



A Newsletter for Crest

Volume 9

July/August 2008

Number 4

Crest Prepares for July 4th Activities

By Kandhy Franklin-Collins



Everyone is looking forward to our annual July 4th activities in Crest. There will be some interesting changes this year. Our Music from Straight Six will be at the opposite side of the park, so plan your seating! In the basketball court, we will have a "safety village" for family and kids to try. It is educational plus challenging as parts of it are an obstacle course. The Alpine Outlaws who will do a safety gun demonstration and skit as well as have the popular "Jail and Bail". There will be new *CREST ITEMS FOR SALE THIS YEAR*. We will be selling mugs, computer mouse pads, license plate holders, the "Living in Crest and Loving it" bumper stickers, short sleeve t-shirts, and t-shirts with smaller logos on them.

You can always go down the hill or have a family party at your house after coming to Nancy Jane, but please come and enjoy your friends and neighbors in this wonderful one-of-a-kind event!



In the "Family Walk", for the first time, we will have part of a high school jazz-band. Their booster club will also be selling items. Kandhy Franklin-Collins will be our Grand Marshall, and fire engines from our new fire department will be in full

force. We will have mounted horse groups from Laguna and Cuyamaca, as well as our own local riders. We respectfully ask those on motorcycles to please stay where you are placed in line. We don't want an accident and have to lose a magical part of our yearly festivities.

There will be trophies for the best: motorized, golf carts, rhinos, jeeps, floats, group, non-motorized, individual, and of course Sweepstakes.

Be sure to stop by the Crest Fire Safe Council booth. There will be demonstrations of pumps, gels, fabric and plants that will keep you safer in the event of a fire. Our check for our recently awarded grant for fuel reduction will be on display and sign ups will be taken for the project. We will also have cd's available from Farmers Insurance on creating an inventory data base for you and your home. Come early so you can have all your questions answered.

Thanks to the groups who have expressed an interest in creating stepping stones, and making hand tiles. The tiles will be available at the CCA booth in the clubhouse. The paints and ceramic writing pens will be ready for check out. Make sure you sign up for them. I am hoping to get the firings done by the end of summer as well as all of the tiles. There are a number of historical families that I thought would enjoy making a cement stepping stone, if you would plan your idea out for a 13x13 stone, we might be able to pour it on the 4th. Also check out the previously made family tiles displayed in the clubhouse garden area.

Events and Contacts

Crest Calendar of Events July/August 2008		
07/01	8:30	EDI Board of Directors Crestridge Kiosk
07/01	1:00 pm- Lib	Crest Historical Society Mtg – Library
07/04	8:30 9:30 10:00	Parade Line Up Parade Start July 4 th Festivities- park
07/07	10:00 am	Crest Garden Club- Home of Sally Bruner
07/12	7:30 am	Kiwanis Mtg – Clubhouse
07/15	7:00 p.m	CCA Meeting – Clubhouse
07/21	6:00 pm	Kiwanis Mtg – Clubhouse
07/26	8:30-10:30 am	Breakfast by Kiwanis Clubhouse
08/04	10:00 am	Crest Garden Club – TBA
08/05	8:30	EDI Board of Directors Crestridge Kiosk
08/05	1:00 pm-	Crest Historical Society Mtg – Library
08/09	7:30 am	Kiwanis Mtg-Clubhouse
08/19	7:00 pm	CCA Meeting – Clubhouse
08/20	5:00 pm	Deadline for Crest Sun Sept/Oct issue
08/18	6:00 pm	Kiwanis Mtg – Clubhouse
8/23	8:30-10:30	Kiwanis Breakfast Clubhouse
	6:30 pm	E-Crest-rians – clubhouse
Crest Cool Zone: Crest Library		
Wanted:		
Gardner		858-831-1800
Witness Information		768-1900

Crest Community Contacts		
Crest Community Asn.	Noelle Carranza	447-6269
Community Church	Anna Johnston	442-3736
Cornerstone Church	Pastor Dennis	579-5633
Crest Black Board	Friends of Crest	44-Crest
Clubhouse Rentals	Debbie Fox	442-8058
Crest Garden Club	Arlene Palmer	441-0187
Crest Historical Scty.	Dorothy Miller	444-0968
Crest Kiwanis	Don Halte	444-4503
Crest Library	Rosi Mejia	442-7083
Crestridge Reserve	Cathy Chadwick	749-5767
Crest School	Office	588-3128
Crest Newsletter Information	Linda Hjelle Chris Seebold	440-8540 447-5826
www.thcrestsun.com	Karin Weiss	579-3951
E-Crest-rians	Kandhy Franklin	444-4996
East County Fire Dept	Business	579-6034
Friends of Crest		44-Crest
Sheriff	Dispatch (858)	565-5200
Snake Removal Svcs	Graham	444-7797
St Louise Church	Father Languille	444-3076
Sub-Regional Plan.	Judy Bowen	440-0783
Stores and Restaurants		
Crest Foods	Tony	444-8132
Lenardo Pizzeria	Sam	444-1389
Rainbow Farms Mrkt	Mark	444-7504
Advertisers		
Arbonne Int'l	Kia Maize	518-9504
Beck's Entertainment		440-0797
Century 21 Award	Connie Gipson	606-2400
Discount Tree Svc	Mark	985-0543
E&L Mobile Repair	Eric Flick	654-3849
George Bowlby Elec.	George Bowlby	440-3051
Kathy Kuts	Kathy Kaderabek	447-1945
Knox Reprographics	Mary Bauer	230-6300
L & M General Eng.	Matt Johnson	588-8806
Piano Lessons	Amanda Shadrick	588-8862
Right Hand Ladies	Marie	328-1157
Rock A Betties Beauty		579-0617
Simply Marvelous	Risa Goldberg	231-1113
Therapeutic Massage	Mary Kay Vega	443-2844
TNT Carpet Care	Troy	208-2708
Vacation Guide	Patrick Wolff	858-831-1800
W3U Web Services	Jack Martin	644-0305
Xango	Marie	328-1157
Xocai Chocolate	Pat Goulart	442-4879



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Crest Real Estate Update



Residential

Now On The Market

107 Wall Place	\$ 177,500
224 North Lane	\$ 224,900
119 Jarrett Lane	\$ 280,000
227 Loma Vista Place	\$ 285,000-\$310,000
2136 Eucalyptus Drive	\$ 339,000-\$369,000
208 Thornton	\$ 449,000
1158 Hamlet Drive	\$ 459,000
2810 La Cresta Road	\$ 589,900
2936 La Cresta Road	\$ 599,000
1340 La Cresta Blvd.	\$ 699,900
1042 Old Mtn. View Rd.	\$ 725,000
420 Mountain View Rd.	\$ 749,000
210 Kens Road	\$ 765,000
538 Mountain View Rd.	\$ 779,000
408 Alta Lane	\$ 885,000
15197 Picturesque Point	\$ 899,000
15076 Montana Serena	\$ 920,000
1324 Tracey Lane	\$ 999,000-\$1,250,000
1090 Stoneridge Road	\$ 999,999-\$1,099,999
3335 Suncrest Blvd.	\$1,200,000-\$1,250,000
14910 Montana Serena	\$1,495,000
1198 Mountain Top Dr.	\$1,499,800

Pending In Escrow

226 Lilac Drive	\$ 279,900
1247 La Cresta Blvd.	\$ 508,000-\$ 548,000
14914 Montana Serena	\$ 799,950-\$ 879,950

Recently Sold

219 North Lane	\$ 254,900
211 North Lane (2 units)	\$ 274,900
112 Park Boulevard	\$ 330,000
269 Lilac Drive	\$ 395,000
1026 Old Mtn. View	\$ 470,000
1495 Montana Serena	\$1,150,000

Vacant Land

Now On The Market

152 Bonita Place	\$ 175,000
2135 Crest Drive	\$ 150,000-\$ 195,000
Senda Lane	\$ 219,000
2737 La Cresta Road	\$ 239,878
Saxton Lane (Lot 2)	\$ 249,900
Saxton Lane (Lot 3)	\$ 249,900
210 Sage Road	\$ 299,000-\$ 325,000
140 Alamo Way	\$ 299,000-\$ 349,000
South Park Place	\$ 319,000
Stoneridge Road	\$ 349,000
550 Alta Lane	\$ 350,000
526 Alta Lane	\$ 390,000
1909 La Cresta Road	\$ 450,000
La Cresta Road	\$ 450,000
1496 Montana Serena Ct.	\$ 550,000

Pending In Escrow

No listings are now in escrow

Recently Sold

Saxton Lane	\$ 350,000
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For information on any of these properties, or for help in buying or selling real estate anywhere in San Diego County, call

Connie Gipson
(619) 606-2400

with nearly 25 years of experience, Connie Gipson is the one to trust.

Data from Sandicor, Inc. and the San Diego Recorder's Office effective June 14, 2008 represents properties listed or sold by various brokers. While believed to be reliable, it cannot be guaranteed. If your property is currently listed, this is not meant as a solicitation.

Crest Community Association



The grand opening ceremony on June 7th for the newly rebuilt clubhouse was a gala affair. Approximately 200 people attended. County Supervisor Dianne Jacob presented the CCA with a proclamation which now hangs in the clubhouse. Thanks to Kiwanis, the Garden Club, Girl Scouts and Cub Scouts, and all others who

donated time and energy to make the day a memorable one.

Drive by the clubhouse to see the new sign which was hand made by Crest artisan Glen Weisedel.

Remember the clubhouse for your next gathering. Our rental fee is much less expensive than rates "down the hill." What a lovely setting for a wedding in the park, with a reception to follow in the clubhouse. Contact **DEBBIE MILLIGAN FOX at 619-442-8058** for details.

Help! Do you have an extra, operable electric or gasoline lawn mower that you could donate to the clubhouse? Please leave a message at 44-CREST.



Community fund raising dinners will resume this summer. What a great way to feed the family and reconnect with your Crest neighbors at the same time. As always, look for details on the chalkboards.

If you are unable to attend CCA meetings, you can now keep abreast of the happenings by reading the minutes at the Crest website, www.thecrestsun.com (the Crest community website.) Although, we would much rather have you attend the meetings in person and participate in the various committees that are

being formed. The CCA is a community-based organization for the purpose of addressing community issues. Your input is necessary and appreciated.

Membership dues for the CCA help pay for clubhouse operating expenses. Membership dates are July 1 through June 30. It is now time to renew or begin your membership. Please use the form included in this newsletter or pick up one at the July 4th CCA booth and mail it, with your check, to 113 North Park Drive, El Cajon, CA 92021.

Thanks to the groups who have expressed an interest in creating stepping stones, and making hand tiles. The tiles will be available at the CCA booth in the clubhouse. The paints and ceramic writing pens will be ready for check out. Make sure you sign up for them. We hope to get the firings for the stones and tiles done by the end of summer. There are a number of historical families that might enjoy making a cement stepping stone, if you would plan your idea out for a 13x13 stone, we might be able to pour it on the 4th.

Questions? Concerns? Suggestions? Notices for the blackboard?

Call 44-CREST.

Next CCA Meetings:

July 15, Tuesday, 7pm

August 19, Tuesday, 7pm

ALWAYS FANTASTIC REFRESHMENTS!

Are you a member of the Crest Community Association?

Send this form in with your check made out to the Crest Community Association (CCA)

Mailing Address: CCA 113 No Park Dr. El Cajon, CA 92021

Membership Levels

Lifetime \$500 Business \$50 Family \$35 Individual \$25 Senior \$12
(65+)

Name _____ Phone _____

Address _____ E-mail: _____

Are you interested in volunteering? The more active you are, the more fun you'll have!

Committees:

Membership

Volunteer Committee

Special Events (July 4th)

Community Garden

Spaghetti Dinners, concerts, etc.

Governance

Questions: Call 44-Crest and leave a message.

Please Support our Advertisers!

They bring you the Sun.

The Crest Sun is available at:

Crest Foods

Lenardo Pizzeria

Rainbow Farms

Crest Library*

Online: [Hwww.thecrestsun.com](http://www.thecrestsun.com)H

** The Crest Library can not accept donations for the paper due to policy. Feel free to drop by a local store and donate at your convenience

Questions, Concerns, Suggestions:

Crest Sun Editor:

For questions, suggestions, or concerns regarding The Crest Sun newsletter or website, contact:

Linda Hjelle – editor@thecrestsun.com or
Lindahjelle@cox.net (517-9838)

Information:

Chris Seebold – help@thecrestsun.com or
Winters72@hotmail.com (447-5826)

Crest Website: www.thecrestsun.com

Webmaster: Karin Weiss (579-3951) -
thecrestsun@cox.net

Next Crest Sun Deadline:

August 20, 2008

Wish to advertise?

\$35 – Full Page \$20 – ½ Page

\$10 – ¼ Page \$5 – 1/8 Page

E-mail or call the editor for more information
editor@thecrestsun.com

The Crest Sun welcomes information from the Community and community input. Thanks to all our loyal readers and supporters. Your donations and your patronization of our sponsors provide the funds to print the newsletter. We have no paid employees. The newsletter is not responsible for problems that occur as a result of information.

LOST AND FOUND

FOUND: Motorola Bluetooth earpiece North of the Kiosk in Crestridge Preserve while out walking.

Email: editor@thecrestsun.com

GARDNER WANTED IN NORTH CREST

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In my Crest home: 588-8862
References available on request.



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SENIOR FOLLIES

CCT Musical Theater presents Senior Follies, a musical revue of singers, dancers, comedians and showgirls all on stage. Each of the 65 cast members are 55 or older.

Our very own Crest resident, **DON HALTE**, is representing Crest in this dynamic San Diego's largest musical revue (Halte claims he is just barley eligible!!!).

Date: July 10–13 (Thursday through Sunday)
July 17–20 (Thursday through Sunday)
Times: Evening performances -7:00pm
Matinee's – Saturday/ Sunday 2:00 pm
Sunday night at 6:30pm.

Place: El Cajon's East County
Performing Arts Center.

Tickets range from \$15 to \$37. Special discounts rates available for seniors or groups of 15 or more.

**Call For Tickets:
601-588-0206 or 800-696-1929.**

Don Halte would like to invite you to an evening of outstanding entertainment. This is a show you don't want to miss!

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Crest Community Worship

**St Louise de Marillac
Catholic Church**
2005 Crest Drive 444-3076
Fr. Justin Langille Pastor



Services:

- Saturday Evening Eucharist (Vigil for Sunday Mass): 5:30 p.m.
- Sunday Morning Eucharist (Masses): 8:00 a.m. and 10:30 a.m.
- Morning Eucharist (Mass): Monday through Thursday: 8:00 a.m.

Crest Community Church

**2198 Suncrest Blvd,
619-442-3736**
David C. Wells, Pastor



Services;

- 9:30 a.m. Sunday School for All Ages
- 10:45 a.m. Worship Services
- 6:00 p.m. Bible Study



**Cornerstone
Church**
205 Lento Lane
579-5633
Dennis Ottalongo,
Pastor

Services:

- Wednesday 7p.m. worship
- Sunday - 9:30a.m.

School Calendars

Cajon Valley Union School District

Crest School Holiday Schedule 2007-2008 & 2008-2009

05/26/08	Memorial Day	12/22-01/11	Winter Break
06/12/08	Last Day of School	01/19/09	Martin Luther King Holiday
2008-2009 Schedule		02/09/09	President's Day (Lincoln)
08/25/08	First Day of School	02/16/09	President's Day (Washington)
09/01/08	Labor Day	04/06-17	Spring Break
11/10-11/08	Veterans Day	05/25/09	Memorial Day
11/26-28	Thanksgiving Holiday	06/19/09	Last Day of School

Grossmont Union High School District

Granite Hills Holiday Schedule 2007-2008 & 2008-2009

05/26/08	Memorial Day	12/22 – 01/04	Winter Break
06/05/08	Last Day of School	01/19/09	Martin Luther King Holiday
2008-2009 Schedule		02/09/09	President's Day (Lincoln)
08/18/08	First Day of School	02/16/09	President's Day (Washington)
9/01/08	Labor Day	04/06-04/17	Spring Break
11/11/08	Veterans Day	05/25/09	Memorial Day
11/27-11/28	Thanksgiving Holiday	06/04/09	Last Day of School

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Clean up
Hauling



Free Shade Trees From the Center for Sustainable Energy

It's a pleasantly shady deal from the California Center for Sustainable Energy. They are giving away over 14,000 trees to San Diego county residents, K-12 schools, public agencies and non-profits. Full sized, 15-gallon, nursery-quality specimens available in a choice of 20 varieties.

Why? Trees create shade, save energy and help cool homes by allowing homeowners to use less air conditioning in the summer and stay warmer in the winter. Shade trees enhance neighborhood appearances, increase property values, reduce storm runoff and improve air quality, too.

To participate, you must complete and submit a completed Application Form and Participant Agreement, attend a 90 minute tree planting workshop, pledge to take good care of your trees, and the trees are yours. Classes are conducted on private property at a participant's home. Coastal residents of San Diego County and homes built after 1994 are **no longer eligible** for free trees. The program runs through December 2008.

For more information contact: California Center for Sustainable Energy
www.trees.energycenter.org or
http://www.energycenter.org/uploads/FreeTrees_Broch_7x8.5_v9.pdf (for application)
8690 Balboa Ave. Suite 100 San Diego, CA 92123
Phone: 858-244-1177 Fax: 858-244-1178
Questions regarding the application or class: 858-244.1177

Keys to Growing a Healthy and Beautiful Shade Tree

Do's

- If a young tree's lower branches (along the trunk) grow too long, cut them to 4-5inches, but avoid cutting down to the trunk.
- Once a tree passes the tree-year mark, prune in the winter when most trees are dormant.
- Prune before the tree puts out any new spring growth
- After three years, prune the lower limbs to approximately one foot off ground level. If you want to walk under your tree canopy, continue to remove the lower limbs one foot off the ground each year for up to six years.
- Keep the planting area (4 feet in diameter) clear of weeds, grass and other plant life. Competition from other plants inhibits young tree growth.
- Use a pair of gardening gloves and pull weeds by hand or better yet mulch! Apply wood chips or other organic mulch 6 inches deep around the base of your tree (but 4" away from the trunk) to cool soil, control weeds and reduce moisture evaporation)
- Water deeply (15 gallons a week) when the temperature is below 90 degrees. (30-40 galls if temperature climbs to 100 degrees) Adjust watering with weather and seasons.

Please Don't.....

- Prune a young tree for the first three years following planting; trees grow faster and stronger when more foliage remains.
- Apply wound dressings to pruning cuts.
- Remove lower branches until the tree reaches at least three years of age; this will help the tree grow more vigorously and protect the trunk from sunburn.
- Remove more than 25% of the leaves and branches (canopy)
- Branches should not have cuts over one inch in diameter. Disease or broken branches may require larger cuts.
- Top your tree!
- Use a lawn mower or weed trimmer within this area
- Over water
- Use sprinklers. Sprinklers are not adequate to allow the water to go deep enough to moisten your tree roots.
- Mulch with rock or gravel as rocks don't provide the proper insulation to tree roots that mulch provides
- Use black plastic since tree roots need to breathe.

Hello Neighbors!

You can now view the Crest Sun Newsletter, on-line at www.thecrestsun.com, Lots of information on local events, community concerns, articles, ads and more.

We will be starting a "LINKS" page, where you can add your company logo and web address. Local Crestonians will be able to check out your website with a simple click. For only \$20 a year, you can support the Crest Sun Newsletter and Website.

Procedure:

- Email us your jpeg logo and web address to thecrestsun@cox.net
- Send your check for \$20 to Friends of Crest, 120 N. Park Drive ,Crest, CA 92021-4094
- Please add a note that you are advertising your link on the website.

Enjoy the Crest Sun and thanks for your support!

Sincerely, Karin Weiss
TheCrestsun.Com webmaster



***Don't forget to
check out our
terrific Crest
Web site.***

www.thecrestsun.com

Up-To-Date Community Information

Lost and Found

**Electronic copies of past and present issues
of The Crest Sun.**

Call Karin Weiss at

579-3951 or email

webmaster@thecrestsun.com

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Tidbits from the Email Files...

- Did you know that most foil and plastic wrap boxes have a lock on them to lock the roll in place? I can't count the number of times the roll has jumped out when I was trying to cover something up.
- Cell phone companies are charging \$1.00 to \$1.75 or more for 411 Information calls. Since no one carries a telephone directory in their vehicle, they get away with it. When you need to use the 411 Information option, simply dial 1(800) FREE 411, or 1 (800) 373-3411; you will incur no charge. This works on your home telephone as well. You will have to put up with ads so if you have limited cell phone minutes, take note.



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ON

Saturday, May 17, 2008 at 10:00pm

VICTIM 619 768-1900

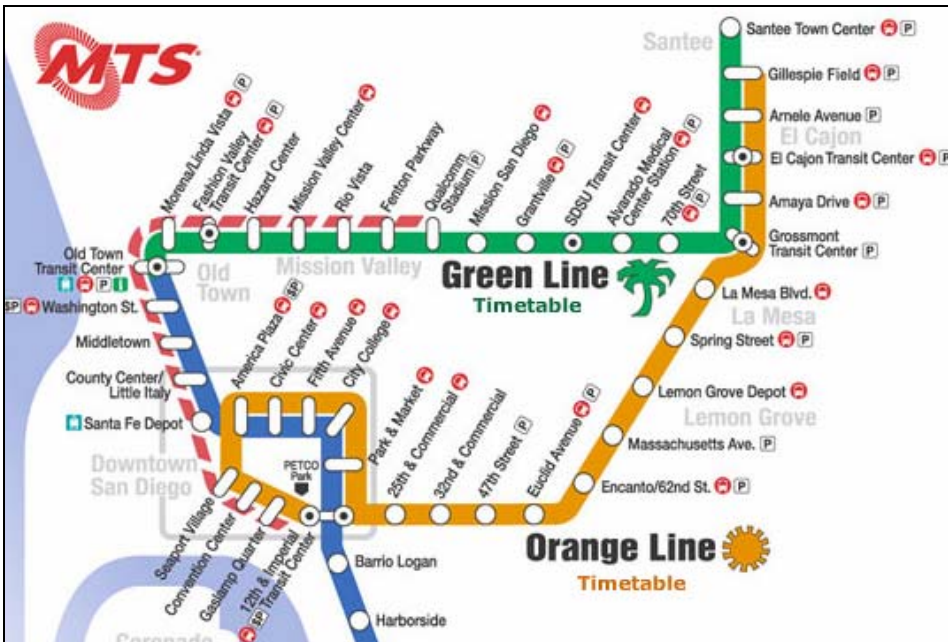
Stay-Cationing in San Diego County

San Diego County is a favorite vacation spot for millions of tourists. With outrageous gas prices and inflation, many folks are staying home this summer. Why not take advantage of San Diego's many tourist bargains. Here are 10 ways to be a tourist in San Diego.

1. A Trolley Ride to Major San Diego Attractions – Cost \$5 or under per person for the entire day!!!

Take the trolley and visit some of San Diego's favorite tourist locations.

For the Trolley Schedule, go to: <http://www.sdmts.com/Trolley/Trolley.asp#schedule>



The Cost for a full day's entertainment? A One-Day tripper unlimited travel pass is \$5.00. Trolleys run every 20-30 minutes so you can hop on and off as you choose. There are less expensive options for senior, disabled and short term trips (2 hour time duration from purchase time). Go to <http://www.sdmts.com/fares.asp#frf> for more information.

Family Weekends : Every Saturday & Sunday, two children 12 and under ride free with any paying passenger 18 and over.

Editor's Recommendation:

Spend a day taking the trolley on the Green, Blue, and Orange Lines. If you end at Petco Park, take in a Padres Baseball game. Start out early since there is so much to explore:

Green line from El Cajon to old town. Stop to explore:

- SDSU College
- Mission San Diego
- Mission Valley Center
- Hazard Center
- Fashion Valley
- Old Town

Transfer to the Blue Line in Old Town and stop to explore:

- Little Italy
- Santa Fe Depot
- Fifth Avenue (Gas Lamp)

At this point you can walk to Petco or you can transfer on the Orange line at Fifth Avenue and visit:

- Seaport Village
- Gaslamp Quarter
- Petco Park

2. You made it to the Petco Park on the Trolley– It's Padre Time.

You don't have to pay a fortune to go to a baseball game in San Diego. If you want to bring a blanket or lawn chair, you can watch the game from the park area for \$5 (\$7 day of game) or sit in the bleachers for \$10 (\$9 advanced purchase). Go to <http://sandiego.padres.mlb.com> to view a copy of the schedule and promotional dates.

(Stay-cationing in San Diego – Continued)

3. Frisbee Golf – Balboa Park at Morley Field (Pershing Dr & Redwood Street), San Diego
Cost: Greens fees at Morley Field are \$3.00 weekends and holidays, \$2.50 weekdays plus disc rentals (\$1.50 each or bring your own frisbee) 619-692-3607

While Balboa Park's is primarily known for its museum district and the zoo, the lesser-known disc golf course is popular among young and young-at-heart San Diegans as a great low-budget way to savor a sunny day. The game is simple, consisting of throwing a Frisbee-like disc at 19 scattered targets. But the obstacles – trees, hills, other players – between thrower and target make it interesting. The course stretches over a hilly, tree-covered corner of Balboa Park called Morley Field. More than 300 people find their way there on each weekend day. Week days are less crowded for those that can manage a day off. No experience needed. Round out the bargain, by buying an ice cream sandwich for \$1 or a corn dog for \$1.50.

4. Free Fly Casting Lessons – Lake Murray – Sunday 9AM through noon.

San Diego Fly Fishers (SDFF) offers free flycasting lessons at Lake Murray. You can use your own equipment or borrow club equipment from one of the certified instructors. SDFF is very proud that it is one of the few clubs in the country that offers this service free to the general public

5. U.S. Open Sandcastle Competition in Imperial Beach Pier – July 19-21

Hundreds of sand sculpting artists from around the country gather at the seashore to create magnificent works of art using only sand and water. The event also features a parade, children's sandcastle contest and fireworks display. July 19-21 at the Imperial Beach Pier.

6. San Diego Jazz Parade – July 20 beginning at 12 noon

Celebrate San Diego's rich Jazz history by attending this parade featuring floats, live jazz performers and dancing in the streets. The parade route begins at Market Street and Columbia and ends at Market Street and 7th Avenue.

7. 49th Annual World Championship Over-the-Line Tournament - July 20-21

San Diego's most popular beach and softball event. July 20-21 beginning at 7 a.m. on Fiesta Island in Mission Bay. **Recommended for adults only.**

8. Ramona Country Fair Days, July 31- August 3rd. Admission is free. The Ramona fair features old-fashioned country fun, a parade at 10 a.m. on Saturday and lots of entertainment.
<http://www.ramonafair.com/>

9. 20th Annual Latin American Festival at Bazaar del Mundo in Old Town. The event features guest artists, demonstrations, entertainment and food booths. August 2-4

10. Visit the Birch Aquarium at Scripps Institution of Oceanography, UC San Diego, trade in old light bulbs and touchier lamps for new, energy-efficient models — for free — and get 2-for-1 same-day aquarium admission. July 19 and Aug. 16, San Diego County residents can exchange up to five 75-watt or higher incandescent light bulbs and/or up to two halogen touchier lamps (bring entire fixture) for compact fluorescent lights — a combined savings of more than \$100 — while supplies last. The new models use 75 percent less energy than regular incandescent bulbs, create 75 percent less heat and last 10 times as long. Also, bring expired compact fluorescent bulbs to the event for proper disposal. Participants must bring a copy of their current San Diego Gas & Electric utility bill and/or a California ID to prove San Diego County residency. Birch Aquarium's light bulb exchanges run from 11 a.m. to 3 p.m. outside the aquarium entrance and are offered through a partnership with SDG&E and the City of San Diego.

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June 28th from 9AM-12PM open to the public and kid friendly (St. Madeleine Sophie's Center 2119 East Madison Ave., El Cajon, CA 92019)

July 10th @ 6:30PM (Round Table Pizza, 2650 Jamacha Rd, El Cajon, CA 92019)
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Ready; Set; Get Prepared! It is time to get those things in order that you have been putting off. The several small fires that have occurred recently near Crest is a reminder that you should always be prepared. (The picture to the right was taken by Judy and Dave Nelson, new Crest residents on June 7th, during the opening ceremonies of our Clubhouse.)



Put all documents in one place, make copies of them, and get a safe deposit box! Check radios, flashlights, fill out 3x5 cards with relative and friends you want to notify, video tape your home, list special jewelry, spray paint your water and gas shut offs, make and share a family plan for evacuation, and designate a safe place for all in the family to meet. Doing these things as a family project will help keep everyone safe and give them practice. Don't forget your meds, the animals, items to take to help you four 4 days, and have water saved for you and the animals- or hair children as we call them.

Another thing to remember is to sign up either through email or phone to stay connected to the latest news. Our email is: www.crestfiresafecouncil@yahoo.com, and the **CREST EMERGENCY CALL SYSTEM** is: **CALLING 44-CREST** and leaving your name and the phone numbers that you want us to call. **THERE IS NO FEE** for this service, but donations will gladly be accepted by check to Crest Fire Safe Council at 384 Paloma Lane, Crest, CA 92021-4240 or through the www.thecrestsun.com website.

Your council is working on grants that will supply South Lane Park and the clubhouse as an incident command post and volunteers are needed to assist with phones.



Congratulations are in order for the council. Out of 74 councils in San Diego County, they were awarded Honorable Mention for Project of the Year and our facilitator, Kandy Franklin-Collins was given a plaque for all of her volunteer efforts.

There is a great online article in the Union Tribune's SignOn San Diego website regarding Crest's outstanding "fire safe" efforts:

http://www.signonsandiego.com:80/uniontrib/20080607/news_1ez7safe.html



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JULY 2008

- ☺ "Insect Inspector." Live insect ambassador will tell why some bugs hop and some buzz!
Reuben H Fleet Science Center
Tuesday, July 1, 3 p.m.
- ☺ "Go Green in the Kitchen"
Presented by Crest's own Chef Margot.
Tuesday, July 8, 6:30 p.m.
- ☺ "Fitness Frenzy." 30 minutes of fitness filled with fun!
Tuesday, July 8, 3 p.m.
- ☺ "Cultivating a Natural World for Birds and Butterflies."
Bring life and song to your garden!
Tuesday, July 15, 3 p.m.
Presented by S.D. Audubon Society
- ☺ "Extreme Make-over."
Mother/daughter event. Get a "new you" compliments of Mary Kay!
Tuesday, July 16, 3 p.m.
- ☺ "Coyote Tales & Crafts."
A re-telling of how Coyote helped Grasshopper end the drought.
Tuesday, July 22, 3 p.m.
- ☺ "La Cucaracha Martina."
Enjoy a puppet show in which a beautiful cockroach must pick a husband from a slew of suitors.
- SUMMER READING AWARDS** Pick up your prize bag! Delicious cookies will be provided by Hometown Buffet!
Tuesday, July 29, 3 p.m.

AUGUST 2008

Children's Programs

- ☺ Rosi's Coloring and Crafts Table
Every Tuesday during open hours
- ☺ Baby Storytime
Wednesday August 20, 10:30 a.m.
- ☺ PJ Storytime & Craft
Tuesday, August 26, 6:30 p.m.

Teen Programs

- ☺ Make it and Take it Teen Crafts
Every Friday during open hours
Free supplies provided.
- ☺ Do you want to bring your family closer together? Try our Wii games
August 1 - 9

Saturday Family Crafts 11 am

- ☺ Knitting *August 2 & 9*
- ☺ Shrinky Dink *August 16*
- ☺ Ribbon Jewelry *August 23 & 30*

Adult Programs

- ☺ Club Leyendo Juntos, el libro del mes 4 de Julio de James Patterson
Jueves, 7 de Agosto, 11 a.m.
- ☺ Mystery Book Club, discussing 4th of July by James Patterson *Thursday, August 7, 12 p.m.*

FREE COMPUTER CLASSES

Thurs. call Rosi for appointment
Beginners
11:00 a.m.
Intermediate
11:30 a.m.

Catch the Reading Bug!!

Crest Library Hours:

Tuesday	12:00 – 8:00	Wednesday	9:30 – 6:00	Thursday	9:30 – 6:00
Friday	9:30 – 5:00	Saturday	9:30 – 3:00	Sunday & Monday Closed	



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And - yours truly

Pat Goulart - (619) 442-4879

Our Backyard..

by Christina Seebold

Summer is heating up and Crest is getting ready for a fabulous 4th of July celebration. The beautiful community clubhouse is built and available for fun events.

Let's all get into the spirit of the season and support our town with creative floats for the parade, and lots of volunteer participation to make the day a big success. This is our biggest fundraising event, and provides for the upkeep and insurance for our community building.

As per usual, the family walk starts at 9:30am. If you plan to participate in the walk, staging takes place at South Lane Park starting at 8:30 am for judging. The festivities officially begin just after 10 on the stage at Nancy Jane Park with the flag salute, and awards for the most creative floats. This year, Moriah Angeline will have to fly out from her show in Las Vegas, to sing the National Anthem and join in on a few numbers with rhythm and blues band, Straight Six, who will once again be providing music to keep things lively. Moriah says it would take a lot to keep her away from Crest on the 4th of July. Opening for the band, for the first time, we will be featuring four part harmony by "The California Notecatchers", and rumor has it that a couple of Crest young people will be playing bluegrass during one of the band breaks. The Alpine Outlaws will also perform a gun safety show, and skit around noon. Volunteer, Carl Gruner, is moving the stage to a shadier spot this year, so look for it across the park from its previous location. Sometimes the 4th of July, is the only time I see certain Crest friends, and I know our family really looks forward to it. I hope to see you there.

Crest Garden Club

The Garden Club met in June at the lovely home of resident, Judy Dunning. Judy has been active in the San Diego Herb Society, and has had quite an herb garden in the past. Unfortunately, she lost her home to the Cedar Fire, but has rebuilt something very special. She shares with us her recipe for Lavender Lemonade, which I have tried. It is truly delicious. This is a great summer cooler.

Lavender Lemonade

Steep 1/2 cup of lavender* in 1 qt of boiling water for 5 minutes. Strain and use the liquid to make up part of the water for 1 gallon of reconstituted frozen lemonade. You can also do this with rosemary.

***If you want to use lavender or rosemary from your garden then you can harvest any kind of rosemary but use Sweet or Provence lavender. Let it dry by putting paper towels on a cookie sheet and spread the lavender flowerheads, or rosemary leaves on the sheet, cover with another paper towel and let it dry. You should be able to use them the next day.

Editor's note: This recipe also works with fresh squeezed lemonade. Just substitute part of the water for the herb liquid.

The Crest Garden Club meets on the 2nd Monday of the month at 10:00am. The next meeting will be at the home of Sally Bruner. For information, call Arlene Palmer at 441-0187



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Critters in Crest

Beetles

By Stanley A. Shelton

There are so many beetles, I couldn't possibly write about all of them found in Crest, so I will concentrate on just two that I have seen around our house every year we've lived here.

The first is the Stinkbug or Stink Beetle. It is also called Clown Beetle because of the way it stands on its head and sticks its rear end up in the air when disturbed. They are also known as "darkling" or "pinacate" beetles of the genus *Eleodes*.

These beetles are most active during the night, but can often be seen at all times of the day, patrolling at random for food, which they locate by smell. They primarily eat detritus of grasses and forbs (in other words: decaying and rotting grasses and plants, and fungus).



Pinacates are shiny black with a pointed abdomen and look like a hot rod with a raised rear end and lowered front end when walking.

There are about 120 species in the western United States and in size they range from 0.4 to 1.4 inches long.

Contrary to common belief, they do not spray a cloud of foul smelling toxic vapor when they stand on their head. That trick belongs to the Bombardier Beetle of the genus *Brachinus*. The stinkbug, however, can secrete a foul smelling liquid or spray that does not wash off and can hurt if it gets in your eyes or mouth. There are other beetles also called Stinkbugs, but they look entirely different than the one pictured here.

These Stinkbugs make good pets. They will eat apples, lettuce and dog food in captivity.

The other beetle I see a lot of here in Crest is the Ironclad Beetle, *Phloeodes Pustulosis*.

One of my first encounters with this bug was when I accidentally stepped on one and thought it



was a pebble. Nothing happened, as in, it didn't get squashed or crushed. This is because its carapace, (exoskeleton) including the elytra (the wing covers) is extremely hard (thus the name Ironclad?)

This bug is usually $\frac{3}{4}$ of an inch long as an adult. There are other Ironclad beetles too, one that looks similar to this one, the Diabolical Ironclad, and one that ranges through Texas and Mexico that is white and black and looks entirely different. (Live jewelry in Mexico!)

The Ironclad beetle doesn't have any wings, so the elytra are fused in the middle where they would normally open on other beetles that fly. (The Stink Beetle has delicate wings under its elytra, but doesn't use them and therefore doesn't fly either.)

This critter feeds on fungus on rotting wood, and on detritus. I see them in our carport and all around the house and yard, and by the time I see one, it seems to be disturbed and is playing dead. When they play dead, they pull their legs in towards their body and can remain immobile for long periods of time. They look dead.

Recently, I caught one (just saw one and picked it up) and put it into a sandwich-sized zip-lock bag, having this article in mind. It survived being in that closed bag for a week before I started seriously researching it to write about it *here*. After learning about it, I was thinking about keeping it and feeding it, but I changed my mind and let it go. *What would I do with it?*

These beetles are harmless and make good pets. They eat carrots and oatmeal in captivity... (*and they sell huge millipedes as pets at Petco?*)! I guess watching insects is *at least* as entertaining as watching fish in an aquarium...?



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El Cajon Events

El Cajon Classic Cruise

Cajon Classic Cruise nights - Wednesdays, June 4 - September 24, 2008 from 5:00 - 8:00 pm, on Main Street El Cajon.



July 2	Stars and Stripes
July 9	Monster Truck Mania
July 16	Off-Road Madness (East and West Main Streets closed)
July 23	NASCAR Up close
July 30	Revisit the Horseless Carriage
August 6	National Night Out (East and West Main Streets closed)
August 13	Charger Steve's Starz Carz
August 20	Bike Night
August 27	Funny Car Frenzy

El Cajon Concerts on the Green

**Friday Evenings- Prescott Promenade
May 23 - September 5, 2008 6-8 pm**

July 11	The Cat-illacs - Rock & Roll
July 18	Theo & the Zydeco Patrol-Zydeco
July 25	The Screamin' Primas -A Tribute to Louis Prima
August 1	The Hayriders -Rockabilly
August 8	The Corvettes -Doo Wop and Motown
August 15	Bill Magee - Blues
August 22	The Coolrays - Beach Boys Tribute Band
August 29	The Variations Big Band
September 5	The Mar Dels - Dance

Alley Cat Art Walk

July 11&12 – 4-8 & 12-8 – Arts Alley
(The alley between Main Street and Rea Avenue)

Get ready all artists and art lovers! The juried art show reception will take place at Sophie's Gallery from 4:00 - 7:00 pm on Friday, July 11th and will feature the musical talents of Burt Turetsky.

Be on hand for great entertainment, including Gregory Page, The Kahuna Cowboys Jug Band, Alli & The Cats, David Scott Gordon, a book signing by Mark Rimland, illustrator of "The Secret Night World of Cats," and much more. Visit vendor booths, stop at art demonstrations, and then relax at the German American Club beer garden.

http://www.downtownelcajon.com/event_arts_alley.shtml

Santee Events:

Santee Summer Concerts Santee Trolley Square

9884 Mission Gorge Rd. www.ci.santee.ca.us

July 10	Cash'd Out – Tribute to Johnny Cash
July 17	Screamin' Primas Tribute to Louis Prima
July 24	Blues Lite Specials Blues rock, 60's
July 31	Honky Tonk Kings Alt.country swing
Aug 7	Y3K Dance hits from the 80's and 90's
Aug 14	The Cat-illacs Rock & Roll hits 50's - 90's
Aug 21	Bayou Brothers Exciting sounds of Zydeco
Aug 28	80z All Stars Rocking hits from the 80'

Alpine Community Center

1830 Alpine Blvd – 6-7:45

June 29	Marine Corps Band
July 5	The Midili Brother's Band (Classic Rock)
July 13	Good Mojo Band (Rock)
July 20	Pine Creek Posse (Country)

Viejas Outlet Center

Free movies each Tuesday at dusk from 6/24-12. At 9:00. Movies include Barnyard (7/1), Open Season (7/8), Flushed Away (7/15), Monster House (7/22), Hoodwinked (7/29), Shrek the Thrid (8/5), and SpongeBob Squarepants (8/12).

San Diego Movies in the Park

All movies are free and begin at dusk. Call 619-757-1300 for a complete listing of locations or go to:

<http://sdmoviesinthepark.com>

La Mesa:

7/18	La Mesa Municipal Pool– Hook
8/15	La Mesita Park – Shrek the Third Lakeside:
7/26	Lindo Lake Park – Napoleon Dynamite
8/18	Lindo Lake Park- Horton hears a Who

Twilight in the Park Summer Concert Series At Balboa Park 2008

Summertime music returns to Balboa Park as Twilight in the Park kicks-off the free 33-concert series. Concerts begin on June 17 and run through August 28, on Tuesday, Wednesday and Thursday evenings from 6:15 to 7:15 p.m. on the stage of the majestic Spreckels Organ Pavilion. Twilight in the Park - Free Concerts Under the Stars in Balboa Park. <http://balboapark.org/calendar/> While you are there, also check out **Screen on the Green at Balboa Park (same address).**

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Crest Kiwanis

By Pat Bunsold



Several of our Crest Kiwanis members went to the Rady Childrens Hospital for the Miracle Mile of Quarters event that is held each year. They have carpets laid down on the sidewalks in front of the Hospital where teams of sponsors and Kiwanis chapters can made designs out of quarters. I was given a giant box full and told to enjoy making whatever design I liked. Of course, the



first thing that came to mind was to honor our Community of Crest with the Logo and motto, "Out of the Ashes". The space is about 3ft wide by 4ft tall, as there were many others making designs as well. I don't know how many quarters are there, but I would guess several hundred. Everyone had a wonderful time, under the guiding prowess of Chapter President Don Halte.

At the Crest Community Clubhouse grand opening on June 7, Oscar Knight, Governor of the Cal-Nev-HA District of the Kiwanis was given the honor of cutting the ribbon. The Crest Community Association received a \$37,000 donation from the Kiwanis to help with the rebuilding efforts. The Crest Kiwanis Club was created out of the ashes of the Cedar fire. Gov Knight, then the Lt Gov of Division 31, acted as a fiscal agent for funds donated to the Crest Community Association.



Kiwanis also contributed to the recent field trip to Crestridge Ecological Reserve that brought the Portrero and Crest children together. The event, an idea of Sharon Keiffer, 5th grade teacher at Crest Elementary, was designed to show Portrero students that life does return to normal after a devastating fire.

Upcoming Dates:

- Saturday July 12 7:30 AM Kiwanis meeting at Club house
- Monday July 21 6:00 PM Kiwanis Board meeting at Club house.
- Saturday: August 9 Kiwanis 7: 30 AM meeting at club house
- Monday: August 18 Kiwanis 6:00 PM Board meeting at club house

Kiwanis Community Breakfasts Saturday, July 26 and Saturday, August 23 - 8:30 to 10:30

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East County Fire Protection District Consolidates with San Miguel Consolidated Fire Protection District

By Neal Smith

Created in 1994 to better serve two distinct areas of East County residential/business, the East County Fire Protection District (ECFPD) has become a model for consolidation of fire departments in California.

What happened? A cash strapped fire protection district struggling to provide service year after year on an incredibly under funded budget, dependent on the good will of its citizens, the extraordinary efforts of under paid fire fighters, and local, state and federal grant funding, faced staff reductions and possible closure of the Crest station. A recent election seated three new board members. Infused with community activism and spirit, rallying anyone who would listen, drastically reducing a budget already cash poor, the Board took its case to the people.

In an overwhelming show of support with a super majority, the community authorized sufficient funding to operate both fire stations in the near term and to avoid drastic fire service reductions. Faced with past and current SD County consolidation efforts, sorely under funded by County government, administrative staff departing for greener pastures, and a previously ordered fire engine that couldn't be paid for without County assistance, the Board looked for partnership with a more stable fire fighting entity. Proposals went to Lakeside, El Cajon, Alpine and San Miguel Fire Protection Districts. Tirelessly, Kandhy Franklin and Dawn Hubert representing a Board sub-committee, completed the search for a partner after numerous meetings, discussions, financial and operations analyses. The full Board held numerous community meetings to inform apprehensive citizens. In the end, the move to consolidate with perhaps the finest most stable fire department in the County, San Miguel FPD was chosen.

The last general meeting, held in June, and a special meeting held thereafter for discussion of labor relations issues, signals the end of the East County Fire Protection District and its Board of Directors. It is not often that an elected Board willingly votes itself out of existence, putting personal agenda aside. The Board is convinced it made the right decision. The community should be proud to become a part of the San Miguel Fire Protection District with its comprehensive operations, advanced training, long term financial stability, and high profile leadership in the County of San Diego.

Come to the July 4th festivities in Crest and meet the new "Fire Team"!

Law Enforcement Community Meeting

Do you have a question or concern in your neighborhood or community? Want to learn more about the daily routine of the Alpine Sheriff's Station Deputy? If so, we would like to invite you to our first "Law Enforcement Community Meeting" on Thursday, June 26, 2008, 6:30 pm - 7:30pm, Alpine Sheriff's Station Community Room, 2751 Alpine Blvd. This is our new building. Reporting Suspicious Activity will be discussed. Seating is limited so call to reserve a seat by June 25th. For more information on future meetings, contact Crime Prevention Specialist Paula Dickenson, (619) 659-2608.

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Earth Discovery Institute Crestridge Ecological Reserve



Crestridge is Setting for Students Helping Students

By Cathy Chadwick and photos by Mickey Johnston



On Monday, June 2, 2008, twenty-five 5th grade students from Crest Elementary hosted 70 fourth, fifth, and sixth grade students from Potrero Elementary School at Crestridge. The Crest students, survivors of the Cedar Fire in 2003 wanted to share what they had learned and inspire hopefulness in the Potrero students, survivors of the Harris Fire in 2007.

The Crest students are part of EDI's Ecology Kids Serve (EKS) program with the Cajon Valley Union School District. This event was part of the service-learning project that all EKS students do. Each participating class learns science-related curriculum in the classroom, visits the Reserve for further hands-on learning, then identifies and completes a project that benefits their school or community while integrating the science they've learned. Crest students wanted to help another community who had been through a fire disaster.

On this trip, Crest students shared what they had learned on earlier visits about native plants and animals, and how they recover after a wild fire. Many of the Crest students also participate in K-Kids, the elementary service program supported by Kiwanis. East County Kiwanis sponsors the Crest students, who raised about \$400 for this project. Crest Kiwanis also generously chipped in financial support for the day. EDI staffed the day almost solely with volunteers to minimize the cost as well. Many thanks to our volunteer docents and assistants who contributed time and expertise to the day. The final chapter of the Crest students' project will be to visit the school in Potrero and help the students plant a native plant 'friendship garden.' This event received coverage in the East County section of the Union Tribune on June 5th. Follow this link if you'd like to see the story:

http://www.signonsandiego.com/uniontrib/20080605/news_1ez5crest.html. EDI Director Leslie Reynolds coordinated this event with inspirational Crest Elementary School teacher, Sharon

Keffer.



Calling All Friends and Neighbors!

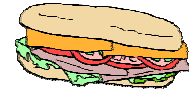
Starting July 1, 2008, the EDI Board of Directors invites you to meet us, and bring any questions, concerns, or offers of assistance to us in person. Each first Tuesday of the month at 8:30a.m., we will be available at the visitor kiosk near the Horsemill Road entrance to the Reserve. Please contact us for additional information or directions.

964 B Avenue Coronado, CA 92118/(619) 437-7989/Hleslie-reynolds@att.netH

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Pizza:

PIZZA:	14"	18"
Cheese	\$9.99	\$11.99
1 Topping	10.99	12.99
2 Topping	11.99	14.99
Veggie	14.99	16.99
Works	16.99	18.99
Additional Toppings (each)	1.50	2.00

Subs:

Ham & Cheese	\$4.99	Italian (Ham, Salami & Cheese)	5.99
Pastrami (Hot or Cold)	5.99	Turkey Club (Bacon, Cheese)	5.99
Ham w/Roast Beef	5.99	Tuna	5.99
Turkey & Cheese	4.99	Tony's Pizza Sub	4.99
Roast Beef	5.99	Meatball	5.99

Served with Lettuce, Tomato, Onion, Italian Dressing
Choice of French Roll, Sour Dough, Wheat or White Bread

Salads:

Garden Salad	\$4.99
Chef Salad	5.99
Macaroni Salad	1.99
Greek Salad	5.99
Potato Salad (1/2 qt)	1.99
Italian Pasta (1/2 qt)	1.99

The New Crest Post Office is located
in the
Crest Foods Market



Dianne Jacob Speaks Out On The Proposed Placement of Sexually Violent Predators in Jacumba

I adamantly oppose the placement of Sexually Violent Predators in Jacumba—or any place else in our region. I continue to question the wisdom of State mental health experts who have concluded that these individuals are safe for return to society. I view the release of anyone classified as a Sexually Violent Predator as a reckless and unjust gamble with the safety of the public. Our region has already been subjected to the doomed release of Sexually Violent Predators Douglas Badger and Matthew Hedge. Both are back in State custody. It is my very strong belief that the State is asking for a repeat of that failed experiment. I once again implore the State legislature to ensure that individuals classified as Sexually Violent Predators remain institutionalized in perpetuity. If the law requires them be placed somewhere, the only appropriate location would be in a trailer on the grounds of Donovan State Prison, where sexually violent predators have been previously placed because of its isolation from neighborhoods and sufficient proximity to social services and law enforcement. With no access to public transportation, Jacumba is too far from the social service programs these offenders are required to use. The public is placed at an even greater risk because of the offenders' need to travel.

County Supervisor Dianne Jacob represents the people of the Second District which includes all of East County, the Ramona and Julian areas and the City of Poway.



YOGA CLASSES



- **Group Yoga Classes** – Held at the Harbison Canyon Yoga and Ancient Arts Center. Classes include: Yoga, Balance and Flexibility, and Fitness in the Water (Yoga and Pilates.)
- **Individual Sessions** – Yoga classes, Fitness Instruction and Nutritional Guidance by a Personal Trainer. Sessions can be scheduled at the center or as Home Visits
- **Meditation Groups**

Call For Information and Schedules:

Harbison Canyon Yoga Center
 1047 Harbison Canyon Road, El Cajon, CA 92019
 Aida Amar, Certified Yoga Instructor and Personal Trainer, USSD
 619-722-1471 619-581-1569 (cell) email: aida20@cox.net

About the Instructor:

Aida Amar is a Bilingual Personal Trainer (UCSD Fitness Instruction and Exercise Science Program) and a certified Yoga Instructor.

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South Lane Park

The E-Crest-Rians have been given the “ok” for our lease to advance to the next level. In the meantime, County Parks is planning to install a split-rail cement wood-looking fence around the 10 acres. We have seen diagrams and are excited to see this happen. The idea of having a “fenced” park might help with the expense of insurance. Things like vandalism and length of fence life are all questions that have been asked. The folks around the park are also concerned about the openings and where they will be as well as the stumps of trees that are now sprouting. It seems like we need to do this one step at a time. There is still some dumping at the park, and we are grateful that Ian Hudson, a park worker has jumped in and helped where needed. He and Jeff Stenmoe whacked our weeds for five days as well as picked up trash and trimmed branches where we could. It was great to have some help and it is appreciated by all who use the park. Just a reminder that our good friends down the hill, Luna Construction is bringing in clean fill for us to deal with erosion and flooding at the far end. Please don't let others dump as this park is not a dump site. All of what we are doing now is in preparation of a bathroom, dog and people water areas, and the announcer's booth. **If you have any time to volunteer, or report any suspicious activity, please call 44-CREST.**

Naturally Wonderful: Baking Soda

It amazes me how the simplest of products have a multitude of uses. But here is one of the little miracle products that is far underrated. It is a natural, environmentally friendly product that will not harm you or your family. While baking soda is most commonly used in your kitchen, you might be surprised of its versatility.

It's a cooking ingredient:

Of course, its number one use is baking. But did you know about its other uses for cooking? Out of baking power? Make your own with 2 parts cream of tartar to 1 part baking soda and 1 part corn starch; Add to water when soaking dried beans to make them more digestible, Add to water to remove the “gamey” taste from wild game; Wash your vegetables with soda before cooking to remove chemicals and pesticides.

Medicinal Purposes: Brush your teeth or gargle to freshen your breath and relieve canker sore pain.; Apply to insect bites., rashes, poison ivy, and sunburns, windburns, by making a paste and applying; Put in baby's bath water to relieve diaper rash; Take 1/2 tsp of baking soda in ½ glass of water to relieve acid indigestion or heartburn;. a soda bath relieves general skin irritations.;

Personal Cleanliness: Give yourself a facial; condition your hair (2 T soda and 1 tsp shampoo will remove buildup);

Its a deodorizer: Put it in your refrigerator, your coffee maker (not aluminum), your dishwasher, your garbage cans , your kitty litter box (sprinkle on bottom before adding kitty litter); Sprinkle in tennis shoes, socks to eliminate odor; use it as an underarm deodorant; Sprinkle on your carpets; sprinkle on your animals between baths;

It's a Cleaner: Clean Formica and marble counter tops with baking soda on a damp sponge; .Cleans Vegetables; For a badly-burned pans (sprinkle moisten and soak); Helps wash oil and grease from stained clothing by adding to wash water ; soak and wash diapers; Clean baby toys; Clean your refrigerator and freezer; wash food and drink containers with soda and water; polish silverware, silver (without raised patterns); clean your bathroom with dry soda on a moist sponge; Keep drains clean and free flowing by putting 5 T of soda in each week, then flush with hot water;

Miscellaneous Uses:

Neutralizes battery acid;

Smother's flames: Puts out grease and electrical fires, clothing, fuel wood, upholstery and rug fires.

Make Play Clay with baking soda: (1 ¼ cups of water, 2 cups of soda, 1 cup cornstarch)

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