

A Newsletter for Crest

Volume 12

July-August 2010

Number 4



GET READY – IT'S THE JULY 4TH EVENT!

Summer is here and everyone is getting anxious for Crest's 64th July 4th event!

Are you ready to participate in this year's parade? We hope to see many of you with your decorated floats competing

for some great trophies. This is a family event and everyone can participate.

Note, there is a new start time this year. The parade will be starting at 9:00 am rather than 9:30 to help coordinate times with the local churches.

As far as the parade 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. You do not need to pre-register. 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 8:00 for lineup and judging. The parade will step off at 9:00 a.m.

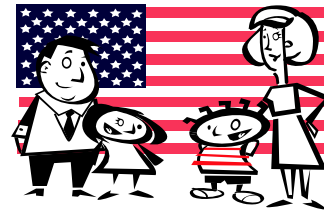
Remember the streets will be blocked as the parade passes between 9:00 and 10:30. The parade marches from South Lane Park, up Albatross to Suncrest, and La Cresta Blvd ending just past Nancy Jane Park. Additional information regarding the parade lineup and regulations can be found on the CCA page (Page 2)

Thanks, again, to the San Miguel Station 18 and Cal-Fire for supporting our parade and providing first aid services this year.

Following the parade, festivities will follow in at Nancy Jane Park. We have moved the food back into the park this year now that we have a better understanding of the permit process and regulations. Look for some great food this year provided by the CCA, Kiwanis, St Louise Church and the Crest Fire Safe Council. Bring your appetite and look for hamburgers, hotdogs, tamales, snow cones, nachos and ice cream. Remember, proceeds from this event are the primary fund raiser that pays the CCA bills.

Once again there is music lined up on the 4th playing from 10:00 – 1:00. We will have vendors selling their wares. Seller's permits are required, so if you are all set in this area and want to participate as a vendor, contact Kandy Franklin at 444-4996 or kandyfranklin@cox.net. (You can get a permit in one day by going down to the office on Front Street in person and applying.)

Plan to visit the CCA Clubhouse and peruse the Historical Society's interesting albums. This will also be the location of our Silent Auction. **There is still time to donate items to our silent auction. Call Jeanne Johnson at (619)442-4022 or email her at Johnson7409@att.net and we can arrange to get your item.** Join us on the 4th 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 during the July 4th Event (per the county regulations and our insurance carrier.)**

Crest Community Association



Silent Auction Help Needed

Help is also needed to help out with the silent auction the day of the event. If you can help out, call Jeanne Johnson at (619)442-4022 or email her at Johnson7409@att.net. She is also the contact if you would like to donate a silent auction item!

VENDORS ARE NEEDED. If you or your friends are crafters or artists, please call Kandhy at 444-4996 to sign up, get forms and regulations due for the day. **Vendors, after you unload your wares, you will park your vehicle at Crest School and BE SHUTTLED BACK TO THE NANCY JANE!!!**

PARADE ROAD CLOSURES- JULY 4

The main road, La Cresta, will be closed in the morning to through traffic for approximately 45 minutes until last parade participant passes. The road may be closed from 8:30-10:30 at certain locations. Alternate routes will be posted if you are going into South Crest. Of course, if there is an emergency, the volunteers will radio the command center .

MORE PARADE INFORMATION

All parade participants need to show up for **Judging at 8am**. We will have signs at South Lane Park which will give the order of the parade. This is the order: First the fire engines. Next, **CREST HISTORY ON PARADE, our Parade Grand Marshals:** Dan Wilson, Dorothy Miller, and Virginia Fortham. Next, are Politicians, the floats, and then the motorcycle club of Crest with all our junior motorcycle riders. **Please note that all motorcycles need to stay in a group due to safety issues! Please do not pass the fire engines! Next are the tractors, cars, and antiques.** Following that are the golf carts, Rhinos, floats, groups and organizations, and finally the animals. **We could use your help to keep everyone organized. If you have an animal, please keep your animals in the large arena or on the backside of the park.** Jeff Stenmo and Kandhy Franklin will help with the line up.

VOLUNTEERS NEEDED!

We need **volunteers at each intersection** to place and remove the barricades. As the parade finishes, the barricades will be picked up. If you are planning on being a spectator and are willing to help, call 44-CREST and leave your name and phone number. A short meeting will be held Saturday morning, July 3 at 9:00 at the Clubhouse to make final assignments (watch the blackboard for the announcement).

Kandhy Franklin needs some assistance the day of the event to help transport vendors from the Crest School, where we are asking them to park their cars, back to the park after they have unloaded their cars. If you can help out in this capacity from 6:45 – 7:30 the morning of the 4th, call Kandhy at 444-4996 or email her at kandhyfranklin@cox.net. She may also need some assistance at the park helping with the parade management.

TOWN HALL MEETING – JULY 20

CCA Clubhouse

6:30 CCA General Business Meeting

7:00 Town Hall Meeting:

1. Padre Dam Water Project
2. Fire Abatement
3. Crest Disaster Plan

Important Information – Please plan to attend this meeting.

JOIN THE CCA AND SUPPORT YOUR COMMUNITY CLUBHOUSE

The July 4th Event marks the beginning of the Crest Community Association Membership Drive (July 1, 2010- June 30th 2011).

Send this form in with your check made out to the Crest Community Association (CCA) or bring it to the park on the 4th.

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

Crest Contacts

Crest Community Contacts		
Crest Community Assn. johnson7409@att.net	Paul Johnson (email)	442-4022
Crest Community Church crestchurch@sbcglobal.net	Anna Johnston (email)	442-3736
Crest Black Board	Kandhy Kathy	444-4996 440-6097
Clubhouse Rentals rentals@thecrestsun.com	Rick Bradt (email)	444-2641 or 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	Linda Chase	447-2652
Crest Library	Rosi Mejia	442-7083
Crestridge Reserve	Cathy Chadwick	749-5767
Crest School www.cajonvalley.net	Office (website)	588-3128
Crest Sun Newsletter editor@thecrestsun.com Information winters72@hotmail.com	Linda Hjelle (email)	440-8540 517-9838
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 246-4300
St Louise Church	Father Languille	444-3076
Sub-Regional Planning. crestplanning.org	Judy Bowen (website)	440-0783
Help Lines		
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 Crest Fire Office Fire Marshal Public Info Officer Fire Chief www.smgfire.org	Business Of.. Burn Permits Marsha Larsen Leonard Villarreal August Ghio (website)	670-0500 588-8112 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	(858)	694-2705
Contractors Board	(Fraud) (800)	321-2752
Crime Stoppers	(619)	531-1547
FBI (telephone scam)	(858)	565-1255
Illegal Dumping	(858)	495-5143
Noise Abatement (dogs), abandoned vehicles, accumulated solid waste complaints	(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

Stores and Restaurants

Crest Foods	Tony - Pg 40	444-8132
Lenardos Pizzeria	Sam – Pg 25	444-1389
Rainbow Farms Mrkt	Mark –Pg 21	444-7504

Advertisers

A Crest Plumbing	Erick- pg 28	590-2625
Bowlby Electric	George pg 20	440-3051
Central Air & Heating	Charles - pg 9	444-9955
Chocolate	Pat – pg 9	442-4879
Day Care	Griselda- pg 18	588-2747
E&L Mobile Repair	Eric - pg 37	654-3849
Firewood	pg 9	804-3580
Holiday Horse Care	Robin – pg 29	992-6334
Kathy Kuts	Kathy – Pg 23	447-1945
Knox Reprographics	Mary Pg 42	230-6300
Mane Teaze Salon	Alpha pg 13-14	561-8014
Mila Miracle Seed	Coleen pg 23	921-4442
Marvelous Organizing	Risa – pg 38	231-1113
Notary-on-the-Spot	Betty-pg 11	820-3062
Nu Skin (age-Loc)	Pat Goulart- 17	442-4879
PDS Propane	Jim pg 6	579-8600
PU Products	Karen pg 41	334-1913
Real Estate & Loans	Rayna –pg 5	922-2524
Yoga in Motion	Aida –pg 18	456-7080
Xango	Marie – pg 33	328-1157

Next Crest Sun Deadline: August 20th

S	M	T	W	TH	F	S	S	M	T	W	TH	F	S
JULY 2010							AUGUST 2010						
S	M	T	W	TH	F	S	S	M	T	W	TH	F	S
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4	5	6	7	8	9	10	8	9	10	11	12	13	14
11	12	13	14	15	16	17	15	16	17	18	19	20	21
18	19	20	21	22	23	24	22	23	24	25	26	27	28
25	26	27	28	29	30	31	29	30	31				

Calendar of Events July-August 2010

07/04/10	9:00 – 2:00	July 4 th Event – Parade 9:00 AM - Park Festivities till 2:00
07/06/10	1:00 Tuesday 6:30 pm	Historical Society Meeting – Library BJ Mrgan Drum Circle - Library
07/07/10		NO CCA Community Dinner in July Due to July 4th Event
07/10/10	7:30 am – Sat	Kiwanis Board Meeting – Clubhouse
07/12/10 07/12/10	10.00 7:00 pm	Garden Club Meeting Cancelled in July Sub Regional Planning Group – Dehesa
07/12/10	5:45 – Tues	Crest Community Association – Board Meeting – Clubhouse
07/13/10	6:30 – Tues	Meet an Alpaca - Library
07/18/10	7:00 pm -Thurs	San Miguel Fire Protection District Board Meeting - 2850 Orange Way – Spring Valley
07/19/10	6:00 pm – Mon	Kiwanis Meeting – Visitors Welcome – Location: Clubhouse
07/20/10	6:30 pm –Tues 7:00 pm	Crest Community Association – General Meeting TOWN HALL MEETING - CLUBHOUSE
07/24/10	8:30-10:30 Sat	Community Breakfast by Kiwanis at the Clubhouse
08/03/10	1:00 pm- Tues	Historical Society Mtg – Library
08/04/10	5-7:00 – Wed	CCA Dinner – Clubhouse
08/9-13	6:30-8:45 pm	Crest Community Church Vacation Bible School
08/10/10	5:45 – Tues	CCA Board Meeting – Clubhouse – Board Meets
08/12/10	7:00 pm -Thurs	San Miguel Fire Protection District Board Meeting - 2850 Orange Way – Spring Valley
08/7/10	7:30 am – Sat	Kiwanis Board Meeting – Clubhouse
08/09/10	10:00 - Mon	Crest Garden Club – Call Arlene for Details 441-0187
08/9/10	7:00 pm Mon.	Sub Regional Planning Group – Dehesa Fire Station
08/17/10	7:00 pm – Tue	CCA Meeting Clubhouse – General Meeting
08/20/10	5:00 pm	Deadline for Crest Sun Submissions
08/16/10	6:00 pm – Mon	Kiwanis General Meeting – visitors welcome – location: Clubhouse
08/24/10	6:30 pm Tues	Maximizing your Memory
08/28/10	8:30-10:30	Community Breakfast by Kiwanis at the Clubhouse
10/2/10		EDI Plant Sale
11/06/10		CCA Craft Show
10/16/10		EDI Fundraiser Event
Deadlines for Share Program (See page 22 for order and pick up dates)		
Pick up and Delivery – Crest Community Church		

REAL ESTATE & LOANS

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210 SAGE RD – BOUGHT BY RAYNA MACK BUYER
429 WEST LANE- IN ESCROW – RAYNA MACK BUYER
2103 SUNCREST BLVD- SOLD AND BOUGHT BY RAYNA MACK BUYER/SELLER
345 ALTA LANE~ SOLD BY RAYNA MACK BUYER
1092 LACRESTA BLVD~ SOLD AND BOUGHT BY RAYNA MACK BUYER/SELLER
417 WEST LANE – LISTED BY RAYNA MACK



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Crest Fire Safe Council



IT IS TIME TO BE PROACTIVE!! At the last San Miguel Fire Board meeting, it was announced that Fire Protective Services, (NOT A PART OF San Miguel), will be focusing their efforts of citing CREST residents who have not done the weed abatement according to the regulations of defensible space, Zone 1 & 2 abatement. In response to this, residents who attended the meeting, gathered together to create a web site to help residents with rules and regulations regarding fuel reduction, types of fire-retardant plants, links to resources, other



community fire safe councils, and Fire-Wise Communities. They also worked with San Miguel's Leonard Villarreal, ELM's Johnny Gonzales to create a series of flyers, which will be handed out to residents to remind them of the clearing needed to be done. Thanks to the Boy Scouts, Kiwanis, ELM, and church volunteers from Eastlake communities, the first wave of flyers have been handed out. **SEE PAGES 35-36 FOR SPECIFIC GUIDELINES FOR WEED ABATEMENT.**

Crest residents who serve on the benefit accounting committee met with Augie Guio to review the monies for East County Fire Protection District. With cuts in programs, staff, and the closing of station 15, this was a very important meeting. The group found that the funding for the ECFPD (East County Fire Protection District) was intact. An excellent presentation of line items for the disbursement was given by the Chief.



CREST CERT TEAM - During the first few hours and days after a disaster strikes, emergency services could be overwhelmed, leaving families, neighborhoods and businesses on their own for hours or days. After the devastating Cedar fire of October 2003, the City of San Diego sought new solutions to meet this vital need. A new community based program called Community Emergency Response Team (CERT) was developed by the Fire-Rescue department. CERT San Diego helped citizens become a part of the solution in their own communities. The program took advantage of the outpouring of volunteers that offered to help in disasters such as the Cedar fire, earthquakes and 9/11.

San Diego Fire-Rescue personnel train and empower citizens in safe, effective neighborhood CERT teams. CERT San Diego instructors teach citizens to take life-saving action to help families, neighbors, businesses and communities get through the first few hours or days when emergency services are overwhelmed. To expand this model, Recently CERT training was held for Crest residents.

The CREST CERT TEAM NEEDS YOUR INPUT! Members recently attended the Red Cross Shelter class and Fire Training Scenarios with five agencies in Valley Center. The team would like to hear from you. First, here are the thoughts of your CREST CERT TEAM: We would like to stage a disaster practice involving the community in **September**. We would invite other CERT teams to be a part of the morning as well as the fire departments and Cal-Fire, OES, Red Cross, Ham Radio Operators, and SDG & E who is in the process of raising (fixing) our siren. We would use the CCA clubhouse as the incident center for communications and triage; South Lane Park would serve as a receiving area for large animals (stuffed animals.) CFSC has divided the community into 10 areas. Each area would have a block warden with a hand-held ham radio to inform the incident center where each of the emergencies are. Crest CERT team would be following the FEMA incident command plan. If you are interested in helping in some way, being a block warden or a "skywatcher", please email Kandhy at: kandhyfranklin@cox.net. A map of the areas will be inserted in the next newsletter as well as being sent in an email to the community.



ONE CALL NOW EMERGENCY RESPONSE SYSTEM - In the last call made to the community, 5% of the calls did not go through. The CFSC will go through the list of incomplete calls and verify each missed call. **PLEASE**, if you have changed numbers let us know. The Crest Emergency Service is free to you; it is paid for through donations of the community. We are able to make 10,000 calls for \$700.00. At this time, we have 1,784 phone numbers on our call list. Remember, if you have caller id the number which will show on your display is the number to the Crest Clubhouse, 44-CREST! If there are new neighbors, have them contact Kandhy Franklin at 619-444-4996 to add their numbers and email. CFSC has email which will keep you informed of the Crest activities. It is also helpful with lost animals, people, and adoption opportunities. The Crest community also has a great web-master in Karin Weiss who is constantly updating our web site, www.thecrestsun.com . She has added a horse corner, lost and found, and tons more. Check it out.

Animal Rescue: Please take the time to send the following information to the Crest Fire Safe Council in the event of a fire or other emergency:

- 1)Your name 2)Address 3)Phone 4)Email
- 5)What pets, names, meds, where are leashes/halters, etc.
- 6) Where are they kept 7)Do you have a horse trailer to help with transport
- 8)Would you like to be a part of the animal rescue team

Crest Fire Safe Council will keep all information confidential and share only with those on the assistance teams and Crest CERT. For more information contact Kandhy Franklin, Facilitator, Crest Fire Safe Council - KandhyFranklin@cox.net

(Proposed)

2010-2011 School Year Calendars for Cajon Valley and Grossmont Districts

Cajon Valley Union School District

Crest School & Los Coches Creek School Schedule 2010-2011

2010-2011 Schedule

08/16/10	School Opens to Public	01/17/11	Martin Luther King Holiday
08/23/10	First Day of School	02/14/11	President's Day (Lincoln)
09/06/10	Labor Day	02/21/11	President's Day (Washington)
11/11/10	Veterans Day	04/11-4/22	Spring Break
11/22-11/26	Thanksgiving Holidays	05/30/11	Memorial Day
12/21-01/10	Winter Break	06/21/11	Last Day of School

Grossmont Union High School District

Granite Hills Holiday Schedule 2010-2011

2010-2011 Schedule

09/07/10	First Day of School	02/07/11	President's Day (Lincoln)
11/11-12	Veterans Day	02/21/11	President's Day (Washington)
11/22-11/26	Thanksgiving Holiday	04/18-22	Spring Break
12/20 – 12-31	Winter Break	05/30/11	Memorial Day
01/17/11	Martin Luther King Holiday	06/22/11	Last Day of School



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(JURIED EVENT)

NOVEMBER 6, 2010
CCA CLUBHOUSE

CONTACT: KAREN
619-749-9180

Moonlight Smile

By Jonathan Maddock (J.Mad)

(Johnathan is 17 years old and lives in the Crest community).

I constantly find myself lost deep in a dark forest
somewhere beaten and rotten
By all the things that people have done to me I feel
so broken and forgotten.
I have tried for much too long to escape from this
forest of sadness
But I've been lost in here for far too long that the
time has begun to fill me with madness.
The time passes by, it seems to be getting more
difficult each day.
No matter what I do, I can't seem to find my way.
I've become spiritually sad and depressed,
My heart feels like it's breaking in my chest.
Regardless which path way I decide to choose,
I feel it's my sanity that I begin to lose.
I'm running around trying to find a way out,
but my heart starts to burn with the fire of doubt.
Suddenly there is a bright light which shines above
me,
The light is so big and lovely, and it makes it easier
for me to see.
The light is big and blue, and its the darkness that it
leads me through.
When I begin to chase after this light, it leads me
straight out of the forest, which makes me feel very
bright.
Once I had gotten out of the forest, I look high
above me,
The light which is coming from the moon, seems to
be smiling at me.
The Moonlight smile which had greatly helped me,
Had opened my eyes so now I can clearly see.
The Moonlight smile which brought me out of my
deepest and tragic sorrow,
Has given me the courage to face tomorrow.

Going to Fly Away this Summer? Remember:

- Carry-ons luggage allows only 3 oz or less size containers of liquids, gels or aerosols placed in a quart size zip top bag.
- If purchasing a luggage lock, be sure it is TSA approved
- Tape a card with name and contact information on any electronics (like laptops)
- Visit TSA.Gov for a list of prohibited items.
- Wear easily removable shoes
- Coats and Jackets must be removed when going through screening.

(Thanks to Barb Atkins for these valuable tips)

Baby Sitting Class with CPR and First Aid August 7th

Save-A-Heart will be conducting a CPR and First Aid Certification Class with Baby Care Skills for babysitters on Saturday, August 7th from 9 to 12pm at the Alpine Community Center 1830 Alpine Blvd. This class provides a 2-year certification and is being taught by Carlette Anderson, founder of Save-A-Heart. Must be at least 12 years old to attend. Fee is \$30 per person and a portion of the fee will go to the Alpine Community Center. Space is limited.

For more information and to register please call (619) 445-4569

A Taste of East County... Introducing Dixie Express

Looking for a taste of the good 'ole days right in your own back yard? Check out Wednesday nights at Fuddruckers in Grossmont Center.

Wednesdays from 6-8 pm are when the Dixie Express comes to play. This seven member "Old time Music" band (also called Traditional Jazz) plays music from the 20's 30's and 40's.

There were well over 150 folks that showed on the particular Wednesday I visited and it was a "kick". While the crowd consists mostly of seniors, there were plenty of kids and grandkids out for an evening, a glass of wine or iced tea, and perhaps one of Fuddrucker's yummy cheeseburgers.

The Dixie Express has been playing this "gig" for 9 years! The seven member band consists of keyboard, drum, cornet, sax, clarinet, bass, and trombone. The acoustics in the large room are great and each instrument can be heard clearly.

Just when you think you've seen it all, 50-60 "Strutters" take to the floor with their hand made parasols and parade through the room.

Check out

www.dixieexpressjbsandiego.com for more information regarding the band or better yet stop by one Wednesday evening and dance to the old tunes of yester-year. There is no cover charge.

Griselda's Corner

By Griselda Layman

Ladies, have you ever had a baaad hair day? Yup, I had one. About 3 months ago, on a Friday evening around midnight, I looked at my hair in the bathroom mirror. What I saw was a combination of a mop of frizzled hair and an old scrubber. No, I'm not kidding, wish I was. I had a perm done recently and it had turned out bad; so bad that the hair was burned and dry. As I looked at the less than attractive head, I thought, there is no way I'm going out to church or anywhere this week-end.

We have a hair cutting kit, so I thought, why not do it myself? At least I can cut all the dry burned ends and leave the straight hair alone. In no time I started cutting the front, sides and back. I must admit, I was doing a great job, or so I thought, until I looked at the back with a hand held mirror. Horrors!! It looked worse than the Tijuana roads! What can I do? Become a rapper? (I'm too old for that). Mmmmm, Hair is the only thing that grows out, right? So borrowing my husband's hand held razor, I started shaving all of the hair, or what was left of it.

In January my cousin Carmen from Mexico came over for a visit, and noticing the bald pattern in our family, said. "You know that baldness runs in our family don't you? We at the table nodded our heads as she spoke. "I have a recipe from our great, great, great grandmother." We were all ears. "You chop six green Serrano chilies and drop them in a bottle of alcohol, let it sit for 2 days and then apply with a q-tip to the bald spot." That's it!!! Unbelief showed in our faces as our jaws dropped. When she saw our reactions, she added this words of wisdom, "It opens your pores and makes your hair grow." By the time she returned home, we all had our own bottle of the "Family Recipe." Mine has been sitting on the bathroom shelf unopened.

Back to reality, here I am a bald Jr i.e. Kojack. Remembering the "Family Recipe"I thought ...Why not? Yup, I did it; I poured it in my cupped hand and onto my bald head for the next 30 days. I used to have a couple of bald spots on my head and now there are none. Did it work? I say YES, my hair is out and growing, now I'm the proud owner of a head full of hair.

Having a Baaald Hair Day?

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Alpacas & More
July 13, 6:30 PM

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Tuesday 12:00 – 8:00

Wednesday 9:30 – 6:00

Thursday 9:30 – 6:00

Friday 9:30 – 5:00

Saturday 9:30 – 3:00

Sunday & Monday CLOSED

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Therapy Dogs International

June 19 & 26, July 17 & 24, 2 PM



Joe Gandelman

June 6, 6:30 PM



SUMMER READING 2010



Drum Circle July 6, 6:30 PM



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619-442-7083
<http://www.sdcl.org>

JUNE 2010

☉ **"Diego, the Wandering Whale"**
Puppet Show & Summer Reading Club Sign Up!
Tuesday June 1, 6:30 PM

☉ **Mad Science Presents: "Wacky Water Experiments"** Crest Elementary School.
Wednesday, June 2, 10 AM

☉ **Make a Splash** featuring ventriloquist Joe Gandelman's new shark puppet!
Tuesday, June 8, 6:30 PM

☉ **Mother & Daughter Makeovers**
Tuesday, June 15, 6:30 PM

☉ **Fish Stories - Baby Storytime**
Wednesday, June 16, 10:30 AM

☉ **Learn about Project Wildlife in SD**
Tuesday, June 22, 6:30 PM

☉ **PJ Storytime** Wednesday, June 23, 5 PM

☉ **Dig into Archaeology** presented by San Diego Archaeology Center
Tuesday, June 29, 5:30 PM

☉ **Read to Bella, the Therapy Dog**
Saturday, June 19 & 26, 1 PM

Adult Programs

☉ **Free Computer Classes - Thursdays**
Basic 11 AM - Intermediate at 11:30 AM
Call Rosi for appointment 619-442-7083

☉ **Mystery Book Club**
The Tiger in the Well by Philip Pullman.
Friday, June 4, 3 PM

☉ **Club Leyendo Juntos**
Sally y el tigre en el pozo
Philip Pullman
Viernes, 4 de junio 11 AM

☉ **Saturday Family Crafts 11 AM**
6/5 Card Making 6/12 Ribbon Jewelry
6/19 Knitting 6/26 Scrapbooking

JULY 2010

☉ **BJ Morgan Drum Circle** with the Museum of Making Music. Join in the fun and therapeutic drum circle for kids and families of all ages. Tuesday, July 6, 6:30 PM

☉ **Meet an Alpaca** Tuesday, July 13, 6:30 PM

☉ **PJ Storytime** Wednesday, July 14, 5 PM

☉ **Baby Storytime** Wed. July 21, 10:30 AM

☉ **Make a Splash** with Risa the Musical Clown Tuesday, July 20, 6:30 PM

☉ **Read to Bella, the Therapy Dog**
Saturday, July 17 & 31, 1 PM

☉ **"Garbage Monster"**
Enjoy our puppet show and SUMMER READING AWARDS
Pick up your prize bag!
Tuesday, July 27, 6:30 PM

Adult Programs

Adult SR Program: Kumihimo
The art of Japanese braiding
Presented Terry Andrews
Saturday, July 17, 11 AM

☉ **Mystery Book Club 1984** by George Orwell - Friday, July 2, 3:00 PM Join our book club by submitting your comments <http://crestlibrarymysterybookclub.blogspot.com>

☉ **Club Leyendo Juntos 1984** de George Orwell - Viernes, 2 de julio, 11 AM

☉ **Free Computer Classes** Thursdays
Basic 11 AM - Intermediate at 11:30 AM
Call Rosi for appointment 619-442-7083

☉ **Saturday Family Crafts 11 AM**
7/3 Scrapbooking 7/10 Ribbon Jewelry
7/24 Knitting 7/31 Pet treats

AUGUST 2010

Children's Programs

☉ **Kathy's Baby Storytime**
Wednesday, August 18, 10:30 AM

☉ **Kathy's PJ Storytime & Craft**
Tuesday, August 17, 6:30 PM

☉ **Read to Bella, the Therapy Dog**
Saturday, August 14 & 28, 1 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 AM**

August 7 Soapmaking
August 14 Ribbon Jewelry
August 21 Knitting
August 28 Scrapbooking

Adult Programs

☉ **Club Leyendo Juntos**
La telaraña de Agatha Christie
Viernes, 6 de agosto, 11 AM Participa uniendote a nuestro blog <http://crestlibrarymysterybookclub.blogspot.com>

☉ **Mystery Book Club**
Spider's web by Agatha Christie
Friday, August 6, 3 PM

☉ **Maximizing Your Memory** presented by the Alzheimer's Association
Tuesday, August 24, 6:30 PM

☉ **Free Computer Classes**
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619-442-7083

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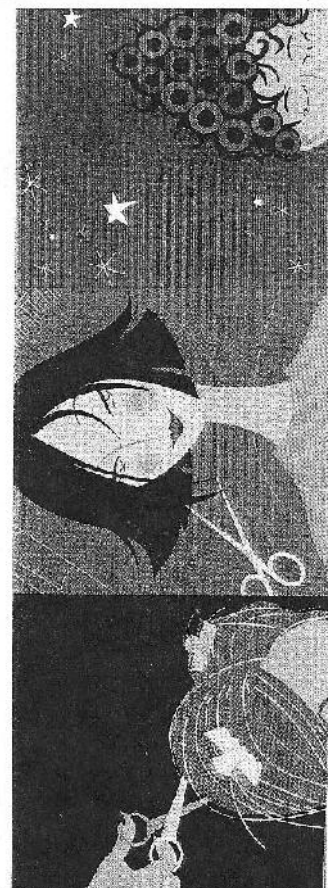
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www.insuremytrip.com – compare travel insurance policies.

www.Wolframalpha.com - Wolfram|Alpha's long-term goal is to make all systematic knowledge immediately computable and accessible to everyone. They aim to collect and curate all objective data; implement every known model, method, and algorithm; and make it possible to compute whatever can be computed about anything. Sounds complicated? Watch the video, it's pretty impressive:
<http://www.wolframalpha.com/screencast/introducingwolframalpha.html>

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Meet Junior....

By Linda Hjelle

Remember the Acorn Woodpeckers we showed you in last month's edition? Well to our surprise, the "hole" was being occupied not by Acorn woodpeckers, but by Nuttall's



Woodpeckers.



Junior hatched last month and is the spitting image of mom and dad (see dad to the left). Unfortunately, they left their nest last week, Junior must have learned to fly while we were on vacation.

Why were the Acorn Woodpeckers guarding the Nuttall's nest for three days? An attempt at a hostile take over of the nest? A visit from long lost relatives? I guess we will never know. We are now empty nesters...

Crest School

Dr “J” Retires

By Linda Hjelle

An “End of the Year BBQ” was held at Crest School on June 3 for the students, teachers and the community. In addition to the delicious tropical themed BBQ, the staff and students used this opportunity to say goodbye to Dr Martin Jaquez, Principal, who retired from Crest this month. Dr Jaquez was given a fond farewell as the teachers roasted him and “eliminated him from the mountain, Survivor style.” In addition to the skit, the students sang him a song and presented him with flowers and a tree to plant in his yard so he can remember his Crest family. He will be greatly missed by the Crest Community.

Crest School is especially significant to Dr Jaquez since this school was both his first principal assignment and his last. Dr Jaquez started his career as a principal at Crest in 1991. After four years, he continued his career as principal at Cajon Valley Middle School, Ballantyne Elementary, and Cuyamaca Elementary Schools. In 2008, Dr Jaquez returned to Crest as principal of both Crest Elementary and Rios Elementary Schools completing his 30 plus year career in education.

When asked what his future holds for him, he commented that it has been such a busy year that he hasn't had much time to think about retirement. However, he stated that he plans continuing to teach Marshal Arts. He hopes to continue teaching kids in Cajon Valley School District and eventually would like to open a studio in the East County. Additionally, he plans to spend time making improvements at his cabin in Big Bear.

Dr Jaquez says he will miss Crest School and wants to thank everyone for being so generous and supportive. He knows that the community will like his replacement, Mrs. Maria Kehoe.



See the 2010-11 School Calendars on Page 8

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- Classes should be booked in advance with payment due on the first session. Unfortunately there are no refunds for missed classes, however a catch up class will be offered.

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Aida Amar

619-456-7080 (cell)

email: aida20@cox.net

Web Address: YogaInMotion.Me



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

Mailing address: P.O. Box 21489, El Cajon, CA 92021

e-mail: wrplanning@aol.com website: www.crestplanning.org

The mission of the sub regional 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 2nd 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 May, June, July, and August meetings will be held at the Dehesa Volunteer Fire Station, 5425 Dehesa Road, at 7:00 PM

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

The following are segments from the April 12 minutes regarding Crest. For a full copy of the minutes, go to www.crestplanning.org:

Announcements:

A scoping meeting for the proposed Singing Hills Estates project will be held at the Department of Planning and Land Use on 5 May at 4 pm. Pat Ulm announced that the scoping meeting for Singing Hills Estates on 5 May is for taking input from the public about what should be considered by DPLU in evaluating the project and determining requirements for compliance with the California Environmental Quality Act (CEQA) and County planning ordinances.

Committee Reports:

Item 5b. Private Project Proposal. TPM 21172, Davison 4-lot split with remainder parcel, Montana Serena and Tracey Lane, Crest. Chairman Riggs reminded the Planning Group that it recommended approval of TPM 21772 at its March meeting, and that subsequently the County provided its scoping letter for the project. Mr. Davison reported to the Group that the scoping issues raised by the County are being addressed: some of the lot boundary lines are being adjusted to accommodate driveways in compliance with fire safety and County standards; extended surveys for the Quino checkerspot butterfly are being conducted. The applicant does not expect that additional Planning Group review and action will be necessary as the project proceeds.

Unfinished Business:

Item 8. New Business. Consideration of applicants for Seat 1, Crest. Chairman Wally Riggs reported that one application for nomination to Seat 1, Crest, was submitted, but that the public notice published to advertise the vacancy and opportunity to apply contained errors. Due to possible confusion that might have dissuaded potential applicants, he decided to continue the application process another month, and to readvertise the vacancy correctly. He then introduced Mary Kay Francis, a resident of Crest, who did apply; she and any other applicants will be considered for nomination by the Group at the May meeting

The following are segments from the May 10 minutes regarding Crest:

Item 5a. Private Project Proposal. TPM 21080 RPL2, Bongiovani/Montana Serena Project, 4-lot split, 1530 Montana Serena and Gibson Highland, Crest. Chairman Riggs introduced Mr. Bruce Tait, representative of the project applicant, to discuss and explain this replacement map application. Mr. Tait stated that Parcel 4 was larger; that the Lot 4 panhandle width was enlarged to 35'; that all of the easements are approved; and that secondary emergency access for the project has been obtained through Gibson Highlands. Phil Hertel moved that the Planning Group recommends approval of TPM 21080 RPL 2 as presented. The motion passed (11 yes; 1 no; Manning; 0 abstain).

Item 5c. Private Project Proposal. Notice of preparation, EIR for Singing Hills Estates Project GPA 09-009, SP04-005, R04-012, TM5380 RPL2. Chairman Riggs introduced this Notice of Preparation of an Environmental Impact Report, reminding everyone that the agenda item topic is limited to recommendations concerning the scope of the EIR that will be prepared for the Singing Hills Estates Project. He reported that the County DPLU conducted a scoping meeting (that Pat Ulm attended); that it developed a list of potential impacts to be studied in the EIR; and that the Planning Group has an opportunity to suggest impacts and issues it recommends for study in the EIR. Pat Ulm distributed copies to the Planning Group of a comprehensive list of potential issues and impacts of the project that, according to CEQA Guidelines, the EIR should study. Mr. Lee Vance, representative of the applicant, offered to answer questions about the project, and he emphasized that the County wants to identify all of the potential issues and impacts related to the project as early as possible in the EIR preparation process. Several residents from Crest expressed concerns that the EIR will not be complete unless the studies of the project's impacts to traffic conditions and road maintenance include certain specific roads in Crest in the analyses, in addition to the obvious direct access connections to the project. Kandy Franklin, of the Crest Fire Safe Council, requested that the EIR includes a study of fuel mitigation measures that will be required in the open spaces surrounding the project. A resident of Harbison Canyon expressed concern that project impacts will require installation of a traffic light control at the intersection of Sycuan Summit Drive and Dehesa Road. Others expressed concerns about the project impacts to the existing undeveloped rural landscape vistas, to the existing dark night sky, to the existing quiet natural soundscape. One person expressed concerns about the potential impacts due to the amount of grading associated with the project. Pat Ulm moved that the Planning Group adds the public's comments and suggestions to the list of issues and impacts she distributed to the Group, and that the Group recommends that the EIR for the Singing Hills Estates includes studies of all of these issues and impacts combined. The motion passed (12 yes; 0 no; 0 abstain).

Item 6a. Public Project Proposal. Park Lands Dedication Ordinance (PLDO) Priority List. Judy Bowen distributed to the Planning Group members copies of the draft 2009- 3 2010 Priority List Requests, which includes responses and suggestions from the

community concerning the different parks. Mary Manning suggested adding an Outdoor Weight Room to the list for Old Ironsides Park. Kandy Franklin discussed the Nancy Jane Park encroachment into the street easement, suggested installation of dog drinking devices on 2 of the 5 water spigots in South Lane Park, and reported that the prospective insurance companies are deliberating how the split rail fence at South Lane Park affects its insurability. Judy Bowen moved that the Planning Group sends the amended 2009-2010 Priority List Requests to the County for its consideration. The motion passed (12 yes; 0 no; 0 abstain).

Item 7. Unfinished Business. Consideration of applications for Seat No. 1, Crest. Chairman Riggs stated that since the sole applicant had to depart the meeting earlier and was no longer present, he was tabling this agenda item until the next meeting.

Excerpts from Correspondence received from the Department of Planning and Land Use regarding the Singing Hills Estate Project:

June 17, 2010 – “The Department has received your request for a due date extension from the REC Civil engineering & Consulting for submittal of information requested in the DPLU EIR dated December 15, 2009. After reviewing your request and the circumstances of your project, the Department hereby grants approval of a 180 day due date extension. Therefore, the information/documents requested in the DPLU EIR Scoping Letter dated December 15, 2009 are now due on December 6, 2010

... The DPLU records indicate that your project has been inactive since June 8, 2010. Based on this information, your project will be placed in Idle Status if the required information and/or documents are not received by June 8, 2011.

**Editor’s Note: Kay Faris was appointed to the Vacant Crest Seat #1 at the June meeting.
Thank you Kay for caring about our community!**

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Regular Weekend Services (SEP-MAY):

Saturday..... 5:30 PM
Sunday..... 8:00 AM and 10:30 AM

Summer Weekend Services (JUN-AUG):

Saturday..... 5:30 PM
Sunday..... 9:00 AM
(Note: July 4th 9:00 Service will be at 7:30)

Daily Mass: 8:00 AM (Mon-Thu)

Crest Community Church
Vacation Bible School

August 9-13th. 6:30-8:45 pm.

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Pastor Tony Lambert

Services:

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

Share Program in Crest

Crest Community Church is a host/distribution site for the SHARE Food Program. If you don't know what this is, **SHARE is a program in which participants can purchase groceries at a 30-50% discount more than you would find at the supermarket.** Package prices range from \$17 to \$35. SHARE can offer these savings because volunteers help sort, package and distribute the food that SHARE buys in bulk for over 3000 people. SHARE offers a variety of frozen meats, fresh produce other grocery items and club-sized packages. You pick up the food you order every month. Orders can be made on line or at the SHARE office or by phone. Anyone can join the program. Look for the "Golden Share Foods" flyer in the local stores or at Crest Community Church. The order deadline date for July is July 16 with pickup on July 24 and for August is August 20th with pickup on the 28th. The phone number to order is 619-590-1692. They accept Visa, MC and EBT Food Stamp Cards. You can also order online at www.goldensharefoods.com. Flyers for the menus of packages offered will be available in the stores. For other information or questions that you may have, you may also call Joetta Shipley at 619-447-5659.



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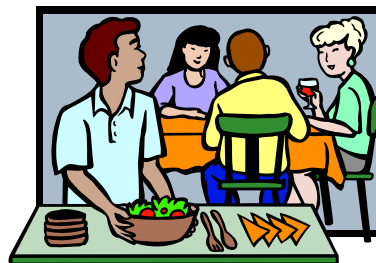
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CCA Dinner Mark Your Calendar

**August 4 - BBQ Beef Sandwiches,
creamy, crunchy coleslaw and
baked beans, all for just \$6 –
ice cream sundaes \$1**



**(There will be no CCA Dinner in July due to
the July 4th Festivities)**



The News from Crest Kiwanis

By Linda Chase

Here we are helping Crest School at their annual close of school celebration serving up delicious Hawaiian food!



We also instituted the Terrific Kids awards at Crest School- for children who have made the special effort to improve citizenship and grades. The awards were given to: Monica Hauner, Marc Knight, Kristy Sturk, Paige Neuman, Oceana Berndes, Jessie Stubblefield, Christine Humphries, Gage Komp, Brandon Daniels and Tyler Linn. Congratulations for all your hard

work! Pictured to the left is one of our Star Students: Tyler Linn.



In our continuing efforts as a service club we have donated \$750 to Earth Discovery Institute to help with the transportation for the school kids next year.

In May the Crest Kiwanis contributed \$200 of quarters for our Builder's clubs at Greenfield to make art at the Children's Hospital Miracle Mile of Quarters event. We awarded two scholarships this year to one outstanding student from each of our Builder's Clubs. The Los Coches Creek Middle School Kiwanis Scholarship Award goes to Maura Fox and the Greenfield Middle School Kiwanis Scholarship Award goes to Elizabeth Guterrez. Congratulations to them both!

At our Community Breakfast on June 26, Crest Kiwanis was awarded The Distinguished Club Award for the work we do in our community. You are always welcome to attend our meetings on the third Monday evening at 6 p.m. at the CCA community center. Striving to serve our community by raising funds to support our kids; We always welcome new members!

Don't forget to stop by our hamburger and hot dog food booth on July 4th!!!

Be sure and make the Kiwanis Community Breakfast part of your schedule! Always on the 4th Saturday of every month: Mark your calendars for the next Community Breakfasts on July 24 and August 28



Be sure and check out the wonderful bench that was created at Crestridge to honor Graham Smith one of the founding members of Crest Kiwanis. He served as herpetologist for the Earth Discovery Institute's outdoor classroom program.



**You are invited to the 12th Annual
All Fore R.E.C. Golf Tournament**

When: Sept. 17, 2010

Where: Sycuan Resort

Time: 12:00 Shotgun start

All proceeds benefit the El Cajon Recreation Department & Grossmont Heartland Kiwanis and *Crest Kiwanis*

Sponsors and Players

Call: 619-444-4503 for information.

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Call 444-1389 or 444-0992



PIZZA:	Medium 14"	Large 18"	Giant 28"
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, Ricota, & 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
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Italian Sub (Ham, Salami, & cheese)	\$5.99
Club Sub (Turkey, Bacon & Cheese)	\$5.99
Roast Beef Sub	\$5.99
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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	\$5.99
Salad.....	
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

Internet Tips: Scareware, Fake Anti-Virus Messages



Ever received one of those pop up messages out of no where telling you that your computer is infected with a virus? Or an official-looking screen pops up warning you "There is a problem on your computer and immediate removal is required. To scan, click 'Yes'". If you're not sure if it's real or not, what do you do? There is a good chance this might be scareware. Google did a 13-month study and found there are 11,000 registered Web sites offering "free" antivirus software that are actually malicious (harmful). These sites account for about 15 percent of all Internet scams in the country. There is no shortage of information on how to avoid these scams.

What to Look For:

- Rogue anti-virus/spyware programs or scareware often generate more "alerts" than the software made by reputable companies.
- You may be bombarded with pop-ups, even when you're not online.
- The popups will try to convince you to buy RIGHT NOW!
- If you've been infected, your computer may dramatically slow down. Other signs of infection include: new desktop icons; new wallpaper, or having your default homepage redirected to another site.
- Although fake software may closely resemble the real thing such as windows or your antivirus messages; it's rarely an exact match. Look for suspicious discrepancies.

Here are some do's and don'ts if one of these messages appear:

- Do not press the X to close the screen. This may install a program that can gather your personal and financial information. If there's any doubt, you can close your browser immediately by pressing ALT+F4 (Mac users: press Command/Apple+Q) This will prevent any scareware from loading. Or hit Ctrl + Alt + Del to view a list of programs currently running. Delete the "rogue" from the list of running programs, and call your computer maker's phone or online tech support service to learn if you can safely use your computer.

Prevention tips and suggestions:

- You might find Firefox is a safer browser to use rather than Internet Explorer.
- Keep you computer updated with the anti-virus and anti-spyware software and use a good fire wall.
- Never open an email unless you are positive about the source.
- Do not click on any pop up that advertises anti-virus or anti-spyware software.
- Do not download freeware or shareware unless you know it's from a reputable source. [Download.com](http://www.download.com) and [VersionTracker](http://www.versiontracker.com) appear to be fairly reputable sources.. Unfortunately, freeware and shareware programs often come bundled with spyware, adware or fake anti-virus programs.

More information on this subject? Go to:

<http://www.scambusters.org/fakeantivirus.html>
<http://netforbeginners.about.com/od/scamsandidentitytheft/f/scareware.htm>
http://www.spywarewarrior.com/rogue_anti-spyware.htm (list of fake products)
[http://clarkhoward.com/topics/spyware_blockers.html /](http://clarkhoward.com/topics/spyware_blockers.html/)

Scareware can attack you in any combination of ways:

- Accessing your credit card: scareware will deceive you into paying money for fake antivirus software.
- Identity theft: scareware will secretly invade your computer and attempt to record your keystrokes and banking/personal information.
- Scareware will attempt to take remote control of your machine to serve as a spam-sending [zombie](#) robot.

To find a list of virus scanners to avoid go to:

http://antivirus.about.com/od/roguescanners/Scanners_to_Avoid.htm

Removing Scareware

First and foremost, avoid allowing a rogue program to connect to the Internet. Typically, an uninstaller is placed under the Add/Remove Programs option in Control Panel - but the uninstaller seldom works. If your existing antivirus can't remove the rogue scanner, use [SmitFraudFix](#) - a free tool that specializes in the removal of this specific type of malware. SmitFraudFix is a free antivirus download that removes the Zlob trojan downloader and the malware that Zlob installs. SmitFraudFix can be run under Windows XP or Windows 2000 and is available for both English and French installations. While SmitFraudFix is offered free, the developer does accept donations on his website.

<http://antivirus.about.com/od/freeantivirussoftware/fr/smitfraudfix.htm>

The Crest Garden Club



The May Garden Club was held at the home of Kay Faris. We had a great tour of her garden and then proceeded to make stepping stones for the garden. Special thanks to Dana who “volunteered” to prepare and pour the concrete.

Crest Garden Club members visited the San Diego Botanic Garden (formerly Quail Gardens) for their June meeting. Member, Judy Dunning, arranged a docent-led tour featuring waterwise plants in the gardens. We learned about beautiful plants from around the world that will work in East County gardens and require less water, including plants from the Mediterranean basin, Cape South Africa, Australia, and Chile; plus our own California natives which are easy to grow in

our climate with minimal care. Everyone got excited about the gorgeous display of colorful succulents, artfully and realistically positioned across a rocky hillside. The club will meet next at a Crest home on August 9. There will be no July meeting due to the July 4th activities.

Marie’s Painters

Marie’s painters hosted an Art Show on Saturday, May 8th at the Crest Clubhouse. We hope you had an opportunity to stop by and viewing the fabulous works of our local artists. We hope this becomes a tradition in Crest! Thank you Marie’s Painters.



DOGGIE TIPS FOR THE FOURTH OF JULY

By Shea and Alec

Here are some important tips to remember as the holiday approaches:

- Do not leave your pet in the car.
- Never use fireworks around pets!
- Resist the urge to take your pet to fireworks displays.
- Never leave pets outside unattended, even in a fenced yard or on a chain.
- Make sure your pets are wearing identification tags so that if they do become lost, they can be returned promptly.



Crime Log in Crest Area

CR = Crest HC = Harbison Canyon

Date	Loc	Street/Block	Incident
4/13	CR	110 BI La Cresta BI	Vehicle Theft
6/2	HC	800 BI St George	Simple Battery
6/2	CR	400 BI Mt View Rd	Simple Battery
6/2	CR	400 BI Mt View Rd	Exhibit Deadly Weapon
6/2	CR	2000 BI Suncrest	Burglary (Comm)
6/13	CR	300 BI Sunnybrook	Robbery
6/17	CR	1000 BI Old Mt View	Petty Theft
6/21	CR	1300 Gibson Highland	VehI Burglary

Info obtained from www.crimemapping.com



Congratulations
Mary and Don
McLellan

Mary and Don McLellan will be celebrating their 50th anniversary on Sunday, August 15th from 1-7 pm at the Crest Clubhouse.

The Crest Community is invited to join in this celebration.

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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

COUNTY APPROVES NEW LAKESIDE FIRE STATION PLAN

June 1, 2010 - County plans to help build a \$14.5 million Lakeside Fire Station/Administration Center and passed a significant milestone recently when the Department of Planning and Land Use (DPLU) approved the center's Site Plan Review Permit, moving it closer to an expected summertime construction-start.

The new station is being built as part of the Upper San Diego River Improvement Redevelopment Project, to improve fire protection for Lakeside residents and jump-start the redevelopment project that was approved in 1989. Supervisor Dianne Jacob and the Board of Supervisors re-energized the redevelopment project in 2007 by voting to appoint a DPLU project manager and hire a redevelopment consultant to work with the community to create a new business plan that made building the new fire station its top priority.

"This is a significant step forward for Lakeside," said Supervisor Jacob, "not just to improve fire and emergency medical service, but also to help boost this redevelopment project, which has the potential to create and reinvest millions of dollars into Lakeside."

The redevelopment plan will provide \$11 million --- \$550,000 a year for 20 years --- to buy land and build the two-story, 22,000 square-foot station. Located on 4.8 acres at Lakeside Avenue and Channel Road, the new station will replace the Lakeside Fire Protection District's smaller, 44-year-old Station #2 in Eucalyptus Hills. Once built, the new station will allow the fire district to consolidate all its administrative services in the facility, and include space for training. The station's first floor will house a fire engine, brush rig and ambulance. The second floor will include a classroom and emergency operations center.

Lakeside officials hope to complete construction in 2011.

THE SDG&E-FUNDED FIRE CHOPPER:

June 7, 2010 -No one can argue against adding firefighting resources to our regional arsenal. However, San Diegans should be aware of the bad irony associated with this particular chopper. The Sunrise Powerlink creates a serious risk of catastrophic wildfire on par with the 2003 and 2007 wildfires. Every San Diegan should review the document which comes straight out of the Sunrise Powerlink's own environmental report. If SDGE really wants to fight fire, it should dump the Deathlink and get serious about local solar, not imported, power."

NEW COUNTY CURFEW AIMS TO KEEP KIDS SAFE.

Young people in the unincorporated areas of the region will need to be home by 10 p.m. following a unanimous decision of the San Diego County Board of Supervisors. Supervisor Dianne Jacob urged turning back the curfew from 11 p.m. to 10 p.m. to make the County consistent with other cities and keep young people safe.

The curfew will apply to all those under 18 loitering in public places without permission from a parent or guardian. It won't apply to minors at or heading home from sanctioned events.

Jacob joined forces with District Attorney Bonnie Dumanis and Sheriff Bill Gore to advocate for the earlier curfew. The three officials said the move will stop young people from seeking out jurisdictions with later curfews to stage parties. Jacob said the change will especially help crack down on gang-related activity in the Spring Valley area.

"I can tell you firsthand that Sherriff's deputies need this important tool to make communities safer," Jacob said, describing a scene she witnessed during a recent curfew sweep in Spring Valley. Jacob said deputies and probation officers lacked the authority to break up a large party outside an apartment complex at 10:30 p.m. The group included suspected gang members.

"Statistics reveal that the hour between 10 p.m. and 11 p.m. is prime crime time for kids. By enforcing the earlier curfew we can ensure that kids are exactly where their families believe them to be," Jacob said. "For kids that are in the wrong place, we're working with law enforcement, community groups and faith-based organizations to put them on a path to better behavior."

Local statistics suggest that the enforcement of an earlier curfew will lessen the number of crimes against juveniles and especially target violent crimes. More than 43 percent of curfew violations within the Sherriff's jurisdiction occur on Friday and Saturday night, according to the Sheriff's Department.

The cities of San Diego, El Cajon, La Mesa and Santee have 10 p.m. curfews. The County plans to contact cities with 11:00 p.m. curfews to request the earlier hour

Crestridge Ecological Reserve

Crestridge Ecological Reserve

Earth Discovery Institute Newsletter

May/June 2010

By Cathy Chadwick

New Trail Route Rocks!

On May 15th, Boy Scout Troop 332, led by Eagle Scout candidate Austin Darley, and the San Diego Mountain Biking Association (SDMBA), led by Crestridge liaison Kevin



Mortensen, gathered their members to reroute a chronically eroding trail. Nearly 50 people lent their energy and expertise to the project, creating nearly a mile of picturesque, winding, sustainable trail in just half a day. EDI is very grateful to all who participated including SDMBA member John Holloway, of KTU+A Planning and Landscape Architecture who mentored Austin in trail planning and building in the context of native habitat. Austin and Kevin worked closely to gather the people, tools, food and

supplies to conduct the work on the day of the event. It was a great team project, with an amazing result for the reserve and its native creatures and recreational users.



Spring Celebration

Our 2nd annual Spring Celebration was a great success. Thanks to all the 40+ volunteers who worked to make it so, including all EDI board members, our education staff, Cajon Valley teachers, students and



administrators, El Capitan High School Roots and Shoots Club, Boy Scout Troop 332, Endangered Habitats Conservancy, the San Diego Herpetological Society, Crest

Kiwanis, archaeologist Richard Cerutti, and the many artists who brought their wonderful wares. Supervisor Dianne Jacob came to help us dedicate our beautiful new entrance sign. Crest craftsman Glen Weischedel created the wooden sign and assisted with building the stone wall base.

Todd Stands and his talented assistant, Alma, supervised the tiling of the Graham Smith Memorial Bench. Built in the shape of lizard, in honor of Graham who was a reptile educator with EDI,



the bench was later grouted and is now complete, gorgeous, and ready to receive all who would like to sit in a special spot with a great view of Crestridge on the patio by the visitor kiosk. Thanks so much to Graham's family, Crest Kiwanis, and all the community members who contributed to make the bench possible, including all those who took the time to place tiles. Check it out!

Gold-spotted Oak Borer Threatens Native Oaks

The Gold-spotted Oak Borer is a non-native beetle that has reached San Diego County from southern Mexico. It seems to be playing a significant (though not yet fully understood) role in the death of tens of

thousands of oak trees in the county.



EDI and the Endangered Habitats Conservancy, our land management partner at

Crestridge, will sponsor a community meeting later this summer to help residents understand the pest and how to best mitigate its damage to the wonderful oaks that give us so much beauty to see, and provide food and shelter for hundreds of kinds of birds, insects, and more. Here are some websites you can check out now.

http://cisr.ucr.edu/goldspotted_oak_borer.html

<http://www.fs.fed.us/r5/cleveland/projects/projects/oak-borer/index.shtml>

<http://groups.ucanr.org/GSOB/>

Stay tuned for the meeting date. We plan to have a presentation at the Crest Community Building, then move over to the reserve for some 'on-the-ground' training. Everyone will be welcome to attend.

EDI Education Program Update

Cajon Valley Kids Serve: Our education program with the Cajon Valley Union School District, 'Cajon Valley Kids Serve' (CVKS) brought over 2,600 students to the reserve this school year along with over 80 teachers... our most productive CVKS year so far. The program is currently supported by a grant to the district which will carry us through 2 more school years.

Other EDI Education Programs: Our program, under the direction of Education Coordinator, Vicky Bonnett, is highly respected county-wide. The non-profit agency, Wildcoast, and the US Fish and Wildlife Service have contracted with EDI to have Vicky and our great instructors implement environmental education programs. Their programs serve several hundred students in Chula Vista and Imperial Beach, allowing us to share our vision about science, native habitat and environmental stewardship throughout the county. Kudos to our staff for giving us such a great reputation, and working so well with these terrific partners.

Sustainability: To sustain our work after the grant funds end, community contributions are needed in two forms: Volunteers: If you love the outdoors, recognize the value encouraging the next generation of environmental stewards, and have a few hours to spare each month you should consider becoming an EDI education docent. Volunteer docents make our program much more affordable for schools. That means we can serve more kids who will take better care of the planet. Pretty good investment of time, eh!

Contributions: Think about supporting one of the following...

\$15 pays for supplies and instruction for 1 student

\$25 pays for snacks for 25 students

\$50 pays for restoration plants for 35 students

\$100 pays for all supplies for 25 students

\$150 supplies a bus to bring 2 classes (70 students) to the reserve

Save the Dates!

- Sunday, July 4, 2010: Visit our booth at the Crest 4th of July Festival, 10a.m.-2p.m., Nancy Jane Park, 120 North Park Drive, Crest
- Saturday, October 2, 2010: EDI Fall Native Plant Sale
- Saturday, October 16, 2010: EDI's first major fundraising event! The day will feature family hikes, an equestrian trail ride, mountain biking and dinner with a presentation from local author/teacher/fire and habitat expert, Richard Halsey. More details coming your way soon on what promises to be very fun, healthy and informative opportunity to support the work of EDI.

Earth Discovery Institute

120 North Park Drive El Cajon, CA/92021

619-447-4715

www.earthdiscovery.org



Speaking of Crestridge... did anyone notice the strange new animal species that was introduced into the wild for a couple days last month? He sure seemed to be enjoying his vacation.

Check it Out.. Barona Speedway



Recognize our new Crest racer? Crest Resident, Marie Bradt has taken up a new sport. Marie races every other Saturday at the Barona raceway. This is Marie's first year of racing and has seen improvement throughout her first season. Marie is one of nine women running in the Pure Stock Division. Out of 34 cars in this class she is currently 12th in points for the season and is one of the "Drivers to Watch" as she improves with every race. She is being coached in her 1976 Camaro (#9) by her husband, Rick. Rick is crew chief, owner, and coach. Since Rick was champion of Speedway 117 in South Bay in the 80's, we should see great things from Marie this year! Rick is her biggest fan!!!

Barona Speedway is another great East County event to check out. You can check race dates on this 1/4 mile clay/dirt oval track at www.Baronaspeedway.com. It's a great spectator sport, cost \$10 per. person and you can bring your cooler with what ever you want.

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Critters in Crest

Crane Flies

By Stanley A. Shelton

Crane flies look like giant mosquitoes, but do not bite humans or animals like mosquitoes do. They are often called mosquito hawks, though they do not eat mosquitoes (dragon flies are the real mosquito hawks). They have also been mistaken for male mosquitoes, but are actually larger than male mosquitoes. Crane flies are not considered medically



important to humans. They are harmless, but can be a nuisance when they enter buildings or homes in large numbers, usually in spring.

At work one year, there were a lot of crane flies entering the building at the shipping and receiving area. Mike, who worked there, called me on the phone and asked me to tell him what all those insects were coming in the back bay door. He thought they were 'mosquito hawks'. I told him they were crane flies, but I couldn't tell him much more about them until I looked them up. That was several years ago. I had to research them anew for this article.

Adult crane flies are terrible fliers and easily caught. Their flight pattern is wobbly and awkward. Their legs are very long and very fragile and easily broken off. Their sole purpose as adults is to mate to create the next generation of larvae and crane flies.

Crane fly larvae are called leatherjackets. They mostly eat organic debris and forbs, but also eat the roots of grasses and sometimes other plants. Though rarely doing much damage to your grass, in large

numbers they can create sizable brown spots in lawns, and then need to be dealt with. You can tell if the brown spots in your lawn are caused by leatherjackets by digging in the area. The larvae can be found in the upper inch or two of a typical lawn.

There are about 14,000 species of crane flies, though little is known about the life cycle of the majority of them. Of all crane flies, family *Tipulidae*, the largest group of flies (75%), were found by Charles P. Alexander. (I should look him up.)



In England, crane flies are known as 'daddy long legs', a term used to describe two types of spiders here in the United States. Both are harmless, and one



isn't even a true spider.

Here in Crest, the crane flies you may find in your house are harmless. Just a nuisance if they come in-in large numbers.

Photo by [David Cappaert](#)

Homeowner's Guide To FUEL MODIFICATION

Reducing Combustible Vegetation Around Your Home

Many parts of the unincorporated areas of San Diego County share expansive, rural settings of native vegetation. These rural areas have natural fire cycles that place residents at risk.

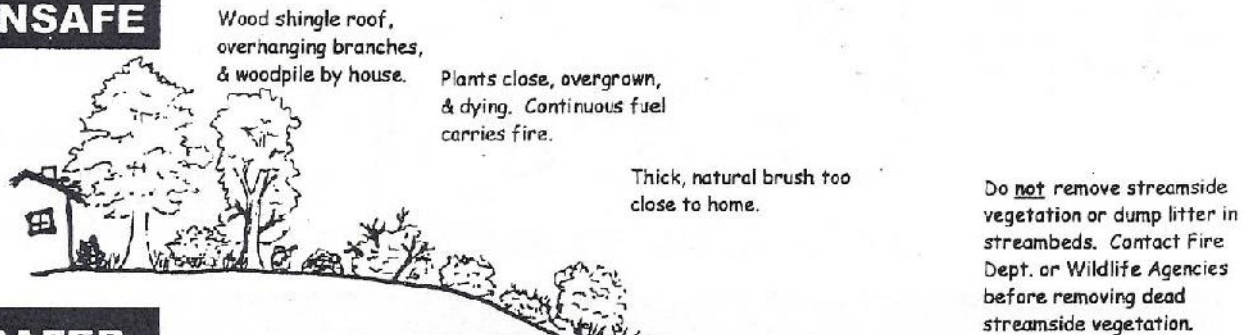
Creating a **Defensible Space** around your home will help protect your home and provide a safety zone for fire fighters. **Fuel Modification** is a key component of creating a **Defensible Space** around your home. Proper **Fuel Modification** breaks up the continuous path of fuel that could carry wildfire to your home.

3 R's of Defensible Space:

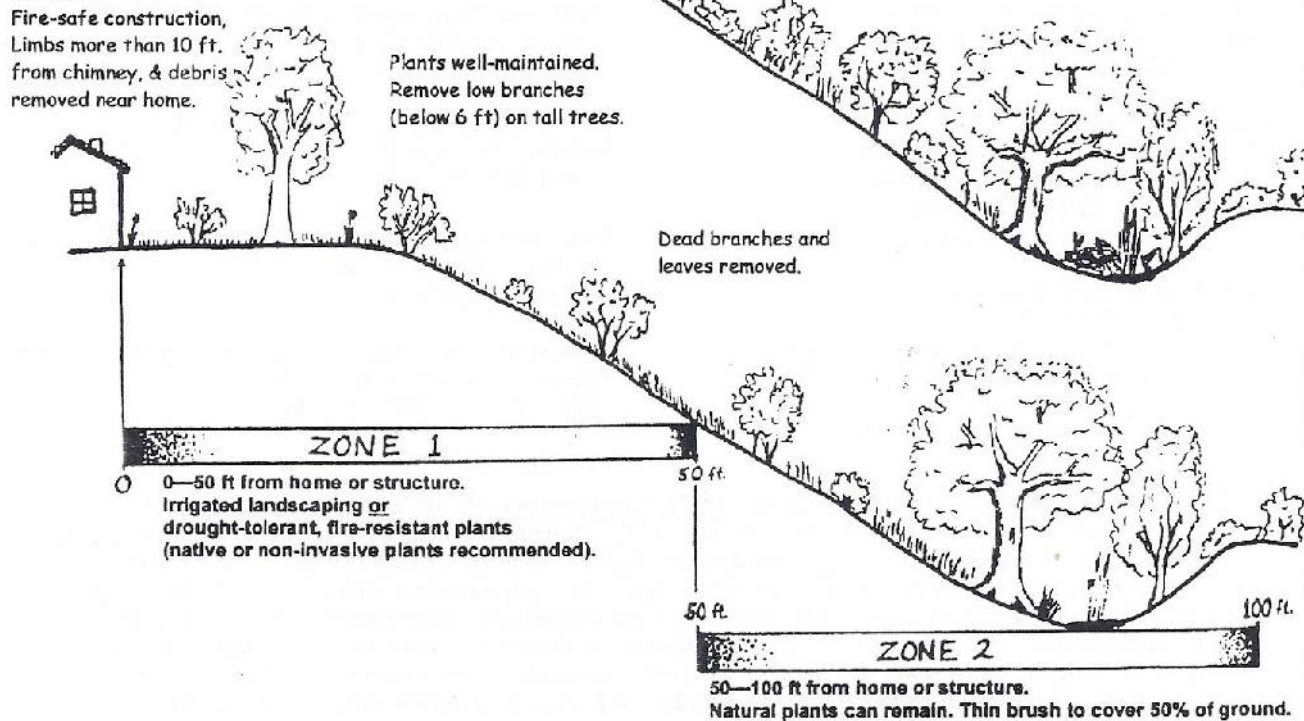
- REMOVE** dead and dying grass, shrubs, and trees.
- REDUCE** the density of vegetation — prune, mow, and thin.
- REPLACE** hazardous vegetation with less flammable plants or irrigated landscape.

Do **NOT** disc or scrape soil with machinery— this is not a grading permit.

UNSAFE



SAFER



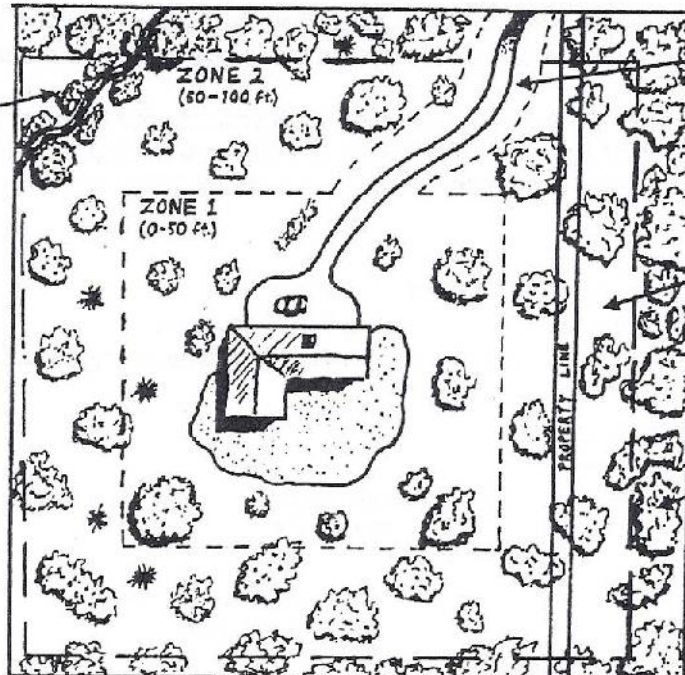
BOTTOM LINE: Fuel Modification increases the chance that structures will survive a wildfire.

Proper Fuel Modification Practices

Thin combustible vegetation by mowing, pruning, or cutting.
Chipping brush into mulch is okay — contact Fire Safe Council for more information.
The desired condition is a fire-safe, *maintained landscape*, not bare ground.

Do not remove streamside vegetation or dump litter in streambeds. Contact Fire Department or Wildlife Agencies before removing dead streamside vegetation.

If you have an open space easement on your property, consult its conditions or the County of San Diego before modifying vegetation.



Thin 10 ft. from roads & driveways.

Before thinning vegetation outside your property lines, contact the adjacent landowner (private and public) or the Fire Department.

Natural vegetation remains.

GOAL: Create a Defensible Space around structures.

For questions about your property, please contact your LOCAL FIRE DEPARTMENT.
For additional information, contact any of the following agencies:

Fire Safe Council of San Diego County
Website: www.firesafesdcounty.org
Phone: 619-562-0096

California Department of Fish & Game
Website: www.dfg.ca.gov
Phone: 858-467-4201

Cleveland National Forest
Website: www.fs.fed.us/r5/cleveland/
Phone: 858-673-6180 (Main Office)
760-788-0250 (Palomar District)
619-445-6235 (Descanso District)

Bureau of Land Management, Fire Mitigation
Website: www.blm.gov
Phone: 858-676-0894

U.S. Fish & Wildlife Service
Website: www.fws.gov
Phone: 760-431-9440 (Ecological Services)
619-468-9245 (Fire Management)

CAL FIRE (California Dept. of Forestry & Fire Protection)
Website: www.fire.ca.gov
Phone: 619-590-3100

County of San Diego, Dept. of Planning & Land Use
Website: www.sdcountry.ca.gov
Phone: 858-694-2960 or 800-411-0017

Wildlife Agencies' Legal Notice to Landowners about Endangered Species

Landowners who have been notified by the California Department of Fish & Game or U.S. Fish & Wildlife Service that rare, threatened, or endangered species occur on their property in areas requiring fuel modification must notify both agencies in writing at least 10 days prior to removing vegetation. The agencies will have up to 10 days following such notification to (1) determine whether the proposed clearing complies with State and/or Federal endangered species requirements and (2) to suggest voluntary, alternative abatement measures if feasible and warranted. Failure of the agencies to respond within 10 days will allow the landowner to proceed with abatement activities without further delay. Failure by landowners to provide adequate notification as described above may render landowners liable under State and Federal law.

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About Crest...

By Griselda Layman

Crest Auto Repair

"Anything that runs and drives." said Jerry Di Meglio, owner and operator of our Crest Auto Repair when asked what type of vehicles he repairs. An easy going, tall, likeable man, describes how he became a car mechanic; he started by pumping gas in Chula Vista where he also learned to work as a mechanic. Next he went on to continue developing his skills at the Navy Exchange and General Dynamics in downtown San Diego; working as a mechanic in different departments.

Born in Poutsmouth, Virginia, his parents moved to San Diego when he was young, attending his elementary education in Imperial Beach. His parents, being in the realty business, bought a house in La Cresta Heights and he has never left the area since.

Located at the top of the Crest grade at 128 La Cresta Road, Crest's repair center was built in 1951. Mr. A.O. Alexander built the station, sold gas, and performed minor repairs. It was later sold to Mr. Younghusband for a short time and then to Mr. Jim Thurman. Jerry bought the shop from Mr. Thurman and has been the proud owner of our only car repair shop in the area for the last 40 years!! Scott, his employee, grew up in Crest, and has been fixing cars since he was 14-15 years old. He met Jerry about 40 years ago and they have been friends since.

Jerry is a family man, with his son, Aaron attending El Capitan High school.

After living and working 40 years in Crest, he has many repeat and new customers that come to his shop from Chula Vista to Del Mar. His rates are reasonable, his work is honest. His shop is open from 8:00 a.m. to 5:00 p.m Monday through Friday.

While there, I saw him speaking to a customer; he was up-front about his fees and the type of work the car needed to be fixed. It was impressive to see how many folks drove by his place of business and greeted him by a honk of the horn or a wave of the hand. Remember, next time your car needs repair, give Jerry a call and support your local community businesses.



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Meet Our Crest Merchants....

Crest Foods – 1103 La Cresta Blvd

By Griselda Layman

Wow! How convenient.

As I walk in the store, I see a clean, well organized, well stocked store with friendly faces to greet me. Meet the Shammass family, owners of Crest Foods. Tony and Patti Shammass have been running the Crest Foods Store since 1996 when they bought it from former owner Jim Attik. Tony and sons, Nick, Marcus, and Alex manage the store and occasionally Patti comes in to help out.

A little about the Shammass family... Tony, originally from Bagdad, moved to the United States when he was 13 years old. His family was seeking better medical facilities for one of his eight siblings with a heart condition. The family worked and saved and bought their first business, a liquor store, in Detroit, Michigan. In Detroit they also owned a Pizzeria for ten years, where Tony gained his expertise for making their great Pizzas.

Patti and Tony met, (you might say on a "blind date") 32 years ago. In 2003 they moved to North Crest. "Tony is a sports fanatic who watches every sport" says Patti. Her sons like to root for the Red Wings ice hockey team. Patti enjoys interior decorating and gardening but the true "apple of her eye" is her one year old grandson, Tyler, whom she delights in spending time with. Tyler is the son of Tony and Patti's daughter Jackie.

Tony and Patti are very involved in the Crest Community. You probably saw them last year cooking their famous ribs during the July 4th event. Did you know they donated their profits to the CCA? They are always ready to step up and help the community when the need arises. Last year they were awarded The Distinguished Service Award by the Kiwanis Club, for "Exceptional Contributions and Dedicated Service."

You never know what services Crest Foods will be offering next! Their food service includes everything from deli and tri-tip sandwiches to burgers, from BBQ chicken/ribs to pizza. They even cater for special occasions or for an evening meal. The store is well stocked with food items as well as an extensive selection of wines, domestic & imported beers, and liquors.

We can thank Crest Foods for once again bringing the Post Office back to Crest. They do everything from selling mail stamps, to sending packages anywhere in the United States.

Oh did we forget to mention you can also refill your propane gas tanks here?

Miss Patti says, "We will like to thank the Crest Community for supporting our business, becoming friends and developing a lasting relationship. We have seen the way the community appreciates our boys and family and for that, we thank you."

How great is to to have the store right in our neighborhood where we only drive for blocks instead of miles to do our shopping. Come see for yourself! Check out their extensive menu on the next page.



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

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
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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

NEW

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

NEW ITEMS: QUARTER POUND ANGUS CHEESEBURGERS \$2.49

Tri-Tip Sandwich 6.99

Special: 12" two topping pizza - \$4.99

A Little About Homeowners Insurance

Confused regarding your options for obtaining insurance for your home? Are you finding it difficult to locate companies willing to cover areas that are considered "high risk?" Here are two websites that might help your search

The California Department of Insurance is responsible for enforcing many of the insurance-related laws of the state. Their number one priority is to protect insurance consumers by regulating the industry's practices. The CA Dept of Insurance website www.insurance.ca.gov is full of information to assist you in your search. One valuable piece of information I found was a 2010 Homeowners Survey located at: www.insurance.ca.gov/0150-seniors/0200beforebuy/Shop4ResIns.cfm This web page allows you to enter specific information about your desired coverage type (homeowners, condominium, mobile, earthquake ins. etc), the age of your house, your location (El Cajon) and amount of coverage desired. It provides a list of potential companies and their premiums and deductibles for the amount you requested. This is a great starting place for your insurance search.

The Insurance Information Network of California – (<http://www.iinc.org>) is a non-profit, non-lobbying organization dedicated to informing consumers and the media about the property/casualty business. IINC is the recognized leader in communications for California insurance consumers. There is great information on their website including the following checklist of things to consider and discuss with your agent when buying homeowners insurance:

1. Be sure to shop around. It'll take a few phone calls, but they could save you a good sum of money. Ask your friends, or call your state insurance department. Consumer guides, insurance agents and companies can I give you an idea of price ranges. The insurer you select should offer both a fair price and excellent service. Then, when you've narrowed the field to three insurers, get price quotes.

2. Raise your deductible. Deductibles are the amount of money you have to pay toward a loss before your insurance company starts to pay according to the terms of your policy. Deductibles on homeowner's policies typically start at \$250. By increasing your deductible to \$500, you could save up to 12 percent; \$1,000, up to 24 percent; \$2,500, up to 30 percent; and \$5,000, up to 37 percent, depending on your insurance company.

3. Buy your home and auto policies from the same insurer. Some companies that sell homeowners, auto and liability coverage will take 5 to 15 percent off your premium if you buy two or more policies from them.

4. When you buy a home... Consider how much insuring it will cost. Is your house close to a hydrant or fire station? The closer your house is to firefighters and their equipment, the lower your premium will be.

5. Insure your house, not the land. The land under your house isn't at risk from theft, windstorm, fire and other perils covered in your homeowners policy. So don't include its value in deciding how much homeowners insurance to buy. If you do, you'll pay a higher premium than you should.

6. Beef up your home security. You can usually get discounts of at least 5 percent for a smoke detector, burglar alarm, or dead-bolt locks.

7. Stop smoking Smoking accounts for more than 23,000 residential fires a year. That's why some insurers offer to reduce premiums if all the residents in a house don't smoke.

8. Seek out discounts for seniors. Retired people stay at home more and spot fires sooner than working people. Retired people have more time for maintaining their homes, too. If you're at least 55 years old and retired, you may qualify for a discount of up to 10 percent at some companies.

9. See if you can get group coverage. Employers, alumni and business associations often work out an insurance package with an insurance company at very competitive rates.

10. If you stay with an insurer... If you've kept your coverage with a company for several years, you may receive special consideration. Several insurers will reduce their premiums by 5 percent if you stay with them for three to five years and by 10 percent if you remain a policyholder for six years or more.

11. Compare the limits in your policy and the value of your possessions at least once a year. You want your policy to cover any major purchases or additions to your home. But you don't want to spend money for coverage you don't need.

12. Look for private insurance first. If you live in a high-risk area and have been buying your homeowners insurance through a government plan, you should check with an insurance agent or company representative. You may find that there are steps you can take that would allow you to buy insurance at a lower price in the private market.

More Questions? You Can Reach Your State Insurance Department at: 916-445-5544

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The Crest Sun is available at: Crest Foods, Rainbow Market, Lenardo's Pizzeria, and Crest Library or online at www.thecrestsun.com

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

www.thecrestsun.com

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.



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