

We were unable to reproduce some photos and any info on the sponsors or advertisers of this issue. Sorry for any inconvenience this might have caused.

Webmaster@thecrestsun.com