



## A Newsletter for Crest

Volume 11

July/August 2009

Number 4



### Crest's 63rd July 4<sup>th</sup> Event is a Go!

By Linda Hjelle & Kandhy Franklin-Collins

After permits, paperwork and meetings galore, our July 4<sup>th</sup> activities are a **GO!** Thanks to the many folks that have volunteered, donated, and will be helping during the event. We want to personally thank Judy Richardson, who stepped up to the plate in the early stages of our planning and generously donated the money needed for our liability insurance. This kind gesture made us realize that the Crest community would come through and make this event a success.

The Crest Parade is coming together and we hope to see many of you with your decorated floats competing for our great trophies. Our Grand Marshall this year is our very own Rosi Mejia from the Crest Library. Remember, this is a family event and everyone can participate. The trophy categories are for best motorized, golf carts, rhinos, jeeps, floats, group, non-motorized, individual, and of course Sweepstakes.

The Crest Parade has officially been named The Crest Historical Reenactment since it is a 63 year old event. Perhaps a float depicting that era might be a fun float idea. This year, besides the El Capitan Marching Band, we have an added bonus of parade music by Beck's Entertainment. As far as the line up is concerned, there will be

cones and signs as to where you or your group needs to line up in South Lane Park. Horses and other animals need to be in the large arena for safety as we organize and place the various groups in order. Both the San Miguel Fire Department and units from Cal-Fire will be there to assist in the judging and organizing the parade participants. If you plan on participating in our parade, be down at South Lane Park at 8:30 for lineup and judging. The parade will step off at 9:30 a.m.

Remember the streets will be blocked between from 8:30 – 10:30 as the parade marches from South Lane Park, up Albatross to Suncrest, and La Cresta Blvd ending up just past Nancy Jane Park. We will have volunteers at each intersection to place and remove the barricades. As the parade finishes, the barricades will be picked up. We still need additional monitors for the intersections per the County's requirements. If you are planning on being a spectator, call 517-9838 and volunteer to help us out in this capacity. Duties include attendance at a short meeting and a little assistance as the parade passes by.

Thanks, in advance, to the San Miguel Station 18 and Cal-Fire for supporting our parade and providing first aid services. The Firemen's Association has

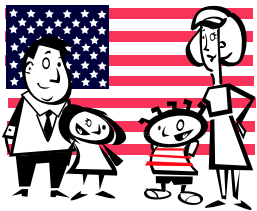


generously donated \$1,000 to this Crest family event to ensure that our parade can continue. Even our Fire Chief is participating by donating "Lunch with the Chief" to our silent auction.

Following the parade, festivities will follow in at Nancy Jane Park. Look for some yummy food this year in the Crest Clubhouse across from the park. Hamburgers and hotdogs will be cooked by Kiwanis. Ribs will be provided by the Crest Community Association thanks to our great volunteer cook and CCA member, Tony, of Crest Foods. Iced coffee and cookies are on the menu provided by the Crest Community Church. So bring money, come hungry, and support these great community organizations. Remember, proceeds from this event are the primary fund raiser that pays the CCA bills.

There is a great music venue lined up on the 4<sup>th</sup> playing from 10:30 to 1:30 p.m. Music will be provided by our very own GRANDDADDY-OS and a new group to Crest, 8Trackstar, which plays Rock and Roll, alternative, etc. Thanks to Brooke Johnston, Crest resident, for recruiting her Dad and his group to play for our event. And keeping with tradition, Moriah Seebold will be flying in from New York to sing the National Anthem and join us in our festivities. Thanks so much Moriah, it wouldn't be the same without you.

We once again will have vendors selling their wares. This year, seller's permits are required, so



if you are all set in this area and want to participate as a vendor, contact Kandhy Franklin at 444-4996 or [kandyfranklin@cox.net](mailto:kandyfranklin@cox.net). (You can get a permit in one day by going down to their office on Front Street in person and applying.)

The CCA has put together a great Silent Auction and Raffle this year which will take place in the park following the parade. There are so many great items for bid – check out the list on pages 15/16 and come prepared to buy!! Do you see an item and want and can't make the event? You can start the bidding early by sending your bid with your name and address to [Lindahjelle@cox.net](mailto:Lindahjelle@cox.net). Tickets are also on sale for a Kiwanis Raffle – For only \$5 a ticket, you may be the winner of a Sony HD TV. Look for them at the park.

There is still time to donate items to our silent auction, call Linda Hjelle at (619)517-9838 or email her at [lindahjelle@cox.net](mailto:lindahjelle@cox.net) and we can arrange to pick up your item. Join us on the 4<sup>th</sup> and make this year the greatest event ever!

**A special reminder to all Crest Residents! No Alcohol is allowed in Nancy Jane Park or the CCA building (per the county regulations and our insurance carrier.)**

See pages 15 and 16 for a list of items up for  
The silent auction and raffle.



**This is the official notification of the road closures that we normally have for the parade! The main road, La Cresta, will be closed to through traffic from 9:30 am until last parade participant passes. Approximately 45 minutes. An alternate route will be flagged to get to the South side of Crest. Of course, if there is an emergency, the volunteers will radio the command center and we will deal with it.**

# Crest Contacts

<b>Crest Community Contacts</b>		
Crest Community Assn. LindaHjelle@cox.net	Linda Hjelle (email)	517-9838
Community Church crestchurch@sbcglobal.net	Anna Johnston (email)	442-3736
Cornerstone Church	Pastor Dennis	579-5633
Crest Black Board	Friends of Crest	44-Crest
Clubhouse Rentals rentals@thecressun.com	Rick Bradt (email)	44-Crest
Crest Fire Safe Council crestfiresafecouncil@yahoo.com	Kandhy Franklin (email)	44-crest
Crest Garden Club kathyfedor@gmail.com	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 www.cajonvalley.net	Office (website)	588-3128
Crest Sun Newsletter Information <a href="mailto:editor@thecrestsun.com">editor@thecrestsun.com</a> <a href="mailto:winters72@hotmail.com">winters72@hotmail.com</a>	Linda Hjelle Chris Seebold (email)	440-8540 447-5826
The Crest Sun website webmaster@thecrestsun.com	Karin Weiss (email)	579-3951
E-Crest-rians	Kandhy Franklin	444-4996
Friends of Crest	Message	44-Crest 442-7378
St Louise Church	Father Languille	444-3076
Sub-Regional Planning. crestplanning.org	Judy Bowen (website)	440-0783
<b>HELP LINES</b>		
Highway Patrol: Traffic Related Abandon Vehicles	(858) (619)	637-3800 441-4264
Sheriff Alpine Station	Dispatch (858) (619)	565-5200 659-2600
San Miguel Fire Dst Fire Marshal Public Info Officer Fire Chief www.smgfire.org	Business Ofce. Marsha Larsen  Leonard Villarreal August Ghio (website)	670-0500 660-5356 660-5359 660-5351
Adult Protective Svs	(800)	510-2020
Child Abuse Hot Line	(800)	344-6000
Animal Control	(760)	438-2312
Code Enforcement	(619)	441-4264
Contractors Board	(Fraud) (800)	321-2752
Crime Stoppers	(619)	531-1547
FBI (telephone scam)	(858)	565-1255
Illegal Dumping	(858)	495-5143

Noise Abatement	(858)	694-3741
Planning & Land Use	(858)	694-3741
Poison Control	(800)	876-4766
Postal Police	Mail Fraud(877)	876-2455
Road Conditions	(800)	427-7623
Secret Service -Fraud	Currency/Credit	557-5640
Social Services	(619)	401-6000
SD Regional Center	(858)	576-2938
<b>Stores and Restaurants</b>		
Crest Foods	Tony	444-8132
Lenardo Pizzeria	Sam	444-1389
Rainbow Farms Mrkt	Mark	444-7504
<b>Advertisers</b>		
AgeLoc	Pat Goulart	442-4879
Avon	Yvonne	449-8556
Beck's Entertainment becksentertainment.com	Jerry Beck (website)	440-0797
Blue Jeans & Bikinis		328-5745
Bowlby Electric	George	440-3051
Century 21 Award	Connie Gipson	606-2400
Central Air & Heating	Charles Collins	444-9955
E&L Mobile Repair	Eric Flick	654-3849
Holzer's Hen House		440-0406
JCMS Landscaping www.jcms1.com	858	569-4199
Kathy Kuts Kathy@kathyKuts.com	Kathy Kaderabek (email)	447-1945
Kidsware	www.magickidsusa.com	
Knox Reprographics Knoxservices.com	Mary Bauer website	230-6300
Marvelous Organizing marvelousorganizing.com	Risa Goldberg email	231-1113
Meditation	Kim	607-7103
Office Tech	Karin	249-4469
ProBiotics beelady@aol.com	Pat Goulart	442-4879
Prudential Realty carole@prusd.com	Carole Horn (email)	251-1533
Rock A Betties Salon	Brooke	579-0617
Scentsy		504-2361
Silpada Design	Jennifer	447-5870
Terminator Svc		442-8726
The Vine	Michelle	722-7046
TNT Carpet Care www.tntcarpet.com	Troy	208-2708
Xango xango@justanounce.net	Marie (email)	328-1157
<b>Miscellaneous</b>		
Beginning Yoga	Aida	722-1471
Studio For Rent	Alpine	207-7242

M	T	W	T	F	S	S	M	T	W	T	F	S	S
<b>JULY</b>							<b>AUGUST</b>						
		1	2	3	4	5						1	2
6	7	8	9	10	11	12	3	4	5	6	7	8	9
13	14	15	16	17	18	19	10	11	12	13	14	15	16
20	21	22	23	24	25	26	17	18	19	20	21	22	23
27	28	29	30	31			24	25	26	27	28	29	30
							31						

## Calendar of Events July–August 2009

		<b>NO CCA DINNER THIS MONTH</b>
07/04/09	8:30 9:30 10:00	<b>Parade Line Up</b> <b>Parade Start</b> <b>July 4<sup>th</sup> Festivities – Park</b>
07/07/09	1:00 Tuesday	Historical Society Meeting – Library
07/11/09	7:30 am – Sat	Kiwanis Meeting – Visitors Welcome – Location: Clubhouse
07/13/09	7:00 PM	Crest Garden Club Cancelled in July – SubRegional Planning Group
07/14/09	5:45 – Tues	Crest Community Association Board Meeting – Clubhouse
	7:00 pm -Wed	San Miguel Fire Protection District Board Meeting - 2850 Orange Way – Spring Valley
07/21/09	7:00 pm – Tues	CCA Meeting Clubhouse – Community Meeting
07/25/09	8:00-10:30 – Sat	<b>Community Breakfast</b> by Kiwanis at the Clubhouse
07/25/09	7:00 – 9:00	Music Night V – Acoustic Music Night - Clubhouse
07/27/09	6:00 pm – Mon	Kiwanis Meeting – Board Meeting Clubhouse
08/04/09	1:00 pm- Tues	Historical Society Mtg – Library
08/05/09	5-7:00 – Wed	<b>CCA Dinner</b> – Clubhouse
08/10/09		Crest Garden Club – Ron Tatros Date and TBD – Call Arlene for Details 441-0187
08/10/09	7:00 pm Mon.	Sub Regional Planning Group – Dehesa
08/11/09	5:45 – Tuesday	CCA Board Meeting – Clubhouse – Board Meets
	7 pm – Thurs	San Miguel Fire Department Board Meeting
08/08/09	7:30 am - Sat	Kiwanis Meeting –General Meeting – Visitors Welcome. Clubhouse
08/17/09	6:00 pm – Mon	Kiwanis Meeting – General Meeting
08/18/09	7:00 pm – Tues	CCA Meeting Clubhouse – Community Meeting
08/22/09	8:00-10:30 Sat	<b>Community Breakfast</b> by Kiwanis at the Clubhouse

### Free Summer Concerts

#### El Cajon Concerts on the Green – 6-8 pm Prescott Promenade – Downtown El Cajon [www.downtownelcajon.com](http://www.downtownelcajon.com)

7/10	Diamond is Forever	Neil Diamond Tribute
7/17	Scott Martin	Latin Soul
7/24	The Farmers	Rock
7/31	Bill Magee	Blues
8/07	The Heroes	Variety
8/14	The Variations	Big Band
8/21	Eve Selis	Roadhouse Rock
8/28	The Coolrays	Beach Boy Tribute

#### Alpine Community Center – 6-8 pm Concerts in the Park

7/5	Good Mojo	<a href="http://www.alpinecommunitycenter.com">www.alpinecommunitycenter.com</a>
-----	-----------	--

# Lenardo Pizzeria & Restaurant

4:00 pm – 8:30 pm  
Call 444-1389 or 444-0992



<b>PIZZA:</b>	<b>Medium 14"</b>	<b>Large 18"</b>	<b>Giant 28"</b>
Cheese Only	\$8.99	\$12.99	\$19.99
One Topping	\$9.99	\$13.99	\$22.99
Vegetarian (Mushroom, Onions, Green pepper & Olives)	\$13.99	\$15.99	\$25.99
Greek Pizza (Fresh garlic sauce, Mozzarella cheese, Feta cheese, Gyros meat & Basil)	\$14.99	\$16.99	\$25.99
The Works (Pepperoni, Canadian bacon, Sausage, Onion, Mushroom, Green pepper, Black olives, Pineapple and Jalapeno)	\$16.99	\$20.99	\$29.99
Calzone (Mozzarella, Ricotta, & Parmesan cheese)	\$9.99		
Additional topping:	\$1.25	\$1.75	\$3.00

## Subs & Sandwiches

Ham & Cheese .....	\$5.49
Turkey & Cheese .....	\$5.49
BLT .....	\$5.49
Vegetarian Sub .....	\$5.49
Italian Sub (Ham, Salami, & cheese) .....	\$5.99
Club Sub (Turkey, Bacon & Cheese) .....	\$5.99
Roast Beef Sub .....	\$5.99
BBQ Sandwich .....	\$5.99
Meat Ball Sub .....	\$5.99
Italian Sausage Sub .....	\$5.99
Gyros Sandwich .....	\$5.99
Ham, Turkey & Cheese .....	\$6.99
Lenardo's Special Sub (Roast Beef, Turkey, & Cheese).....	\$6.99

ALL SUBS SERVED W/LETTUCE, TOMATO, ONION, PEPPERONCINE, & ITALIAN DRESSING

### Salads:

Garden Salad.....	\$4.49
Antipasto Salad.....	\$5.59
Greek Salad.....	\$5.99
Chef Salad.....	\$5.99

### Pasta: (All served with Breadsticks)

Lasagna.....	\$6.49
Spaghetti w/ Meatballs.....	\$6.49
Meat Ravioli.....	\$6.49
Cheese Ravioli.....	\$6.49

### Combo: (All Combos served with Fries and Salad)

½ lb Hamburger Combo .....	\$5.99
½ lb Shrimp Combo.....	\$5.99
Chicken Sandwich Combo .....	\$5.99
Fried Chicken Combo .....	\$5.99
Fish & Chips Combo.....	\$7.49
Gyro's Combo.....	\$7.49
Hot Wings Combo .....	\$7.49
Philly Steak Combo (Steak meat, mushroom, onion, green pepper & Cheese) .....	\$7.49
Philly Chicken Combo (Breast chicken, mushroom, onion, green pepper, & cheese).....	\$7.49



## San Miguel Consolidated Fire Protection District www.smgfire.org (619) 670-0600

### *A Message from Fire Chief August Ghio*

There is a lot going on with the San Miguel Consolidated Fire Protection District (the District); most of it good to great, and some of it challenging. Firefighters at Bostonia's Station 19 and the Crest Station 18, along with all your District firefighters, have been working hard and training hard in preparation for this year's fire season.

The community of Crest has also been doing its part. With the leadership of Kandhy Franklin and the Crest Fire Safe Council, there has been a great effort to improve Defensible Space and general vegetation management.

Leonard Villarreal, our Public Information Officer, has secured a \$200,000 grant from Farmer's Insurance to develop and implement this year's "Before the Threat" fire season preparedness/readiness campaign. The District has developed a partnership with the San Diego County Office of Emergency Services, Farmer's Insurance, and SDG&E that will produce and deliver 400,000 "Before the Threat" packets to citizens throughout San Diego County who live in Wildland Urban Interface areas. The delivery of these information filled packets, that includes a DVD on preparedness tips, will be accomplished via an army of volunteers, Fire Safe Councils, Community Emergency Response Teams, Firefighters, community members, and more.

The "Before the Threat" campaign will begin the weekend of July 25, 2009 and be completed on the weekend of August 1, 2009. If you want to be part of our San Miguel Fire District army of volunteers, please contact Nancy Roos by phone at (619) 670-0500 or via email at [nroos@smgfire.org](mailto:nroos@smgfire.org).

Shifting gears, I would like to bring you, our customer, up to speed on the District's fiscal situation. We have been notified by the County of San Diego, that our property tax revenue for this coming year (FY 2010) will be minus 6.45%. This is a nearly \$1.1 million reduction in revenue to the District. This, in addition to property tax refunds that most likely will be between \$500,000 and \$1 million next year, has caused the District's Board of Directors to order the closure of Fire Engine 15 at our Headquarters Fire Station in Spring Valley, effective July 1, 2009. Additionally, we are beginning Labor Negotiations with all our labor groups to identify how we can help bridge the remaining gap in funding.

Now, what does this mean to the communities of Crest and Bostonia? Per our Consolidation Terms and Conditions, **there will be no direct impact on Fire Stations 18 or 19 during this economic crisis.** The service reduction impact is on the core of the Spring Valley area. Station 15 is a "Double House." So even with the loss of Engine 15, the Fire Station will remain open and operating with a full crew assigned to Truck 15. Truck 15 is a Quint Apparatus. Being a Quint, Truck 15 has the capability to provide water under pump pressure, hose, ladders, and rescue equipment to the emergency scene. Engine 15 will still be at the Fire Station, and the crew will have the ability to respond with either the Engine or the Truck to the emergency, based on the nature of the call. That is called Cross Staffing the apparatus assigned to that Fire Station.

The District is in the process of conducting a Benefit Assessment Fee for the communities of Spring Valley, Grossmont/Mount Helix, Casa de Oro, La Presa, and the unincorporated areas of La Mesa and El Cajon. The Benefit Assessment Fee will not apply, if passed, to the communities of Crest and Bostonia as these residents and property owners already pay significant service fees.

The San Miguel Consolidated Fire Protection District is committed to Serve – Educate – and Respond to your needs. We will continue to provide a high level of services to all our communities in the areas of Fire Prevention, Fire and Emergency Medical Services, and Community Preparedness/Readiness. We will be doing this with fewer resources. We are working on response plans that will insure that all fire apparatus maintain at least one Firefighter Paramedic on each shift, and that through response planning and oversight, our response times throughout the District meet our existing objective of responding to calls in 8 minutes or less from notification, 90% of the time.

Your Firefighter's are professional and have your best interests in their hearts and minds. We will continue our efforts to do the best we can to meet your needs when you dial 911.

# Avon



Call Yvonne Daley  
Sales Representative in  
Crest  
619-449-8556

## IMPORTANT NEWS For Wholesale Buyers!

Now you can buy  
**Namebrand Kidswear**  
at **40-60% Below**  
**Wholesale**

We specialize in close-out merchandise and can answer your needs for quality kidswear... within 48 hours... at unbeatable below-wholesale prices. Whatever your quantity needs, we can fill your order today. AND with your satisfaction guaranteed!



**CHECK OUR LOW PRICES TODAY**

Log on to: [www.magickidsusa.com](http://www.magickidsusa.com)  
Or Call 1-888-225-9411  
for a FREE Color Catalog

You Must Mention Discount Code  
**29546 MK**  
For HUGE Savings!



### Enjoy HUGE Markups

on famous designer kidswear like these...  
GAP™ • OSHKOSH™ • POLO • TOMMY HILFIGER™ • ADIDAS™ • GUESS  
All guaranteed to be in showroom factory-sealed condition

**ORDERS FILLED WITHIN 48 HOURS**

## Studio for Rent

Alpine - 619-207-7242

\$750. per month.

Includes washer/dryer,  
electricity, water, trash, cable



Fax (619)444-2064

Tel (619)444-9955

## Central

Heating & Air Conditioning

"PROVIDING FOR YOUR COMFORT  
License No 441801

**Charles Collins**

619-792-3322 Cell) email is [charlescollins@cox.net](mailto:charlescollins@cox.net)

## Scentsy Wickless Product

Unique Scentsy warmers use a 25 watt light bulb to melt the wax slowly, maximizing the fragrance time of the Scentsy bar. With no flame, soot or wick. The scentsy system is a safe way you enjoy more than 80 Scentsy fragrances.

Dana Shaw, Scentsy Consultant

[www.scentsy.com/daynashaw](http://www.scentsy.com/daynashaw)

619-504-2361

Call to book a party and get Free Product

## Silpada Designs

Hand-crafted sterling silver and semi-precious stone jewelry

Call Jennifer Eichhorst to have a party

619-447-5870

[eic@cox.net](mailto:eic@cox.net)

[www.mysilpada.com/jennifer.eichhorst](http://www.mysilpada.com/jennifer.eichhorst)



# Connie Gipson

**Multi-Million Dollar Producer  
Crest Specialist for 25 Years  
Cell: (619) 606-2400**



Each Office Is Independently Owned And Operated  
**5640 Baltimore Drive  
La Mesa, CA 91942**



## *Crest Real Estate Update*



### *Residential*

#### **Now on the Market**

118 Wall Place	\$175,000
225 Lento Lane	\$205,000
103-105 Juanita Lane	\$250,000 -Listed by Connie Gipson
2093 Old Bend Road	\$285,000
140 Sierra Vista Way	\$349,000
3015 La Cresta Road	\$430,000
2810 La Cresta Road	\$549,900
408 Alta Lane	\$695,000- \$745,000
1175 Horsemill Road	\$745,000
1390 Ryan Ridge Road	\$749,000
15197 Picturesque Point	\$799,000- \$850,000
1198 Mountain Top	\$1,050,000- \$1,200,876

#### **Contingent Sales**

2400 Eucalyptus Drive	\$285,000
1324 Tracey Lane	\$749,000

#### **Pending in Escrow**

373 La Cresta Road	\$269,000
420 Mountain View Road	\$349,000
310 Alamo Way	\$393,900
522 Mountain View Road	\$399,900
1555 Vista De Montemar	\$499,900
15076 Montana Serena	\$606,250
1649 Vista De Montemar	\$699,000
14910 Montana Serena	\$999,000- \$1,150,000

#### **Recently Sold**

224 North Lane	\$138,000
2136 Eucalyptus Drive	\$249,500
208 Thornton Drive	\$314,900

### *Vacant Land*

#### **Now on the Market**

152 Bonita Place	\$99,900
Saxton Lane	\$99,900-\$125,000
Saxton Lane	\$99,900-\$125,000
222 Lilac Drive	\$175,000
Senda Lane	\$175,000
777 Mountain View Pl.	\$175,000-\$185,000
2737 La Cresta	\$199,000
South Park Place	\$219,000
2223 Crest Drive	\$265,000
La Cresta Road	\$450,000

#### **Pending in Escrow**

No listings are now in escrow

#### **Recently Sold**

No vacant lots have recently sold

## **Connie Gipson**

### **Century 21 Award**

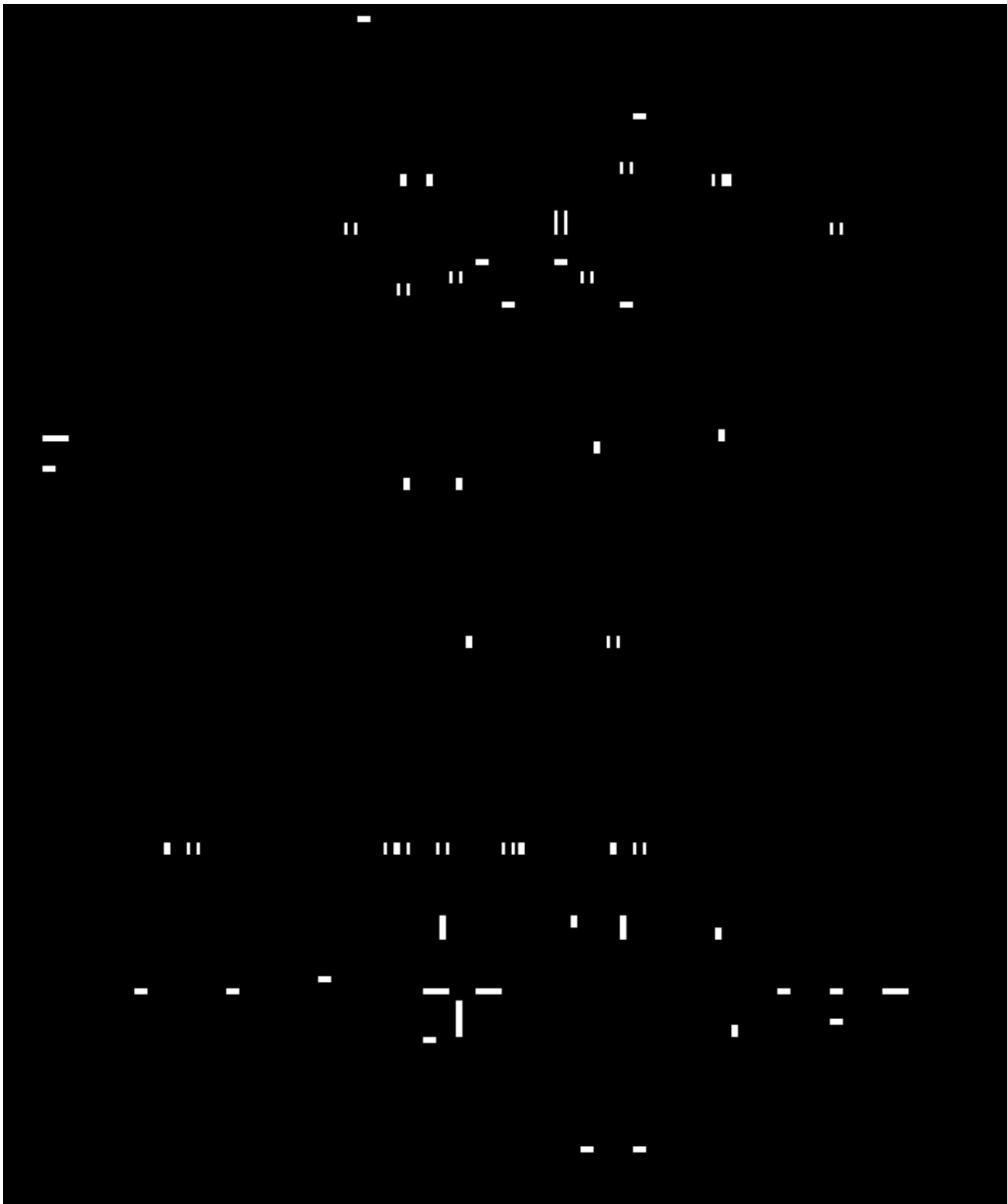
**(619) 606-2400**

California Real Estate License # 00862838

**Call Connie with all of your real estate questions!**

Data from Sandicor, Inc. and the San Diego Recorder's Office effective June 16, 2009 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.





(Good for one regularly priced menu item of equal or lesser value)

# 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  
Pastor Tony Lambert

**Services:**

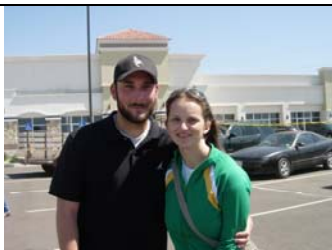
- 9:30 a.m. Sunday School for All Ages
- 10:45 a.m. Worship Services
- 6:00 p.m. Sunday evenings
- 6:30 p.m. Wednesday Bible Study



**Cornerstone Church**  
205 Lento Lane  
579-5633  
Dennis Ottalogo,  
Pastor  
**Services:**  
Wednesday 7p.m.  
worship  
Sunday - 9:30a.m.

**Crest Welcomes  
New Youth  
Minister at  
Crest Community  
Church**

We'd like to introduce Ray Blair, the new youth pastor at Crest Community Church and his fiancé Jen. "This is an exciting time in my life and I am looking forward to meeting many new friends and developing meaningful relationships"



**Crest Community Church  
Presents:**



**Crocodile Dock**

**This Dock Rocks!**

- New Friends**
- Amazing Crafts**
- Wild Games**
- Lip-smacking snacks**
- Incredible Music**
- Mind blowing Bible adventures**

**Location: CREST COMMUNITY CHURCH**

**Crock Dock date are : July 13-17, 2009**

**Crock Dock fun begins at 6:30 PM**

**Crock Dock fun ends at 8:45 PM**

**For more information, call  
(619) 442-3736**

# XANGO JUICE



The first: and only product in the world that features the whole fruit puree of the exotic mangosteen. The mangosteen is an extraordinary source of xanthonenes, powerful antioxidants with a host of beneficial properties.

*GOOD FOR THE BODY – HEAVEN FOR THE TONGUE*

Learn about XANGO™ @ [www.justanounce.net](http://www.justanounce.net)

*\* Business opportunity available \* 619-328-1157 \**



*100% money-back guarantee  
Visit website for details*

# Injured Crest Resident Rescued with Neighbor's Help

By Roger Mullins (KF6UPP)

Friday afternoon May 22<sup>nd</sup> Crest resident Sylvia Binley was walking her two Labrador pups on the rugged trail that runs south from Crest down to the Singing Hills Golf Course. About a mile south of South Lane, in an area called "Figure 8's", she slipped and fell breaking two bones in her lower leg just above the ankle. While still holding her two dogs managed to crawl about 100 yards back up the steep trail. She was there for a while before Crest resident, John Katchur, walking his sheep dog Harry, hiked down the trail. John said he was just about to turn around to head back up the trail when Harry heard Sylvia and led John to her location. John had a cell phone with him so he tried to call 911. Because there was a brush fire a few miles away, near Willow Glen, 911 was busy and put him on hold. Sylvia gave John my name so he called directory assistance, got my number then called me and told me where he and Sylvia were. I grabbed some water and headed down the trail in my Jeep.



For those not familiar with the trail, it is very steep, slick and highly eroded. The only vehicles that can navigate it are bikes and 4 Wheel Drive vehicles. When I reached Sylvia and John, Sylvia was sitting, in obvious great pain with John supporting her sitting position while trying to hold the three dogs. We still couldn't get through to 911 so I used the HAM radio in my Jeep to make an emergency call through the Monument Peak HAM radio repeater.

HAM operator Tom Carmody (KJ6TDC) in Ramona heard my emergency call and offered to relay information to emergency services. Tom stayed on the air with me throughout the incident. Tom's aid was key to getting us help.

While we were waiting the Emergency Service people were having difficulty finding our location. I could hear and see them going down Eucalyptus Drive and Descanso Lane but we were about ½ mile west of where they were looking,

A bit later Crest resident, Kyle Bolton, arrived on a quad bringing more water as well as help to manage the dogs and support Sylvia's. Kyle had been on the scene before I arrived and went to the Crest Fire station to seek help. There was no one at the fire station so he returned to the trailhead to direct rescuers to our location.

Once we got information to 911, Brett and Cheryl Medinger heard the emergency call on the Fire Department radio. Brett is an El Cajon Firefighter. Brett quickly figured out our location and he and Cheryl drove down the trail in their Jeep along with Jamie and Chris Fransway. Jamie is also an El Cajon Firefighter and Chris is with the Chula Vista FD. Jamie and Chris drove a 4X4 Utility Vehicle. While Chris administered first aid, Jamie returned to South Lane and transported EMTs to the location then returned for more firefighters and equipment. None of the Fire Departments have vehicles capable of negotiating the trail.

A short time later a Sheriff's helicopter arrived, landing nearby. After stabilizing Sylvia and placing her on a stretcher the firefighters carried her to the waiting helicopter which flew her to an ambulance waiting on South Lane.

Sylvia's injury included both a broken tibia and fibula just above the ankle as well as scraped hands and knees from crawling. She is expected to fully recover.

Had John Katcher not found Sylvia the story could have been much worse.

## The moral to this story:

1. One should not hike alone or at least not without others knowing where you are going and when you expect to return. Better still, find a buddy to walk with when traveling in remote areas.
2. *Crest Residents are the greatest!! See Sylvia's letter to the editor on page 41 to see how Crest kept on giving even after the rescue!!!*

**GEORGE A. BOWLBY**  
**Electrical Contracting**  
**267 Lilac Drive, Crest, CA**

**Full-Service Electrical Contractor**

*Serving Southern California Since 1981*

- Residential
- Commercial
- Industrial
- Troubleshooting
- Room Additions and Remodel
- Ranches
- Tenant Improvement
- Commercial Wells
- Landscape Lighting
  - Control Design and Application
- Engineering and Consultation
- Emergency Power Systems

**Free Estimates**

**Give Us a Call ... We Would like to Bid Your Work**

**Office (619) 440-3051**  
**Cell (619) 733-3051**

**Pager (619) 604-3051**  
**Fax (619) 440-3051**



**JCMS**  
**LANDSCAPING**  
DESIGN • BUILD • MAINTAIN

*"Doing business with integrity and creativity"*

**Special Offers**

**50% off Landscape Design \***

**20% off 1 month of Landscape Maintenance\*\***

\*Not to exceed \$500. When JCMS is awarded full construction contract.  
\*\*Not to exceed \$100. With 2 year contract.

Family owned and operated since 1979  
Full service landscape company, licensed C-27 contractor  
#716313, bonded and insured  
Irrigation, tree trimming, lighting, water features, drought  
tolerant, stone, concrete, walls, fences and more...

**Call for FREE estimate**  
**858-569-4199**

[www.jcms1.com](http://www.jcms1.com)



# Crest Community Association

CCA email:  
[crestcca@yahoo.com](mailto:crestcca@yahoo.com)  
44-Crest (Message)

President: Linda Hjelle  
[LindaHjelle@cox.net](mailto:LindaHjelle@cox.net) 517-9838

Dear Crest Residents:

It's time once again to renew your membership to the CCA. The CCA is the center of activity in Crest. Through your membership, we can continue to hold Crest activities such as Music Nights, CCA Community Dinners and Bunco tournaments. Groups such as the Kiwanis, Fire Safe Council, Boy Scouts, Art Classes and Yoga classes can continue to be held in Crest. The CCA Clubhouse provides a great community location for our local Christmas gatherings and community meetings

Your membership pays the upkeep, utilities, and taxes on our beautiful new facility. Become an active part of the community by joining the CCA. You can either join by returning the bottom portion of this form or by stopping by the membership booth at the upcoming July 4<sup>th</sup>.

**Membership Board:**

- Linda Hjelle – President- [Lindahjelle@cox.net](mailto:Lindahjelle@cox.net)
- Tony Atkins – Vice President - [aatkins@msn.com](mailto:aatkins@msn.com)
- Cathy Kolbenschlag - Treasurer [cathy@francoip.com](mailto:cathy@francoip.com)
- Glenna Evans - Secretary [sewglenna@cox.net](mailto:sewglenna@cox.net)
- Susan Lee Cooks - 5th Board Member [susanleecooke@gmail.com](mailto:susanleecooke@gmail.com)
- Rick Brandt - Rental Chairperson - [rickb1@cox.net](mailto:rickb1@cox.net)
- Kandy Franklin-Collins – Crest Fire Safe Council/E-Crest-trians [Kandyfranklin@cox.net](mailto:Kandyfranklin@cox.net)
- Membership Chairperson- Jackie Grace – [mama3@cox.net](mailto:mama3@cox.net)

---

## Join 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 \_\_\_\_\_ Email: \_\_\_\_\_

**Questions: Call 44-Crest and leave a message**

Interested in volunteering a little or a lot? Check area of interest:  Gardening  Senior Support

July 4<sup>th</sup> Event  CCA Dinners  Music Nights  Clubhouse maintenance

# July 4<sup>th</sup> Silent Auction/Raffle:



Check out some of the items that will be up for auction in Nancy Jane Park on the 4<sup>th</sup> and bring your check book! Better yet, you can start bidding today by emailing [LindaHjelle@cox.net](mailto:LindaHjelle@cox.net) with your name, address, phone # bid item below and amount you wish to bid. Bids will be taken online until July 3<sup>rd</sup> at noon. We wouldn't want you to miss out!

## Are our Neighbors Great or What - A great big thank you for the following:

Thanks to the Atkins family for our Kick Off Silent Auction item:

- **One night stay at Pacific Terrace Hotel overlooking the ocean on Diamond St in Pacific Beach** - Overlooking the white sandy beaches of San Diego, the AAA 4-Diamond awarded Pacific Terrace Hotel in San Diego, California, nestles between the sun and the surf, between Mission Bay and La Jolla. **Value \$300.00**

### **Crest South Lane Park print - Value \$40 –**

**Thanks to Jennifer Nilles** Jennifer trained under Dorene Terryberry. With a style similar to the "Old Masters", she combines multiple layers of transparent and opaque colors to create depth and light. Currently a member of San Diego Museum of Art Artists Guild and Foothills Art Association. Jennifer's award winning art is enjoyed by collectors across North America.

Thanks to the San Miguel Fire Department for:

**"Lunch with the Fire Chief and tour of the Fire Station" Chief Ghio will even pick you up and return you back home!**  
**Value - Priceless**

### **Donation of a Gift Basket of "A few of our Favorite Things"**

**Thanks to the Crest Lawn Chair Brigade**

**Donation of a Family pack of four (4) Sea World tickets - Value \$220** Thanks to the Atkins Family

**Thanks to the Hidden Fox Farm for the donation of two (2) Intro Riding Lessons - Value \$85.**

**Rock A Betties Salon** has donated an auction basket including highlight, haircut, style, moisture treatment plus products and accessories. **Value \$200 - Thanks Brooke**

**Thanks Aida for the Donation of One Month Free Yoga** - Classes held at CCA Clubhouse – Fridays 9-10. **Value \$25**

**Thanks Risa of Marvelous Organizing for One Hour Free Consulting** and discount for additional hours. **Value: \$225**


**Thank you St Louise Catholic Church for the donation of 6 Fantastic "Auction Baskets (Can't wait to see what they are!!!)**

**Digital Camera Class** –from camera tips to downloading and editing... **Value \$100** Class at the CCA Clubhouse for up to 6 participants. Great Fun! Thanks Linda Hjelle

**Thanks to Marsha Mooradian for:**

- **A beautifully designed Necklace made from China Jade and Madagascar Jasper (an ocean stone) Value \$200.00**
- **Bottle of Pino Gregio from their Del Mar Mesa Vineyard**

**Thanks to Blue Jeans and Bikinis for their gift basket including a \$20 gift certificate– Value \$100**

<p>Thanks to Brad Halte for the donation of <i>four (4) Padre Tickets (Field Box Infield) plus parking pass. Value \$170</i></p>	<p>Thanks to TNT Carpet Cleaning for their Certificate for <i>Carpet Cleaning for 3 rooms – Value \$135</i></p>
<p>Thanks to Dayna Shaw, Scentsy consultant for donating a Scentsy Warmer, bars and car candle</p>	<p><i>The Vine Restaurant</i> in Alpine gift certificate – Value \$40 Thanks Michelle</p>
<p>Donation of <i>Chocolate basket and</i> Donation of Nu Skin product basket Thanks Pat</p>	<p>Donation of Four (4) Dog Leashes by ROKDOG.NET , On-line store located in Crest, owned by Karin &amp; Mitch Weiss - Thanks Guys!</p>
<p>To all the wonderful folks that have promised to donate, if I didn't get your information in time to make it in paper, I apologize. Thank you, Thank you for your support to this event.</p>	<p>Donation of a \$50 gift certificate for the \$50 gift certificate for Silpada Designs hand-crafted sterling silver and semi-precious stone jewelry by Jennifer Eichhorst</p>
<p>Ann Scott for this beautiful art quilt. It is approximately 25" x 18", machine embroidered, fuse appliquéd, hand and machine quilted. The sky is hand painted. Value \$175</p>	<p>Thank you for the original watercolor donations from members of the East County Art Association artists (as well as members of Elsimae Cleeton's watercolor class)</p> <ul style="list-style-type: none"> <li>❖ Elsimae Cleeton</li> <li>❖ Dottie Hayes</li> <li>❖ Fay Spears</li> <li>❖ Marty Thompson</li> <li>❖ Lenore Ingraham</li> </ul>
<p>Thanks to the Atkins family for 2 tickets to a <i>Humphrey's Concert. (concert is to be determined before July 4<sup>th</sup>)</i> Value \$80- \$160</p>	<p><i>Brunch certificates to Humphrey's Restaurant on Shelter Island for two donated by the Atkins Family.</i> Value \$80</p>
<div style="display: flex; justify-content: space-between; align-items: center;"> <div data-bbox="121 1512 267 1701">  </div> <div data-bbox="373 1501 1380 1711" style="text-align: center;"> <p><b>Kiwanis Raffle on July 4th</b></p> <p><b>Crest Kiwanis Sony-HD flat TV. Tickets will be sold and drawing will be held on July 4th."</b></p> <p><b>Raffle Tickets \$5.00 ea.</b></p> </div> </div>	

**IT'S NOT TOO LATE TO DONATE (HINT HINT...)**





## Congratulations to the Crest Fire Safe Council!

Congratulations to the Crest Fire Safe Council (CFSC). It was awarded the 2009 Fire Safe Council of the Year out of 72 other fire safe councils!



Their award was for the implementation of alternative fuel reduction methods and innovative community engagement. The board members of your CFSC are: Kandhy Franklin-Collins, Kathy Fiedor, Debbie Milligan-Fox, and

Noelle Carranza. The fuels reduction project is scheduled to start soon. This is a 50% shaded fuel reduction in the areas, which have affected Crest since 1901. We are adhering to the science, which will offer the greatest protection to our community as well as our sensitive habitat. There will be large maps in the community center to see the work areas as well as where the endangered habitats are in relation to our project. Please contact Kandhy Franklin to see the maps if you don't have the time to come to a meeting or community event.

As you know, we are coming into the fire season for the summer. The winds, heat, and dry chaparral will be part of the summer news almost on a daily basis. Please get ready and do those things that will keep you and your family safe.

Remember to sign up for the emergency call system and an email system for Crest. . Email this information to [editor@thecrestsun.com](mailto:editor@thecrestsun.com) or [kandhyfranklin@cox.net](mailto:kandhyfranklin@cox.net). There is no cost to sign up. We of course, will take donations; the bill is due this July.

San Miguel fire department and Farmers Insurance will again be handing out the DVD, "Before the Threat" which gives you ideas on getting ready for our next fire event.

One last important fact: Please call Kandhy at her home or cell if you see or smell smoke anywhere. She will call dispatch and verify the facts. If it warrants a call, she will use the emergency system to get you the facts and will call you again if you need to take action. Kandhy's numbers are:619-444-4996 and cell; 619-977-1566. If you want to check the status of the calls to our community, the OneCall Number is 1-877-698-3261. Our group number is 138144.

Remember that our secondary communication evacuation site for large animals is South Lane Park. We have electricity there now, and hopefully, a bathroom will soon follow. When you arrive with your animals, we will register you and assist you in evacuation off the hill. Many residents with horse trailers will help with transporting you. The first site that we open is at Granite Hills High School. There will be food, water, restrooms, and vets there to assist. The second site is Gillespie Field. We recommend this rather than Lakeside as there is more room, better communications, and is easier to get in and drop off animals. The congestion at Lakeside Rodeo grounds can be overwhelming.

During the summer, CFSC will be sending out emails for reminders and information to keep you prepared. School is out so get prepared-make it a family happening.

***Studio for Rent***  
**Alpine - 619-207-7242**  
**\$750. per month.**  
**Includes washer/dryer,**  
**electricity, water, trash, cable**





Entertainment  
& DJ Services



YOUR MEMORIES SET TO MUSIC



San Diego's award winning wedding DJ  
*Events to suit your individual personalities...*

**619.440.0797**

**[www.becksentertainment.com](http://www.becksentertainment.com)**

# What's best in Crest ?

## Crest Elementary School

### State-Pre School & grades K thru 5<sup>th</sup>

- Caring atmosphere & Community-based
- All day Kindergarten
- Curriculum includes CA State Standards and Ecology Kids Serve Grant provides *service learning* 3-5<sup>th</sup> grade.
- Crestridge Ecological Reserve and South Lane Park used as ecology classrooms
- Award-winning Kiwanis K-Kids group
- Local neighborhood school, no need to go off "the hill"



School office opens 8/17 for registration  
2000 Suncrest Boulevard  
588-3128

**School begins August 24th**

## MEDITATION FOR PEOPLE WHO CAN'T SIT STILL

A series of classes is offered using movement, breathing, sound, and art as ways to reduce stress

**Meet once a week for four weeks and  
discover something new!  
(\$60.00 for the series  
class held in Crest)**

**Starts August 4 @ 7:30-9:30 pm**

**Call Kim at 619-607-7103  
or email:  
[kim.knuth@cox.net](mailto:kim.knuth@cox.net)**



28<sup>TH</sup> ANNUAL  
**SAN DIEGO  
QUILT  
SHOW**

**September 17 - 19, 2009**  
Thursday & Friday: 10 am - 6 pm. Saturday 10 am to 5 pm



*"Autumn in the Rockies", 82" x 90" by Shirley S. Greenhoe*  
**THE SAN DIEGO CONVENTION CENTER, HALL A**  
111 West Harbor Drive, San Diego  
*Take the Trolley to the Convention Center Stop*



**Rock a Betties Car Club**

The Betties have been out at the car show this year. We have our own hot rods and invite all our car club buddies. Bring your classic car over on Wednesday nights and park outside the shop. We reserve parking spaces for our club members and provide Rock a Betties decals for initiation.

169 East Main Street, Suite 201  
El Cajon, CA  
(619)579-0617

**HAPPY INDEPENDENCE DAY!**

Are you on Facebook or Myspace  
If so add us as your friend!

Linda expands her line of Loveables  
Yep, she's done it again! Linda started making the cutest knit hats for us. You can customize them too with removable flower pins. They are flying out of the salon.

**Get ready to start voting!**  
10news.com is having their annual A-list competition. Make us San Diego's best this year.

Did you know?  
We provide extension services. We have short and long term options available now. Our stylist Allyssa just started offering strand by strand extensions that use tiny color-coated link tubes for attachment. No heat or glue is used and they can last for up to three months.

Client of the month  
Katie has been a client of Brooke's for about eight years now and just took the jump into color. We loved this so much that we made her our favorite of the month. Yay Katie!!!!



**Do you have plans this 4<sup>th</sup> of July**

If not, head up to Crest for the street festival. The Betties will have a booth open with our boutique items.

Please note!  
The salon will be closed on Saturday July 4<sup>th</sup>.



**Congratulations to Paul and Vanessa!**  
Our esthetician and her boyfriend just got engaged. We are so happy for the both of you! Good work Paul.



Bring in this coupon for 10% off your next retail purchase at Rock a Betties.  
  
Offer ends 7-10-09

[www.rockabetties.com](http://www.rockabetties.com)



**Dianne Jacob Speaks Out:**

*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. For more information contact Jennifer Stone (619) 531-4766*

**SECURING ADDITIONAL AERIAL FIRE PROTECTION IN SAN DIEGO COUNTY**

**May 13th**– The San Diego County Board of Supervisors this week approved a recommendation by Chairwoman Dianne Jacob and Supervisor Bill Horn to implement the Unified Disaster Council’s approved plan for an Aerial Fire Protection Program that would augment current regional aerial firefighting assets.

“This plan allows us to immediately call for additional aerial firefighting assets to be on hand year-round,” said Chairwoman and Second District Supervisor Dianne Jacob. “This strategy is a more cost-effective approach to giving our citizens additional protection from the wildfires we know will come.”

Fifth District Supervisor Bill Horn said, “You have to have a battle plan in getting firefighting resources to fires quickly and by pre-positioning aircraft such as the Martin Mars air tanker, the DC 7, additional Type 1 and 2 helicopters and military helicopters with buckets, I think we are now better prepared. In addition, we have removed more than a half million dead, dying and diseased trees and continue vegetation management to reduce the fuel source for fires.”

The approximate amount of funding recommended to pre-position these aircraft is \$250,000. The Chief Administrative Officer has also been directed to work closely with the 18 member cities of the Unified Disaster Council to obtain regional financial support for the supplemental aircraft.

The County of San Diego has invested more than \$135 million since 2003 to improve fire protection and emergency services including two new firefighting helicopters, dozens of new fire trucks, an improved communication system and a pilot program last year that leased two Quebec-based Superscoopers and one tactical aircraft during a three month period.

The new program will provide a significant surge of aerial firefighting resources year-round on a “call when needed” basis. Funding will only be expended if aircraft are used, and any leftover monies could be carried over to future fire seasons.

**- Board of Supervisors on the decision by the U.S. Supreme Court not to grant the County’s petition regarding medical marijuana:**

**May 18<sup>th</sup>** “I am disappointed the Court did not take our case, but I am respectful of the Court’s decision. We were seeking a definitive ruling, in writing, that would resolve the conflict between state and federal law. In my opinion, there remains a gray area that will continue to pose challenges for law enforcement and users.”

**County Urging State Legislators to Oppose Raid on Local Coffers**

**Website will track legislators’ responses to Governor’s budget proposal**

**06/02/09** Chairwoman Dianne Jacob and members of the San Diego County Board of Supervisors will call on the 12 members of the region’s State legislative delegation to oppose the Governor’s plan to borrow some \$70 million from the County to solve California’s deepening budget crisis. The Supervisors will unveil a website which requests that each member of the delegation oppose taking money from local governments.

Wednesday, June 3, 2009

Board meeting at 9:30 a.m.

News conference following, about 9:45 a.m.

County Administration Center, Board Chamber

1600 Pacific Highway, Downtown

In 2004, 83 percent of San Diego voters approved Proposition 1A which forbids State government from stealing revenues collected by cities, counties and special districts. At the Governor’s request, the provisions of 1A can be suspended by a two-thirds vote of the Legislature. The San Diego County Board of Supervisors believes that suspension of 1A would perpetuate the culture of wild spending by the State and ignore structural reforms desperately needed to tame State spending.

**State Budget Crisis- Protect our Local Dollars!**

The County Board of Supervisors recently launched a website to track which State legislators from San Diego have vowed to protect our local dollars. In addition, the County has formally asked the State to implement top-to-bottom structural reforms in an effort to end the State’s failed cycle of unchecked spending.

You can click here to view the County’s website and send your own message to Sacramento!

<http://www.diannejacob.com/reformletter.html>

# *HAVE YOU HEARD ABOUT*

## **AgeLOC**

**[STOPS** the aging of skin]

*AND*

## **TRUE FACE ESSENCE** (Ethocyn)

**[RESTORES** the elastin in skin]

These two products were released in January, 2009 for the first time ever. Never again will you need surgery or injections. The products are Botanical not synthetic. Treatment is by *GALVANIC APPLICATION* – you are the technician. Never again will you have to pay high costs for facials. Purdue University discovered an enzyme in the epidermis which causes your skin to start aging at 30. Our company bought exclusive rights and has proprietary patents which **NO** other company will ever have. This year we celebrate our 25<sup>th</sup> year of successful business. The company is recommended by Forbes and Motley Fool as one of the best investments for today and has a D & B rating of 5 A-1.

THIS IS AN INVITATION TO YOU FOR A

## **FREE FACIAL**

See the difference for yourself in 15 minutes you will be amazed at the results of how good your skin looks and feels.

Please call or e-mail for an appointment and information

*Your local Consultant and Representative*

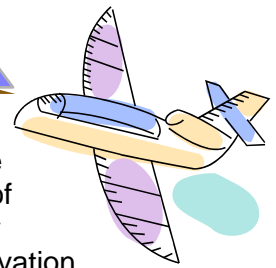
PAT GOULART - (619) 442-4879

[Beelady68@aol.com](mailto:Beelady68@aol.com)

I invite you to be my guest at a company presentation. The next one is July 11<sup>th</sup> 9:00 a.m. at Forum Hall UTC Town Center - Business opportunities available. Have a home facial party – they are fun.

**WIN A \$15 SKIN CARE PRODUCT AT THE JULY 4<sup>TH</sup> CREST AUCTION**

# Travel Tidbits



## Rule 240- Know you Rights

Are you planning an airline trip this summer? Rule 240 is something you may want to know about. Rule 240 deals with the obligations that a US airline has to a passenger when his/her flights cancel or delay, or connecting flights are missed due to the actions of the airline. It does not include flight delays or cancellations that result from inclement weather or other factors that are outside of an airline's control. What makes defining Rule 240 so troublesome is that since the deregulation of the U.S. airline industry Rule 240 is not a federal requirement. A common misconception is that all airlines are required to have a Rule 240, but they do not. And airlines have different versions of Rule 240, making it even more difficult for passengers to know their rights in the event of a delay or cancellation that has been caused by the airline.

### What is considered the airline's fault regarding delays and cancellations?

1)mechanical problems 2)late arrival of an aircraft 3)pilots or other crew that are not at the aircraft on the time 4) other factors that are within an airline's control.

### What details might a Rule 240 include (which you might want to research)?

A Rule 240 may or may not include the following items: 1) meal vouchers 2)confirmation on the airline's next flight or on another airline 3)option to not travel and obtain a refund 4)hotel accommodation 5) ground transportation 6) phone calls. Some of the most common airline's 240 rules can be found at:

<http://consumerist.com/250368/dont-fly-without-a-copy-of-rule-240>

### www.SeatGuru.com

Understanding there are vast differences between airline seats, TripAdvisor has collected this useful information and shared it with other travelers. SeatGuru.com has enjoyed incredible success with over 10 million visitors to its site and has expanded to include more than 550 airplane seatmaps from more than 80 different airlines. Check it out next time before booking your seats or making your reservations for that matter.

## New TSA Regulations

**Starting May 15th**, airlines will be required to provide the full name of each passenger to the TSA. Your name, as it appears on your reservation, must match the Government Issued Photo ID you will be presenting to check-in EXACTLY. If your ID contains your middle initial or name, your reservation must also reflect such. This only applies to reservations made on or after May 15th. As your Frequent Flyer Number must also match your reservation name to get flight credit, you may need to contact the airline and have your account name changed to match the ID that you will be using.

**On August 15, 2009**, airlines will be required to provide the TSA with your Date of Birth and Gender for all domestic flights. Please be advised that you may decline to give this information, but such a declination will cause check-in delays, additional airport screening by the TSA and possible denied boarding.

**On October 31, 2009**, airlines will be required to provide the TSA with your Date of Birth and Gender for all international flights entering or leaving the US. Again, you may decline to give this information, but such a declination will cause check-in delays, additional airport screening by the TSA and possible denied boarding. For more information, please see the TSA's press release at: <http://www.tsa.gov/press/releases/2009/0512.shtm>

## Editor's Pick: Cruise out of San Diego

You've never been on a cruise? Check out [www.vacationstogo.com](http://www.vacationstogo.com) to find discounted cruises out of San Diego. Depending on the duration, time or location you choose, the cost runs from \$150 to \$650 for a 3 to 7 day cruise. The best part of leaving from San Diego is that there is no additional airfare to run up the cost of the vacation. Additional discounts are sometimes applicable for folks over 55, for CA residents, and military folks. Locations out of San Diego include Ensenada, Catalina, Cabo, and Matzalan.

I just returned from the San Diego to Catalina cruise which was relaxing and fun. What is there to do on a three night cruise for \$139? (remember this was May – shoulder season and prices are higher in the summer peak season.) Try gourmet dinners, an oceanview room, live music, pools, jacuzzi, gym, seminars, bingo, gambling, karaoke, exploration on Catalina, wine tasting, dance classes, ping pong, miniature golf, high tea, internet, onboard movies in your room. In addition to the pricing, remember to include taxes and tipping (an additional \$100?)

# Tony's BB-Q, Deli & Pizzeria

## 619-444-8132

### Pizza

#### Create your own pizza

	14"	18"
Cheese	\$8.99	\$9.99
1 Topping	\$9.99	\$11.99
2 Toppings	\$11.99	\$13.99
Toppings	\$1.50 each	\$2.00 each

#### Toppings

Ham, Mushrooms, Pepperoni, Olives, Onion, Bacon  
Pineapple, Sausage, Bell Pepper, Jalapeño, Meatball,  
Tomato

#### Specialty

	14"	18"
Veggie	\$14.99	\$16.99
Mushrooms, Olives, Onion, Bell Pepper, Pineapple		
The Works	\$16.99	\$18.99
Ham, Bacon, Sausage, Pepperoni, Mushroom, Pineapple, Olive, Onion, Bell Pepper, Jalapeño		
Meat Lovers	\$14.99	\$16.99
Ham, Pepperoni, Bacon, Sausage, Meatball		
Greek	\$14.99	\$16.99
Feta Cheese, Olive Oil, Garlic, Tomatoes, Basil		
BB-Q Chicken	\$14.99	\$18.99
BB-Q Sauce, BB-Q Chicken, Diced Tomatoes, Onion		
Hawaiian	\$11.99	\$14.99
Ham & Pineapple		

**NEW**

**NEW**

#### Salads

Chef Salad	sm \$2.99	Lg \$5.99
Lettuce, Ham, Turkey, cheese, tomato, & onion		
Garden Salad	sm \$2.99	Lg \$4.99
Lettuce, Tomato, Red Onion, Olive, Bell Pepper, Pepperchinis		
Greek Salad	sm \$2.99	Lg \$5.99
Lettuce, Tomato, Red Onion, Feta Cheese, Black Olive, & Pepperchinis		
Dressings: Ranch, Italian		

#### Deli Subs & Sandwiches

Ham & Cheese	\$4.99
Pastrami (Hot or Cold)	\$5.99
Roast Beef	\$5.99
Turkey & Cheese	\$4.99
Turkey & Roast Beef	\$5.99
Tuna Salad	\$5.99
Meatball	\$5.99
Chopped Pork with Coleslaw	\$6.99
BB-Q Chicken with Coleslaw	\$5.99
Double Meat	\$2.00
Bacon	\$1.00

**NEW**

### BB-Q Ribs & Chicken

Grilled fresh daily & served all week!

#### Ribs

Full Slab Only	\$17.99	½ Slab Only	\$10.99
Full Slab Meal: 12-14 bones, & 2 Sides			
\$19.99			
Half Slab: 6-7 bones, 2 Sides			
\$13.99			

#### Chicken

Whole Chicken Only	\$9.99
½ Chicken Only	\$5.99
Whole Chicken Meal: with 2 Sides	\$11.99
Half Chicken Meal: with 2 Sides	\$6.99

#### Combo Special

Half Slab Ribs & Half Chicken, with 3 Sides	\$18.99
---	---------

#### Family Feasts (Meat only)

2 Slabs of Ribs & 1 whole Chicken	& 2 litre soda	\$44.99
2 whole Chicken & 1 Slab of Ribs	& 2 liter soda	\$35.99
Full Slab Ribs & One Whole Chicken	& 2 litre soda	\$25.99

#### Sides

Macaroni Salad, Potato Salad, Italian Pasta Salad, Baked Beans, Coleslaw	\$1.99 each
3 Side Combo	\$4.99

#### Crest Foods

Prices are subject to change

Turkey Club – Turkey, Swiss, & Bacon	\$5.99
Italian Sub- Ham, Salami, & Provolone	\$5.99
Tony's Pizza Sub – Any Pizza Topping, Sauce & Cheese hot from the oven	\$4.99
The Dave – Lettuce, Tomato, Onion, Olive, Mushroom, Green Pepper, Cheese, & Italian Dressing	\$4.99

Cheeses: Swiss, Provolone, Cheddar, & American  
Fixens: Lettuce, Tomato, Onion, Pepperchinis, Olives,  
Mayo, Mustard, & Italian Dressing  
Bread: 8" sub roll, White, Wheat, & Sourdough



# Day-Cationing in San Diego County

## Brewery Tours in San Diego

We've talked about wine tasting in past issues, what about a local brewery tour in San Diego. Three of the county's breweries schedule free tours, showcasing the brewer's refreshing art and science:



**AleSmith:** 1 p.m., last Saturday of each month, limited to 40. For reservations call 858-549-9888 – 9368 Cabot Drive, Mira Mesa.

**Green Flash:** Tours by appointment. Call 760-597-9012. 1430 Vantage Court, Suite 104, Vista.

**Stone:** Multiple Tours daily. Each 45 minute tour is limited to 25 people. Free tickets distributed at the brewery, 1999 Citracado Parkway, Escondido.

## Discount Tickets for the Arts Performances

The Arts Tix online or the Arts Tix booths in downtown San Diego (Horton Plaza) and Escondido (360 N. Escondido Blvd) , offer discounted tickets for all kinds of performing arts events. On line:



[www.sandiegoperforms.com/artstix](http://www.sandiegoperforms.com/artstix)

Lots of theaters also offer pay-what-you-can seats to some performances, along with student, rush tickets. Don't forget preview performances at the start of a play usually offers good discounts also.

## San Diego Bay Ferry Service

Pack your bike and go on an adventure to Coronado. The San Diego Ferry Leaves every hour on the hour from the Broadway Pier at 1050 N. Harbor Drive and heads to the Ferry Landing Marketplace in Coronado. \$7 roundtrip; no charge to passengers with bicycles. For more information, call 234-4111 or [www.sdhe.com](http://www.sdhe.com)

**Barona Resort and Casino** – Celebrate your birthday at Barona and get treated to \$10 in slot play and a free buffet for two. Must be 18 years or older and must join Club Barona (free).

[www.barona.com](http://www.barona.com)

## Del Mar Racing- July 2-Sept 9

Thoroughbred racing six days weekly (closed Tuesdays.) First post usually at 2 p.m. Admission as low as \$6 or clubhouse \$10 and up for reserved seating. [www.dmtc.com](http://www.dmtc.com)

**July 10 – Grunion Festival** scheduled for Chrystal Pier, Pacific Beach 4-10 p.m.

**July 18-19 – U.S. Open Sandcastle Competition.** Street fair opens at 7 am. Competition on Sunday 9-2pm Imperial Beach Pier 424-6663

**July 24-26 – Festival of the Bells.** Mission San Diego de Alcalá, San Diego. Music dancing, games, food, special events. The blessing of the bells (Saturday) and the blessing of the animals plus the anniversary Mass is on Sunday. 283-7319

**August 9 – Hillcrest CityFest Street Fair and Book Sellers Alley-** Fire Arts, crafts, food and live entertainment plus booksellers from several counties. 11 am to 10pm Fifth Street to University Ave 299-3330 or [www.hillcrestassociation.com](http://www.hillcrestassociation.com)

**August 9 – Chula Vista 13<sup>th</sup> Annual Lemon Festival:** Food and craft booths, art show and entertainment from 11-7 pm. Third Avenue between E and G streets downtown Chula Vista 422-1982

**New Farmer's Market Opening this summer At Viejas Outlet Center** – Tuesday 3:30-7:30 pm  
**Movies in the park** – Tuesday 7:40 – For more info contact Diane@AvibrantWorld.com

## Calling All Artists!

IEI Cajon CDC is looking for talented local artists to transform ordinary utility boxes into works of public art for all to enjoy. Get

[The Guide to Painting a Utility Box](#) (PDF) and

learn all about the application process, rules, and guidelines. Contact [Christina Burke](#), El Cajon CDC Community Development Coordinator, at (619) 401-8858 for more information.

The UArt submission deadline is July 30, 2009 at 5:00pm. Upon selection, El Cajon CDC will provide the supplies; we need you to provide your creative artistry





**TROY BILLET**  
OWNER/OPERATOR

- IICRC CERTIFIED
- LICENSED & INSURED
- RESIDENTIAL
- COMMERCIAL

- CARPET CLEANING
- UPHOLSTERY CLEANING
- SCOTCH GUARDING
- TILE & GROUT CLEANING
- PET DECONTAMINATION
- DEODORIZING
- SPOT & STAIN REMOVAL
- 24 HR. DEFLOODING

[tntcarpetcare.com](http://tntcarpetcare.com)

**619.208.2708**

## **PROBIOTICS**

THE WORD MEANS "FOR LIFE"

**"PURE CHOCOLATE" - IS DISCOVERED TO BE  
THE BEST VEHICLE TO DELIVER PROBIOTICS**

The word is used to describe a class of bacteria (also called "flora") that inhabit the gastrointestinal tract and perform functions necessary to maintaining optimum health. Foods high in sugar, refined carbs, unhealthy fats, chemicals and toxic ingredients pose a serious threat to the delicate bacterial balance normally required for natural probiotics to thrive. Heart burn, acid reflux and indigestion issues are proven to be aided by consuming a probiotic.

Chocolate is the highest anti-oxidant for good health. ORAC (Oxygen radical Absorbance capacity) the ability for food to **absorb free radicals**; and Flavanoids (an additional family of anti-oxidants). Our chocolate has no sugar; preservatives; wax; fillers; caffeine; or trans fats.

FOR FURTHER INFORMATION PLEASE CALL:

PATRICIA GOULART  
(619) 442-4879  
[Beelady68@aol.com](mailto:Beelady68@aol.com)

ROSANNA SUTTON  
(619) 442-9537  
[winsmore@sbcglobal.net](mailto:winsmore@sbcglobal.net)

SALLY BRUNER  
(619) 579-9862  
[sallybruner@cox.net](mailto:sallybruner@cox.net)



**BID TO WIN SOME CHOCOLATE AT THE JULY 4<sup>TH</sup> CREST AUCTION**



# E-Crest-Rians

By Kandhy Franklin-Collins

Summer is riding time! It is time to clean off that tack, check those blankets and walk around the coral. After that work is completed, make sure you have done the checklist for evacuating your animals and family in the event of an emergency. Check your contact cards, halters should have your contact information on them, as well as some sort of poster to let rescuers know the vital information about your horse such as: Does it load, does it need medication, what kind of feed is for each animal, who is the vet,

and then post these where they can be easily seen. As for another bit of information, put the names and phone numbers of friends and family who might help you with the relocation of your precious animals. Check to see that I have your email and that I have all of the correct phone numbers for the Crest Emergency Call System.

Check out the 4th of July activities! I hope everyone can be in the parade. Even if you walk along side your animal, it would be great to see the faces of those whom we might want to ride with in the future! At Nancy Jane, a booth from Baja California ranch owners will provide a cowboy experience. Check out the photo album to see if you recognize anyone!!!

There are a lot of camping opportunities in the Cuyamaca mountains, Casper's Park, Boulder Oaks, Sweetwater Summit in Bonita, the Warner Springs area, and of course the Sierras. If you are new to horse camping, buddy up with a Crest resident who has gone to these places. To begin with you might want to try just an over night or a 2 day trip. Call me and I will see who is going where. You can also call Jan Rosander for horse camping at 440-2133. I have a checklist of things you might want to travel with, so call or email me.

There are also clinics this summer being presented by ECLAP. They call them, "The Summer Lecture Series". The second one will be Wednesday July 15, 2009 at 7pm. There will be discussions on nutrition "Do you really need that supplement", Radiograph review, "Can You See the Problem?" and information about the West Nile problem. The last one will be held August 18, 7pm. This will be about eye problems, joint disease, and overview of microchipping.

There are also Trail Trials this summer and obstacle clinics. TRVA horse group in South Bay does a great job. Challenge Ranch also does horse shows here in our own area. Check on Craig's list for other activities. If you are a web browser check out the newsletters of the Back Country Horsemen, Hoof Prints from Pine Valley Mountain Riders, Red Shank Riders from Warner Springs area, Vista Palomar Riders, and the newsletter of Lakeside Frontier Riders.

On a political note; we are trying to save Cuyamaca Rancho Park from being closed. We need letters of support, and the web site of: Save Our Heritage has an easy 1,2, 3 thing to do and it only takes a few minutes. Click on sample letter once you get to the website.

[http://my.preservationnation.org/site/MessageViewer?em\\_id=31542.0&dlv\\_id=16321](http://my.preservationnation.org/site/MessageViewer?em_id=31542.0&dlv_id=16321). If you are the do it yourselfer, please to write a letter to Joel Anderson 500 Fesler St Suite 201 El Cajon Ca. 92020 or call 441-2322. Dennis Hollingsworth 2755 Ynez Rd Temecula Ca. 92591 or call 951-676-1020. Your message will be counted, don't leave the job for someone else ... they may not do the job either and then our representatives will think no one cares.



Have a great ride- See you on the trail

# MUSIC NIGHT

at the Crest Clubhouse – 113 N Park Dr, Crest

## *Crest Acoustic Music Night V*



Saturday July 25th @ 7 to 9:30

Donation \$5.00 @ the door includes beverage

An evening of Rest - Relaxation & Jam with Friends and Neighbors

Set-up & musicians wanting to play and help with snacks needed.

**For info:** Dave and Laurie @ 328-6399 or 733-8619 for  
Support your Crest Community Association  
See you there!

**PROFESSIONAL ORGANIZER TO HELP YOU:**

- Organize your house, office, & garage
- Set up filing systems
- Manage your paperwork & time
- Downsize & prepare for a move
- Stage your home
- Work on your estate records

**CLEAR OUT THE CLUTTER AND MOVE ON WITH YOUR LIFE!**

**SIMPLY MARVELOUS ORGANIZING**

Call **Risa** at (619) 231-1113  
Email: [risa@marvelousorganizing.com](mailto:risa@marvelousorganizing.com)  
[www.marvelousorganizing.com](http://www.marvelousorganizing.com)  
All credit cards accepted



## CREST-DEHESA-GRANITE HILLS-HARBISON CANYON SUBREGIONAL PLANNING GROUP.

Mailing address: P.O. Box 21489, El Cajon, CA 92021  
e-mail: [wrplanning@aol.com](mailto:wrplanning@aol.com) website: [www.crestplanning.org](http://www.crestplanning.org)

The mission of the subregional planning group is to advise and assist the Director of Planning, the Planning and Environmental Review Board, the Zoning Administrator, the Planning Commission and the Board of Supervisors in the preparation, amendment and implementation of community and sub-regional plans.

Meetings are held the 2<sup>nd</sup> Monday of each month at 7:00 pm. Locations rotate between the Dehesa Fire Station, The Crest Community Center, and the Harbison Canyon Community Center. The next meeting of the planning commission is May 11, 2009 at the Dehesa Fire Station..

- January, February March and April meetings are held at the Crest Community Center
- May, June, July, August meetings are held at the Dehesa Fire Station.
- September, October, November and December meetings are held at the Community Center, Old Ironsides Park, Harbison Canyon.

Meeting agendas, minutes, and planning commission documents may be found on their website at [www.crestplanning.org](http://www.crestplanning.org). The website can also be accessed by going to the [www.thecrestsun.com](http://www.thecrestsun.com) website and clicking on planning group or organizations.

**The Following are segments from the May 11 Minutes regarding Crest. For a full copy of the minutes go to [www.crestplanning.org](http://www.crestplanning.org).**

### Item 3a. Open Forum.

Khandy Franklin-Collins, Crest, informed the meeting that on 12 May the authorities would be exploding ordinance lost in the recent helicopter crash near Kitchen Creek; and she thanked the Planning Group for its letter of support for the 4th of July Crest Historical Re-enactment, mentioning that the Crest Community Association faced \$1,700 in fees to comply, at a minimum, with the 27 pages of County regulations concerning having a parade on public streets.

**Clarification per Editor: There have been no fees assessed for the permit process for the July 4th Event since we are a non-profit organization. However, as a result of the permit process we have been required to acquire liability insurance costing \$500 and it is unknown at this time how many porta-potties will be required at \$170 each. Other additional fees include multiple folks having to obtain food handler's cards and it is yet unknown the cost for training for the street security.**

### Item 4. Committee Reports.

- 2020 General Plan. Jack Vandover reported that the Draft EIR, Draft Revised General Plan and Draft Community Plans will be available for public review in July; and that the Steering Committee at its last meeting considered an updated draft of the Conservation Subdivision program.

Item 6a. Private Project Proposal. Cricket Cell Telephone Antenna Site. Chairman Riggs introduced Mr. Orozco, representative of Cricket, who described Cricket's proposed cell telephone antenna site at 13335 A La Cresta Boulevard (Rainbow Market) in Crest. He said he contacted the County concerning the possible use of the Crest Community Association (CCA) property for the antenna site, and was told that obtaining a Major Use Permit (MUP) and holding public hearings would be necessary before the Community Center could be considered for approval, and that it would also be necessary that it could be shown that the available commercial location at 1335 A La Cresta Boulevard is not feasible for some reason. He added that seeking a MUP is a process that requires at least 9 months to complete.

Khandy Franklin-Collins, representing Crest Community Association, said she contacted Marcus Lubich, County DPLU, who told her the County could possibly support the CCA in its pursuit of obtaining a MUP and height waiver, taking into consideration the use of the Community Center as the area's Incident Command Center for emergencies, as well as its other strictly non-residential uses. She said that this would require \$12 – \$15,000 in fees for the MUP and waiver processes, and suggested that Supervisor Diane Jacobs could be approached for a grant for these fees. Planning Group members discussed the function of the Crest Community Center as a community nexus for numerous meetings and events, as well as for emergencies; the support to public safety that the income from a cell telephone antenna site at the CCA property would provide; the length of time, the costs, and the low chance of success in 3 pursuing re-location of the Cricket cell telephone antenna project from the existing, available commercial location. Jack Vandover moved that the Planning Group recommends approval of the Cricket Cell Telephone Antenna Site, 1335 A La Cresta Boulevard, as proposed by Cricket. The motion passed (10 yes; 2 no: Ulm; Bowen; 0 abstain).

# About Crest...



## July 4<sup>th</sup> – What was it like in the 40's

This will be the 62<sup>nd</sup> Annual 4<sup>th</sup> of July parade. Did you ever wonder what the first parades were like? According to Dorothy Miller, long time Crest resident, one of the first July 4<sup>th</sup> parade she remembers back in the 40's was a small, informal parade. Most of the 15 or so participants either walked or rode on their decorated bicycles starting at the Suncrest Clubhouse (which is now the Library) and ending around the fire station or first store. One particular recollection that sticks in her mind was that one year someone brought their large goose to the parade, put a string around its neck, and walked the entire parade route.

The Crest Historical Society will once again be present at the July 4<sup>th</sup> events. This is a great opportunity to stop by the booth and take a peek at some the photos and articles that make up the history of Crest. The Crest Historical Society's mission is to preserve the History of Crest before it gets lost or thrown out.

If you know someone who has items to donate or who is interested in preserving the history of Crest, stop by the booth and say hi to Dorothy Miller. The will be located in the Crest Community Center.

## San Diego Indian Casinos - A Mini La Vegas



With live entertainment, showrooms featuring name musical and comedy acts, dancing, casual and upscale dining and buffet options, hotel accommodations and, of course, gambling, San Diego County can rival Las Vegas for a great Stay-Cation. Barona, Campo, La Posta, Pala, Pauma, Pechanga, Rincon, San Pasqual, Santa Ysabel, Sycuan and Viejas Indian reservations have casinos in San Diego County. Three of the most popular casinos are located right here in East County:

**Barona Valley Ranch** – 1932 Wildcat Canyon Road, Lakeside has 3 restaurants, a fast food court and a 850 seat buffet. Don't forget to add golf and a 400 room luxury hotel. (619)443-2300 or [www.barona.com](http://www.barona.com) (Run by the Barona Band of Mission Indians

**Sycuan Resort and Casino** – 3007 Dehesa Road(resort) 5469 Casino Way (casino), El Cajon has four dining options, live entertainment, three 18 hold golf courses and 11 lighted tennis courts. 442-3425 (resort) 445-6002 (casino) [www.Sycuan.com](http://www.Sycuan.com)

**Viejas Casino & Turf Club** – 5000 Willows road, Alpine has six restaurants, a 400 seat showroom, a factory outlet shopping center, has 6 restaurants, a 1500 seat outdoor concert park and a show court with nightly water, fire and laser shows. It also has two adjacent RV parks. 445-5400 or [www.Viejas.com](http://www.Viejas.com)

**Need more Action? Other San Diego County Resorts to visit include:** 1) **Casino Pauma** in Pauma Valley (760)742-2177 or [www.casinopauma.com](http://www.casinopauma.com) 2) **Golden Acorn Casino** in Campo. 866-794-6244 or [www.goldenacorncasino.com](http://www.goldenacorncasino.com) 3) **Harras's Rincon Casino** in Valley Center 760-751-3100 or [www.harrahsrincon.com](http://www.harrahsrincon.com) 4) **La Posta Casino** Boulevard 619-824-4100 or [lapostacasino.com](http://lapostacasino.com) 5) **Pala Casino** in Pala (15 miles north of Escondido) 877-9467252 or [www.palacasino.com](http://www.palacasino.com) 6) **Pechanga Resort & Casino** in Temecula 877-711-2946 or [www.pechanga.com](http://www.pechanga.com) 7) **Santa Ysabel Casino** located Santa Ysabel 760-787-0909 or [www.santaysabelcasino.com](http://www.santaysabelcasino.com) 8) **Valley View Casino** in Valley Center 866-843-9946 or [www.valleyviewcasino.com](http://www.valleyviewcasino.com)



1335 La Cresta Blvd, Crest, CA

619-444-7504

Friendly Service

Wide Selection of Groceries

Beverages and Ice

Beer, Liquor, Coolers

Large Wine Variety

We have lots of new items and notions

**Stop here first before you go down the hill!**



**Thank you for stopping at Rainbow Farms Market  
And shopping on the "Hill"**

## JULY 2009

- ⊗ Canine Companions Service, skilled companion and facility dogs are trained in over 40 commands!  
*Tuesday, July 7, 6:30 pm*
- ⊗ Baffin Bill Cody Western Comedy Magic Show featuring authentic Lakota Indian props. *Tuesday, July 14, 6:30 pm*
- ⊗ Baby Storytime *Wed. July 15, 10:30 am*
- ⊗ PJ Storytime *Tuesday, July 21, 5:00pm*
- ⊗ Sketching birds by Susan Breisch of the Audubon Society  
*Tuesday, July 21, 6:30 pm*
- ⊗ "The Ant and the Elephant"  
Enjoy our puppet show and  
**SUMMER READING AWARDS**  
Pick up your prize bag!  
*Tuesday, July 28, 6:30 pm*



### Adult Programs

- ⊗ Mystery Book Club; Pretend You Don't See Her by Mary Higgins Clark  
*Friday, July 3, 3:00 pm*
- ⊗ Club Leyendo Juntos; Testigo en la Sombra de Mary Higgins Clark  
*Viernes, 3 de julio, 11:00 am*
- ⊗ **FREE COMPUTER CLASSES 11:00 am**  
*Thursdays call Rasi for appointment 619-442-7083*
- ⊗ **Saturday Family Crafts 11:00 am**  
*7/11 Beginning Knitting*  
*7/18 & 7/25 Ribbon Jewelry*

# EXPRESS YOURSELF



## Fantastic Summer Reading Events!

- ADULTS: Receive a raffle ticket for every book you read!
- TEENS & CHILDREN 3<sup>rd</sup> to 5<sup>th</sup> grade  
Reading goal=10 hrs  
Age 0 to 2<sup>nd</sup> grade read 5 hrs  
Enter our SR raffles!

**Crest Branch**  
**105 Juanita Lane**  
**El Cajon, CA 92021**  
**619-442-7083**

## AUGUST 2009

### Children's Programs

- ⊗ Rosi's Coloring and Crafts Table  
*Every Tuesday during open hours*
- ⊗ Kathy's Baby Storytime  
*Wednesday, August 19, 10:30 am*
- ⊗ Kathy's PJ Storytime & Craft  
*Tuesday, August 18, 6:30 pm*

### Teen Programs

- ⊗ Make it and Take it Teen Crafts  
Fridays - free supplies provided
- ⊗ Do you want to bring your family closer together? Try Wii & PS3 games at the library!
- ⊗ **Saturday Family Crafts 11:00 am**  
Beeswax Candles *August 1*  
Knitting *August 8*  
Ribbon Jewelry *August 15*  
Spin Art *August 22 & 29*

### Adult Programs

- ⊗ Club Leyendo Juntos, el libro del mes P de Peligro de Sue Grafton  
*Viernes, 7 de agosto, 11:00 am*
- ⊗ Mystery Book Club, discussing P is for Penit by Sue Grafton  
*Friday, August 7, 3:00 pm*
- ⊗ Self Portrait Mosaic Collage by Crest artist Jennifer Kai Nilles bring an 8x10 b/w photo  
*Saturday, August 1, 1:00 pm*
- ⊗ One-Stroke Painting by Diana Ekhaml  
*August 11 & 25, 6:30 pm* bring your #10 or #12 One-stroke paintbrush
- ⊗ Free Computer Classes 11:00 am *Thursday*  
*call Rasi for appointment 619-442-7083*

## CHECK IT OUT!!

Have you taken time to check out the Crest Library?  
It's full of DVDs, computers, video games,  
Books on Tape (for your next trip)  
Can't find the book you are looking for? They will order it for you.  
Have you seen the many activities they offer for kids and adults?  
We need to use our library to keep these resources!  
Stop by the library and check it out



## Critters in Crest

### Dragonflies

By Stanley A. Shelton

Dragonflies live where there is water, because their larvae, known as nymphs are aquatic, and as you can imagine, they lay their eggs in water.



This picture is of a nymph and is from Wikipedia, available for anyone's use as long as the work is appropriately attributed, however, I could not find the name of the photographer.

This next picture is of a Flame Skimmer dragonfly,



*Anisoptera Libellula Saturate*. It was taken by The Crest Sun's editor Linda Hjelle and is used with permission. Apparently the common name of the Flame Skimmer is relatively new. They used to be called Big Red, like the gum. Though the gum people didn't say anything, the dragonfly naming people decided that this handsome insect should have a more exotic name, probably one more in line with something we have to live with here in California, and Crest: flames from wildfires. Actually, the Flame Skimmer is common throughout California and beyond.



The Hjelle's have the fortune (or misfortune, depending on your point of view) of living in a part of Crest where ground water is very close to the surface. Jerry Hjelle was thinking of building a gazebo some years back, and started digging to put in a concrete foundation, but he struck water less than six inches down. He dug around a little

and ended up creating a small pond where, undoubtedly, this flame skimmer came from. Linda has a lot of patience, which is what it takes to get a picture of this quality of a critter like this that does not stand still for portraits. (Any points for this Linda?)

Most of the dragonfly's life is spent in the nymph stage. They are nymphs for anywhere from one season to five seasons.

The nymph eats other insects (invertebrates), and small fish and tadpoles (vertebrates). I know the Hjelle's have had tadpoles in their pond because Linda sent me pictures of them too. You don't want to handle the nymphs, they can inflict a painful bite if they feel threatened. Any bite should be washed thoroughly to prevent water-borne infections.

You might not want to read the following interesting facts about dragonfly nymphs to small children: They breathe through gills in their rectum! And, they propel themselves through the water by expelling it through the anus!

When the nymphs are ready to morph into adults, they climb out of the water and dry out, forcing them to breathe. This causes their skin to split behind the head and the adult dragonfly emerges. It then flies off to eat mosquitoes, midges and flies.

They have been called mosquito hawks because of their appetite for mosquitoes. Crane flies have also been mistakenly called mosquito hawks, but are a true fly and in the adult stage do not do much more than mate to reproduce. (The subject of a future article for Critters in Crest.)

Adult dragonflies only live about four months and then they mate, the female lays eggs to continue the life cycle of their species, and both adults die.

And though they look like little helicopters, they are not capable of flying mice around, like in the cartoons. A mouse would gladly eat one if it could catch it! I don't think they are as good to eat as grasshoppers are either. I couldn't find any recipes for them on the Internet.

Earth Discovery Institute at Crestridge  
Ecological Reserve  
June 2009



### Education Celebration

EDI and the Cajon Valley Union School District culminated the third year of their collaborative Ecology Kids Serve (EKS) program with a school/community celebration at Crestridge on Saturday, June 6, 2009. This year, EKS included over 1,500 Cajon Valley students this year, bringing the program to 2nd graders for the first time. Classes from Crest, Magnolia, and Naranja elementary schools displayed their accomplishments at the event which also included San Diego County Office of Education's Splash Van (watershed education). Activities like making seed balls, plaster castings of animal tracks and arrowhead necklaces kept hands busy, while Eric Runningpath led groups in Native American dancing. Stan and Martha Rodriguez brought Kumeyaay artifacts and culture. The music of David Intuna and friends was also featured along with a performance by "Heal the Gyre." Alicia Retes played the didgeridoo.

Several EDI field instructors assisted Education Coordinator Michelle Cox in conducting a great event. The Crests Kiwanis

Club also helped with refreshments and signing in participants. A total of about 350 people attended the event, including many families. Many thanks to all the students and teachers who did projects to help their schools and communities, and congratulations to Michelle and the education staff for a successful year and a very special celebration. EDI is also grateful to the great district staff at Cajon Valley who make this program succeed. Special thanks to teacher liaison Sharon Keffer who provides the vital link between EDI and the district.

### A Big Score... Urban Corps!

The San Diego Urban Corps has resumed working at Crestridge in a big way this summer. Crews of young adults and teenagers will further ecological and educational goals of EDI through their summer 'Green Team' program from May-August. So far, crews have installed a brick paver floor in the straw bale visitor kiosk, repaired an eroding trail, and cleared 3 acres of non-native plants from the grassland restoration area. ***Many thanks to contributions from Friends of Crest, Crest Kiwanis, and individual community member who have supported the purchase of needed materials.***

Work is starting on rock retaining walls, patio installation and landscaping around the kiosk, irrigation installation for the grasslands, vegetation clearing for fire safety, debris clean-up and additional trail repairs. See the photos below that illustrate accomplishments to date. If you happen to pass through when the Corps members are at work, let them know that their work is appreciated.

Contact EDI at [www.earthdiscovery.org](http://www.earthdiscovery.org) or 619-437-7989

# Credit Scores – Why Are They Important..

**Your Credit scores do matter:** Consider a couple who is looking to buy their first house. Let's say they want a thirty-year mortgage loan and their FICO credit scores are 720. They could qualify for a mortgage with a low 5.5 percent interest rate\*. But if their scores are 580, they probably would pay 8.5 percent\* or more -- that's at least 3 full percentage points more in interest. On a \$100,000 mortgage loan, that 3 point difference will cost them \$2,400 dollars a year, adding up to \$72,000 dollars more over the loan's 30-year lifetime. Your credit scores do matter. (\*Based on 2005 numbers from [http://www.pueblo.gsa.gov/cic\\_text/money/creditscores/your.htm](http://www.pueblo.gsa.gov/cic_text/money/creditscores/your.htm))

Your credit score is one of the most important factors used to decide whether you will qualify for a major loan and what its terms will be. Understanding your credit score is formulated is your first step when applying for a loan.

## There are Five Parts to Your FICO Credit Scores

As a rule, credit scores analyze the credit-related information on your credit report. How they do this varies. Since FICO scores are frequently used, here is how these scores assess what is on your credit report.

### 1. Your payment history – about 35% of a FICO score

Have you paid your credit accounts on time? Late payments, bankruptcies, and other negative items can hurt your credit score. But a solid record of on-time payments helps your score.

### 2. How much you owe – about 30% of a FICO score

FICO scores look at the amounts you owe on all your accounts, the number of accounts with balances, and how much of your available credit you are using. The more you owe compared to your credit limit, the lower your score will be.

### 3. Length of your credit history – about 15% of a FICO score

A longer credit history will increase your score. However, you can get a high score with a short credit history if the rest of your credit report shows responsible credit management.

### 4. New credit – about 10% of a FICO score

If you have recently applied for or opened new credit accounts, your credit score will weigh this fact against the rest of your credit history. FICO scores distinguish between a search for a single loan and a search for many new credit lines, in part by the length of time over which inquiries occur. If you need a loan, do your rate shopping within a focused period of time, such as 30 days, to avoid lowering your FICO score.

### 5. Other factors – about 10% of a FICO score

Several minor factors also can influence your score. For example, having a mix of credit types on your credit report – credit cards, installment loans such as a mortgage or auto loan, and personal lines of credit – is normal for people with longer credit histories and can add slightly to their scores.

What can you do to improve your Credit Score:

- Too many credit applications can lower your score.
- Reduce your debt to income ratio - Creditors look for an optimal debt load of around 36 percent of your household income.
- Pay on time and always pay more than the minimum due.
- You will be penalized less if you wait 12 months following a credit problem before applying for a mortgage or car loan.
- Don't open new credit card accounts right before applying for a home or car loan.

## Internet Tips: About Hulu.com

Hulu is an online video service that offers hit TV shows, movies and clips at Hulu.com and other online destination sites — all for free, anytime in the U.S. Founded in March 2007, Hulu is co-owned by NBC Universal, News Corp. and Providence Equity Partners. Hulu is *free* and *legal* through an advertising supported model. It does not require a download of any software. Users only need a Flash 9.0 enabled computer and an Internet connection to enjoy

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

**[www.thecrestsun.com](http://www.thecrestsun.com)**

You can now view the Crest Sun Newsletter, on-line which includes lots of information on local events, community concerns, articles, lost and found, electronic copies of present and past issues of the Crest Sun, ads. and more. Plus you can see the Crest photos in color.

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

- Email us your jpeg logo and web address to [thecrestsun@cox.net](mailto: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.

Sincerely, Karin Weiss  
TheCrestsun.Com webmaster

**Call Karin Weiss at  
579-3951 or email**

**[webmaster@thecrestsun.com](mailto:webmaster@thecrestsun.com)**



**You can now help keep the  
Community informed!**

Go to [www.thecrestsun.com](http://www.thecrestsun.com) to donate to the emergency notification system by clicking the One Call Now link.

## Total Document Management



5 Southern CA Locations

- No Rush or Overtime Charges
- Free Pick Up and Delivery
- High Speed Digital Color Reproduction
- Detailed Quality Control
- Quick Turnaround Time
- Large Format Color + B/W Exhibit Boards
- Oversize-Blueprints
- On-line Ordering
- Binding/Indexing Services
- On-Site Capability
- Available 24 Hours/Day, 7 Days/Week

**Knox**  
SERVICES

**Knox**  
SERVICES

Mary Buehler  
Manager

1000 National Bank Building  
215 West 1st Street  
San Diego, CA 92101  
www.knoxservices.com

tel: 619.561.7123  
fax: 619.561.7124  
tel: 619.755.7143  
tel: 619.755.7143

## Knox Reprographics

San Diego's only locally owned and operated Reprographics company, providing Total Document Management since 1972. We manage documents from paper to electronic image, and back again. Let us manage your documents, it's our business!

Meeting deadlines with uncompromised quality!

**Call us for a quote on your next copy project!**

619.230.6300

[www.knoxservices.com](http://www.knoxservices.com)

**Thanks to Knox Services,  
printers of the Crest Sun**

*blue jeans* BIKINIS

Blue Jeans and Bikinis is a local boutique which specializes in bring East county a varied selection of all jeans and denim and all types of swimwear. We have all sizes and styles to fit any budget. In addition, we have stylish tops and dresses as well as a wide range of jewelry and accessories.

**Located at  
14860 Olde Hwy 80  
El Cajon, CA 92021  
Office: 619.328.6745**



### Kathy's Specials

Cut and Style with Shampoo.....\$20

Perm With Cut and Style.....\$50

Call for our Current Color Special!



Appointments and Walk-in's Welcome



After Hour Appointments Welcome



Manicures & Pedicures Available



Complimentary Wine



### Full Service Specialties

**Cuts and Styles:**  
Hair Cutting/Trimming  
Hair Styling

**Color:**  
Weaving  
Cellophane  
Tint  
HighLights  
Frosting

**Nails:**  
Manicures  
Pedicures

**Kathy Kaderabek**

339 Lila Lane  
El Cajon, CA 92021  
(619) 447-1945

[Kathy@KathyKuts.Com](mailto:Kathy@KathyKuts.Com)

**Call for your appointment today!**  
**(619) 447-1945**

## TERMINATOR SERVICES

Interior Soft Demolition.....Floor Removal Specialists

- >Tile
- >Wood
- >Carpet
- >Vinyl
- >VCT
- >Dust Control
- >Rooms
- >Walls
- >Decks
- >Grind
- >Bath-Rooms
- >Blued Floors
- >Pads
- >and More!

# FAST DEMO... FAST CLEAN UP!

10% off with this ad

California Contractor  
C-8, C-15, HIC  
#623701

Quick & Reliable

Get the JOB DONE QUICK And CLEAN!

**FREE ESTIMATES:**  
**CALL 619-442-8726**  
**OR**  
**CELL 619-507-4503**  
**Serving SD and East County**  
**Crest Resident!**



## OFFICE TECH

Professional Freelance Office Services

### Why pay for full-time help?

- HOURLY RATES
- BOOKKEEPING : QUICKBOOKS
- BILLING & INVOICING
- ORGANIZING IS OUR SPECIALTY!
- BASIC WEBSITE CREATION
- BROCHURES
- FLYERS
- POSTCARDS
- MOBILE: WE COME TO YOU!
- 20 YEARS EXPERIENCE



CONTACT : KARIN WEISS

Phone: 619-249-4469  
Fax: 619-364-2630  
Email: [officeotech@cox.net](mailto:officeotech@cox.net)

## Construction Company Works to Help Fire Victims



Pastor Tony of the Crest Community Church referred me to a company that has focused efforts on trying to help fire victims through two housing programs. I wrote to the company and asked for additional information.

Freeman's Construction Inc. ([www.tfgonline.com](http://www.tfgonline.com)) has been building homes in the San Diego area for over thirty years. Over the last five years they have rebuilt a lot of homes for the fire survivor families who had insurance coverage and were able to rebuild their homes. However, during this process they saw a lot of the families who lost homes and did not have fire insurance, usually because they could not afford it. They started looking for a way to help these Families rebuild their homes and found two government programs that might be of interest to fire victims.

The first program provides 100% financing for low and medial income families in rural areas. The program is through the **USDA Rural Housing Program. For Low Income Families, the 502 Direct loan** is available, which provides construction loans that rolls over into a long term loan for low income families. This program helps families who own their land and makes less than \$66,100.00 per year. The USDA will pay for the construction cost and roll the construction loan into a 33 to 38 year long term loan. If the family cannot make all of the monthly payment the USDA will subsidize the rest. To qualify for this loan a family needs to meet the income requirement and live in a rural area of San Diego and not be able to qualify for any other kind of loan. Families in the areas of Alpine, Dulzura, Potrero, Deer Horn Valley and Lyons Valley are rural areas where families would qualify in the east county.

Unfortunately, upon researching, Crest does not qualify for this Rural Housing program. It is considered El Cajon. Some areas of Harbison Canyon qualify, on Harbison Canyon Rd. just past Patrick Drive going toward Arnold Way and on Dehesa Rd. just past Wilson Rd. going toward Alpine. Anything east of those boundaries will qualify for the USDA Rural Housing Program. Most of Harbison Canyon is not considered rural according to the USDA. Ronnie Holderby, Director of Sales and Marketing for Freeman's Construction, Inc. is going to take this up with the main representative for the USDA in Davis California to see if there is anything he can do to amend the boundary line. But until then, only the areas listed qualify. If any families would like him have to check for them, he will. He can be reached at O(760) 788-6846 or Cell: (619) 571-3261

The other USDA Rural Housing Program is the 502 guaranteed loan which is available to Median Income Families. These are families whose income does not exceed \$95,000.00. The USDA will provide a 102% long term loan to these families. However they will only provide the long term loan not the construction loan. They have a lender who has specific funds for these Fire Survivor Families to provide to them a construction loan once they prequalify for the USDA Guaranteed loan. The construction lender will lend 85% loan to value on the project and waive the origination fees. The cap on this loan is based on an annual income with the monthly payment not to exceed 30% of the families annual income, approximately \$309,000.00 is about the maxim you can borrow on this loan. The qualification process takes about 35 to 45 days to know if you qualify for these programs.

Freeman's Construction Inc. has a package for these Fire Survivor families with floor plans that will meet the USDA funding caps and allow them affordable homes that work within the USDA Programs. If there is interest in additional information, contact Ronnie Holderby at Freeman's Construction, Inc. 760-788-6846.

# E & L Mobile Repair

REPAIRS, MAINTENANCE, WELDING, FABRICATION

**On All Makes & Models Of Any Equipment**



**WHY CALL  
CAT, BOBCAT, CASE, DEERE, VOLVO, Etc.  
WHEN I AM ALREADY HERE!!!!!**

**10% Discount On Any Work Here In CREST**

**More than 20 Years Experience**

**No Job too Small**

**Raised in Crest Returned to CREST**

**Eric Flick**

***Cell # 619-654-3849***

**[elmobilerepair@cox.net](mailto:elmobilerepair@cox.net)**

## NEIGHBORHOOD VANDALISM INCIDENT REPORTED

By Kathy E. Sawaya

On Friday, June 19<sup>th</sup> the neighborhood of La Cresta Heights woke to a horrible tagging which affected about 20 families. Black spray paint was scribbled on mailboxes, street signs, vehicles, driveways, garage doors, rocks and retaining walls

Who? That is the question being asked. Who would do such a thing? Homeowners quickly organized to share information. Discussions included a reward leading to the arrest of person(s) responsible. Flyers will be delivered to residents for this follow discussion plus the formation of a future Neighborhood watch.

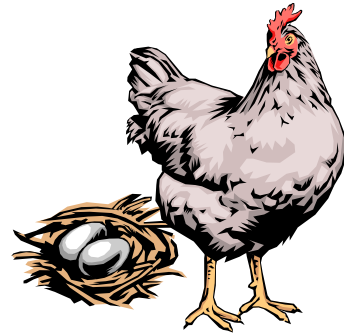
If you have information regarding this vandalism, contact (619)588-5069 or the Alpine Sheriff's Department.  
Thank you.

Editor's note: Note below that in addition to La Cresta Heights, Lenardo's Pizza Store was also vandalized on the 19<sup>th</sup>. A brick was thrown through their front window but the alarm scared them off. There was also a report of plants being stolen after the school activities at Crest School on the same day.

<b>Sheriff Log for Crest Area 05/06/09 – 6/19/09</b>				
HC= Harbison Canyon				CR= Crest
Date	Loc	Time	Location	Incident
5-06	HC	11:40	Almyra Rd	Warrant Arrest
6-01	HC	10:49	Harbison Canyon	Traffic Stop
6-08	CR	5:02	North Park Dr	Contrib to delinquency of a minor
6-09	CR	9:45	Highland Trail	Exhibit Deadly weapon other than firearm
6/11	CR	12:35	Alta	Weapons Surrender per court order
6/14	CR	1:25	N Park Dr	Disorderly Conduct – Alcohol
6/19	CR	7:34	La Cresta Hts	Vandalism Vehicle
6/19	CR	8:35	La Cresta Hts	Vandalism Vehicle
6/19	CR	7:52	La Cresta Hts	Vandalism
6/19	CR	2:51	La Crest Blvd	Vandalism

## *Fresh Eggs* Holzer's Hen House

150 Lakeview Lane  
440-0406



**Farm Fresh Eggs**  
X-Large \$3.00 doz  
Small \$2.00 doz



## Yoga For Beginners Class Now Forming

Starting Friday, June 26,  
9-10 am

**Cost \$5 per class**

(Sign up for a minimum of 4 Classes to help keep the paperwork down)

Our Crest Yoga Instructor, Aida, has agreed to help get Crest into shape this summer by starting a stretch class at the CCA Clubhouse. We need a full class to make it worth her while!



Call 619-722-1471 or  
show up on June 26th!



## Letter to the Editor:

### Thanks From Sylvia Binley

By now, you have probably heard of or read Roger Mullins' article on my rescue of May 22 by Crest residents. I want to thank all of you for saving me and to apologize to any residents I may have inconvenienced.

Most immediate thanks goes to John Katchur. Having broken my leg, I had been crawling up the trail for about an hour when I finally gave up. I thought I was seeing things when a giant white-faced prancing dog, Harry, trotted up to me and gave me a lick. John soon appeared, and never left my side. Although I just met him, I will always "be there" for him and his family.

Thanks goes to so many others. Kyle Bolton gave me water and went for help. Roger Mullins responded immediately and used his HAM radio to get medical assistance when 911 was busy with a nearby fire.

I want to also thank all the other residents, including paramedics, who gave me aid, talked to me to keep me calm, and helped to put me into the helicopter (a ride I will always remember!).

The surgeon honored my request and released me to come home in 24 hours of my hospital arrival. I was pleasantly surprised, as was Mickey Johnston who transported me home. A call for help went out to Judy and Mike Hoagland, who quickly readied my home, provided medical equipment and met us with a delicious meal. My friends have spent days cooking, cleaning, and meeting my every need. They will not easily be repaid.

I did not know most of you, so you gave of yourselves to an unknown neighbor. Until I can walk and better repay you, THANK YOU!

Sylvia Binley  
Crest

### **Next Crest Sun Deadline: July 20, 2009**

<b><u>WISH TO ADVERTISE?</u></b>	\$40 – Full Page	\$25 – ½ Page	\$15 – ¼ Page	\$
	5 – 1/8 Page			

E-mail or call the editor for more information [editor@thecrestsun.com](mailto: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.*

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

**Linda Hjelle** – [editor@thecrestsun.com](mailto:editor@thecrestsun.com) or [Lindahjelle@cox.net](mailto:Lindahjelle@cox.net) (517-9838)

**Information: Chris Seebold** – [help@thecrestsun.com](mailto:help@thecrestsun.com) or [Winters72@hotmail.com](mailto:Winters72@hotmail.com) (447-5826)

**Crest Website:** [www.thecrestsun.com](http://www.thecrestsun.com) **Webmaster: Karin Weiss** (579-3951)  
email: [webmaster@thecrestsun.com](mailto:webmaster@thecrestsun.com)

**The Crest Sun is available at:** Crest Foods, Rainbow Market, Lenardo's Pizzeria, Crest Library or online at [www.thecrestsun.com](http://www.thecrestsun.com) .