



A Newsletter for Crest

Volume 10

March/April 2009

Number 2

Spring is in the air and the Crest calendar is chocked full of activities once again. This month's issue of the Crest Sun promises to have something for everyone. Be sure to pull the calendar page and keep it handy so you don't miss the many planned events sponsored by Kiwanis, the Crest Community Association (CCA), the Crest Fire Safe Council (CFSC), the Crest Library and others.



Were you one of the hundred plus folks that joined us for the fabulous CCA sponsored enchilada dinner in February? March 4, 5-7 p.m. is the next scheduled dinner which will feature homemade soup/chili, salad and cornbread. The tentative April 1st menu will feature a

potato bar and salad. Speaking of great food, the Kiwanis will continue to serve breakfast on the fourth Saturday of March and April.

Mark your calendar for the "Running of the Goats" on March 7 right here in Crest. If you missed the last CCA Town Hall meeting, read the article on page 40 explaining this new grant which brings a "green approach" to fire prevention. This family based event kicks off the grant.

Based on popular demand, the second CCA sponsored Ladies Bunco Tournament is scheduled for April 3rd. Check out page 10 for more information on how to sign up for this fun event. Remember, there are a limited number of spots, so sign up early.

How about an evening of music with our own featured star, Don Halte and Mountain Echo? Mark your calendar for Saturday, March 14th starting at 7:00 p.m. See page 25 for more information.

The Crest Community Center is housing a special Qigong workshop on March 14th. Yoga classes are now being held at the clubhouse on Tuesday's from 4:30 – 5:30. See page 10 for

information on these two great events. We are also talking about a \$5 stretch class one day a week with a monthly signup. E-mail comments to editor@thecrestsun.com if you think you might be interested (we need a minimum of 10 people.)

A Sunrise Service will be held Easter morning at the Nancy Jane Park with refreshments following.

The Library once again has two great presentations for the community. March 24 is a great presentation for all you gardeners and April 28th promises to entertain your kids with a great Magic show. Many other events are scheduled so be sure to check out page 15 for all the library events. Speaking of the library, have you seen the



wonderful murals being painted at the library. Dan Wilson, our CCA past

president is one of the prevalent figures riding across the canvas. A bit of trivia, did you know Dan has been president eight times over the years!

South Lane park has been receiving a face lift as well as our own Fire Station. There is so much happening in Crest.

Burglaries in Crest. On a less positive note, be aware there have been multiple cases of mail theft and burglary in Crest in the past few months. Check out the Sheriff's crime log on page 41 and be aware! The break-ins have been taking place in the day time. If you see any suspicious activity be sure to report it to the Sheriff's office immediately. The numbers are (858)565-5200 (dispatch) and the Alpine office number is 659-2600. Of course if you see a burglary in progress, you should call 9-1-1.

F Y I

Important information that may benefit you!

It's a great time to buy real estate in San Diego!

New changes in **FHA** loan guidelines have created exciting new opportunities for homebuyers who may have been waiting to buy. The opportunities include:

- Loans up to \$546,250
- Down payments as low as 3.5%
- Gift funds allowed
- Flexible qualifying guidelines
- Fixed or adjustable-rate loans
- Low, competitive rates
- Effective January 1, 2009, loan limits on **VA** loans have increased. That means your opportunities to buy a home may have also increased.
- Loans up to \$593,750
- No down payment required with full entitlement
- Flexible income, employment and savings requirements
- Fixed and adjustable-rate programs available

Other first-time Buyer programs are available. For further information, contact: Connie Gipson (619) 606-2400

Homebuyers: First-time homebuyers who purchase this calendar year get an \$8,000 tax credit which does not have to be repaid. This phases out for people making more than \$75,000 individually or \$150,000 jointly. "First-time Homebuyer" is defined as someone who has not owned a home for the past three years.

Property Tax Relief

Property owners who believe their property's market value has fallen below its assessed value should file an Application for Review of Assessment with the Assessor's office as soon as possible but no later than **May 30, 2009**. **They should provide their opinion of value and supporting documentation, such as comparable sales, current listings, or a recent appraisal indicating the value as of January 1, 2009. Ideally, comparable sales should have occurred between 10/01/08 and 03/31/09.** For apartments or other income-producing property, income and expense information should also be provided. This application is available on the Assessor's Web site at www.sdarcc.com, in all the Assessor's branch offices, or by phoning the Assessor's Office at (858) 505-6262. When complete, please return the application to San Diego County Assessor/Recorder/Clerk, 1600 Pacific Highway, Room 103, San Diego, CA 92101. Property owners who apply for this temporary reduction will be notified in early July of the results of their request.

CALL CONNIE GIPSON TO PROVIDE SALES INFORMATION IN YOUR AREA. CONNIE CAN BE REACHED AT (619) 606-2400.

Crest Contacts

Crest Community Contacts		
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	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 editor@thecrestsun.com	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
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 Fire Marshal www.smgfire.org	Business Ofce. Marsha Larsen (website)	670-0500 660-5356
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 619	557-5640
Social Services	(619)	401-6000
SD Regional Center	(858)	576-2938

Stores and Restaurants

Crest Foods	Tony	444-8132
Lenardo Pizzeria	Sam	444-1389
Rainbow Farms Mrkt	Mark	444-7504

Advertisers

A Crest Plumbing mackattack4@cox.net	Erick Mack email	590-2625
AgeLoc	Pat Goulart	442-4879
Beck's Entertainment becksentertainment.com	Jerry Beck (website)	440-0797
Bowlby Electric	George	440-3051
Century 21 Award	Connie Gipson	606-2400
Central Air & Heating	Charles Collins	444-9955
E&L Mobile Repair elmobilerepair@cox.net	Eric Flick	654-3849
HerbaLife	Linda	328-2398
JCMS Landscaping	858	569-4199
Jim Kelly Realty	Rayna Mack	922-2524
Kathy Kuts Kathy@kathyKuts.com	Kathy Kaderabek (email)	447-1945
Knox Reprographics Knoxservices.com	Mary Bauer website	230-6300
Marvelous Organizing marvelousorganizing.com	Risa Goldberg email	231-1113
Prudential Realty carole@prusd.com	Carole Horn (email)	251-1533
Rock A Betties Salon		579-0617
RokDog.net www.rokdog.net	Karin Weiss (website)	334-1913
TNT Carpet Care	Troy	208-2708
W3U Web Services www.w3u.net	Jack Martin (website)	800-644-0305
Xango xango@justanounce.net	Marie (email)	328-1157
Xocai – Xobiotic	Pat	442-4879

Miscellaneous

Duplex for Rent		444-3089
House Cleaning	Dora	647-6109

M	T	W	T	F	S	S	M	T	W	T	F	S	S	
MARCH							1	APRIL						
2	3	4	5	6	7	8			1	2	3	4	5	
9	10	11	12	13	14	15	6	7	8	9	10	11	12	
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23	24	25	26	27	28	29	20	21	22	23	24	25	26	
30	31						27	28	29	30				

Calendar of Events March –April 2009

03/03/09	1:00 – Tuesday	Historical Society Mtg – Library
03/04/09	5:00 – 7:00	CCA Dinner - Clubhouse
03/07/09	10:00 am	Running of the Goats – South Lane Park – South Entrance near horse arena
03/09/09	9:30 - Mon	Crest Garden Club – Crestridge Weeding
03/09/09	7:00 PM	SubRegional Planning Group – Crest Clubhouse
03/10/09	5:45 – Tues	Crest Community Association Board Meeting – Clubhouse
03/10/09	7:00 pm	Horse Group meets – Clubhouse
03/12/09	7:00 pm -Thurs	San Miguel Fire Protection District Board Meeting - 2850 Orange Way – Spring Valley
03/14/09	7:30 am – Sat	Kiwanis Meeting – Visitors Welcome – Location: Clubhouse
03/14/09	10:00 am	Horse ride – Meet at South Lane Park
03/14/09	12:30	QiGong Workshop – Clubhouse
03/14/09	7-9 pm	Music Night at the Clubhouse – Mountain Echo
03/17/09	7:00 pm – Tues	CCA Meeting Clubhouse – Community Meeting
03/23/09	6:00 pm – Mon	Kiwanis Meeting – Board Meeting Clubhouse
03/24/09	7:00 pm	Paul Knowles – Master Gardener – Crest Library
03/28/09	8:00-10:30 –Sat	Community Breakfast by Kiwanis at the Clubhouse
03/28/09	10:00 am	Horse ride at Horsemill
04/01/09	5-7:00 – Wed	CCA Dinner – Clubhouse
04/03/09	6:30 – 10:00	Ladies Bunco Tournament
04/04/09	10:00	Horserside - South Lane Park
04/11/09	7:30 am	Kiwanis Meeting –General Meeting – Visitors Welcome. Clubhouse
4/12/09	7:00 am	Easter Sunrise Service - Nancy Jane Park
04/07/09	1:00 pm- Tues	Historical Society Mtg – Library
04/13/09	10:00 – Mon	Crest Garden Club – Clubhouse
04/13/09	7:00 pm – Thurs	Sub Regional Planning Group – Crest Clubhouse
04/09/09	7 pm – Thurs	San Miguel Fire Department Board Meeting
04/14/09	5:45 – Tuesday	CCA Board Meeting – Clubhouse – Board Meets
04/18/09	& 4/25	Citizen Academy – sponsored by the Alpine Sheriff
04/19/09	10:00	Horse ride – South Lane Park
04/20/09	6:00 pm – Mon	Kiwanis Meeting – General Meeting
04/21/09	7:00 pm – Tues	CCA Meeting Clubhouse – Community Meeting
04/25/09	8:00-10:30 Sat	Community Breakfast by Kiwanis at the Clubhouse
04/28/09	6:30 pm	Mariachi Magic Show – Crest Library

Lenardo Pizzeria & Restaurant

DELIVERY NOW AVAILABLE

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



Limited Area -\$1.50 Per Deliver

Minimum Order \$12.00

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, 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

Critters in Crest

Grasshoppers

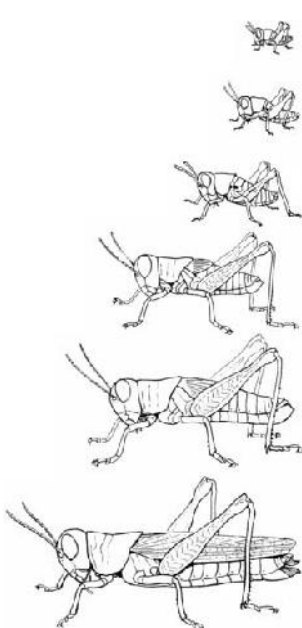
By Stanley A. Shelton

There are grasshoppers all over the world, with the exception of the poles, of course (Arctic and Antarctic). Therefore, they occur in Crest, and, I have seen them here, as you probably have too.

There are two types of grasshoppers in Southern California: brown ones, and green ones. I have seen both in Crest. There are even grasshoppers that change color when they are born in large quantities and amass to do terrible damage to crops. These grasshoppers are called Locusts. Locusts appear more often in the far east than they do in the United States. Mormon crickets are an occasional scourge here.

Seriously, grasshoppers are classified as: Order: *Orthoptera*, Suborder: *Caelifera*, under the class of *Insecta*. Yes, they are insects and they come in other colors besides green and brown.

Grasshoppers can do a lot of damage to your garden. They like to eat your lettuce, beans, corn, carrots, onions, and some annual flowers. So, they are not all beneficial to us, though many species prefer grasses and their excrement is a sort of fertilizer...



Grasshoppers generally only live for a year. The adult female deposits her eggs in the ground in undisturbed areas such as grassy foothills, roadsides, fence rows, pasture areas, and alfalfa fields. Cultivated gardens do not seem to be a common site for egg laying. So no problem *there* for Crest gardeners.

The eggs are laid in groups of 20 to more than 100, in an egg pod in the

soil, up to two inches deep. They may also be laid in plant roots or manure. The eggs look like thin rice grains and remain in the ground for up to nine months, until the ground has warmed sufficiently.

When the eggs hatch, a nymph will tunnel up to the surface and the rest follow. The young nymphs begin to feed on nearby plants. Nymphs readily move to new locations when food supplies disappear.

Most species molt five to six times before becoming adults. They are largest in the fall. Some grasshoppers grow to over three inches in length at the end of their adult lives before mating and laying eggs for the next generation.

Grasshoppers are high in protein and eaten in many places around the world, including China, where they can be found in food markets, already prepared to eat. In Mexico, *chapulines* (grasshoppers) are eaten as a snack or used as a filler. Grasshoppers should not be eaten raw as they can contain tapeworms.

If you can't catch enough wild grasshoppers, you can buy them already prepared, or frozen. Here's a few recipes:

To prepare grasshoppers, clean in a colander or fine mesh strainer. Rinse and pat dry. Roast in a 300 degree oven until crispy. They can then be ground into flour, cut up or served whole.

Garlic Fried Grasshoppers

¼ cup butter
6 cloves garlic, crushed
1 cup cleaned insects

Melt butter in fry pan. Reduce heat. Sauté garlic in butter for 5 minutes. Add insects. Continue sautéing for 10 - 15 minutes, stirring occasionally. From Orkin

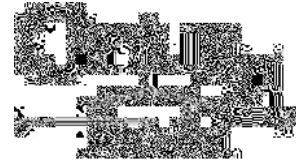
To the left: six stages of development. To the right, an immature nymph.





Connie Gipson

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



**5640 Baltimore Drive
La Mesa, CA 91942
CA License # 00898135**

Crest Real Estate Update

Residential

Now On The Market

224 North Lane	\$ 199,900
113 Burdett	\$ 279,000
2136 Eucalyptus Drive	\$ 289,000
180 Sierra Vista	\$ 349,900
2038 Crest Drive	\$ 350,000
420 Mountain View Road	\$ 399,900
2527 Eucalyptus Dr.	\$ 449,900-\$489,900
3015 La Cresta Road	\$ 499,000
1400 Eucalyptus Dr.	\$ 450,000-\$500,000
1555 Vista De Montemar	\$ 549,900
228 Sage Road	\$ 589,000 LISTED by Connie Gipson
408 Alta Lane	\$ 795,000
1324 Tracey Lane	\$ 799,000
1661 Vista De Montemar	\$1,000,000

Pending In Escrow

360 Lento Lane	\$ 123,900
227 Loma Vista	\$ 129,900
318 Estornino	\$ 220,000
373 La Cresta	\$ 269,000
330 La Cresta Heights	\$ 465,000
1380 Ryan Ridge	\$ 465,500
2936 La Cresta	\$ 499,900
1649 Vista De Montemar	\$ 699,000
14910 Montana Serena	\$ 999,000-\$1,150,000

Recently Sold

111 Albatross Place	\$ 150,000
241 La Cresta	\$ 150,000
218 Lento Lane	\$ 258,000
997 La Cresta Blvd.	\$ 382,000
3233 Suncrest	\$ 419,900

Vacant Land

Now On The Market

152 Bonita Place	\$ 99,900
2135 Crest Drive	\$ 126,000
2737 La Cresta	\$ 199,000
Saxton Lane	\$ 199,900
Senda Lane	\$ 219,000
777 Mountain View Pl.	\$ 240,000-\$290,000
South Park Place	\$ 249,500
Saxton Lane	\$ 249,900
2223 Crest Drive	\$ 265,000
140 Alamo Way	\$ 299,000-\$349,000
Saxton Lane	\$ 424,900
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

for

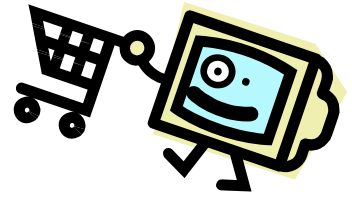
Experience, Knowledge, & Dedication

(619) 606-2400

California Real Estate License # 00862838

Data from Sandicor, Inc. and the San Diego Recorder's Office effective February 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.

Mom's in Crest



Melissa From Crest Uses Online Grocery Shopping

By Melissa Hutchinson

Shopping online first became appealing to me when I had my second baby and my first son was two and a half. Before this time I thought that it was reserved for people who couldn't go shopping. After placing my first order I found that grocery stores are actually trying to get you to shop online, no matter what your reason, and it is convenient. I reluctantly placed my first online shopping order after several torturous shopping experiences: "Jacob, don't run circles around those precariously stacked apples!" "Don't smooch the grapes!" "Don't poke your brother with carrots!" "Don't eat the lettuce off of the shelves!" This was just the produce section. New to the concept of ordering my groceries, naturally I had a few questions: How do you do it? How much does it cost? Do you tip the driver? How soon will the groceries be delivered? Where do the groceries come from? After the first home shopping experience, all of the questions and more were answered.

To get started, you go to your grocery store's website; I use Vons.com, and follow the instructions for online shopping. You first create an account. From there you can make a list, shop, and pay by putting in your credit/debit card information at checkout. If you don't have a club card or savings card for the store, you don't need to worry; you automatically receive the savings when you shop online. The groceries can be delivered in as early as two to four hours, but this varies from grocer to grocer. The groceries come from a store in your neighborhood, hand picked by a personal shopper and delivered in a temperature-controlled truck. While shopping, you will have the opportunity to write notes to your personal shopper regarding your selections like requesting green bananas, or milk with a longer expiration date, even what to substitute if an item is out of stock (or not to substitute at all). Once you place your order, you can add to or change your list up until your grocer's stated deadline (Vons is 3am the morning of the delivery). Upon delivery of the groceries, you are given the receipt, which includes your grocery list and total price (the price may be a little different if there were items out of stock).

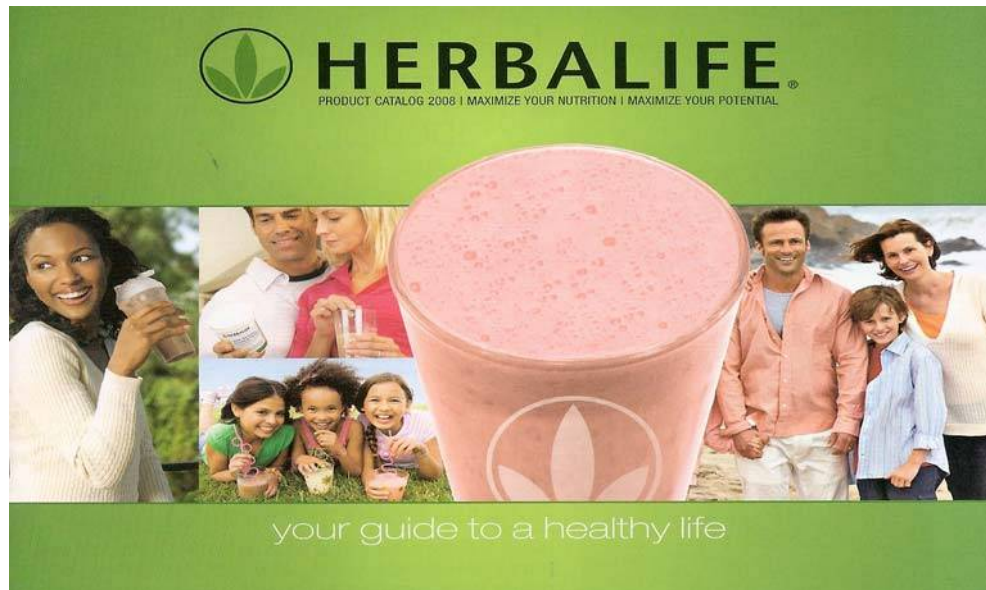
Home delivery ranges from \$6.95 to \$12.95, Vons.com usually charges from \$6.95 to \$9.95, depending on when you select to have your groceries delivered. Albertsons has an option to have your shopping order filled and ready for you to pick up at the nearest store for \$5.95. Most grocers offer free first time delivery and I have received by mail and email more free delivery offers, among other deals. Another cost concern was tipping the delivery person (is it like pizza?). I actually asked the Vons driver when he delivered my groceries, he told me that they are not allowed to accept gratuities, but you can call the number on the back of your receipt and the delivery person will be awarded a gold star.

There are benefits to online shopping other than not having to leave the house. If you're shopping before dinner and are hungry, you won't be tempted by the Twinkies or Hohos, and the smells from the bakery are, as of yet, not able to make their way across your internet connection. For those of you who like to browse the aisles and see what delight you may find, internet shopping allows you to shop aisle by aisle, or from a list that you create, or by separate searches. It also saves past lists, which makes shopping quicker. Unlike shopping in the store, you can have your items alphabetized, or listed by price. I still go into the store and shop, but in a pinch or on a hard day with the kids, I know that online shopping is an option! Here are a few websites you can try: vons.com, albertsons.com, safeway.com.

WANT TO MEET OTHER CREST STAY-AT-HOME MOMS?

Would you like to plan an informal get-together for moms and tots in the Crest Clubhouse? There is no hidden agenda, just an opportunity to meet some nice neighbors with similar interests. Email editor@thecrestsun.com or call 44-Crest with your name, number and email address and we will set a date.

NEW IN CREST HERBALIFE DISTRIBUTOR



Need to lose weight ask me How?
I've LOST 45 POUNDS in FIVE MONTHS
I would love to help you do the same
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allaboutlinda@cox.net
5% Discount for all Crest Residents

E-Mail Tips

How to Clean Up Your Email

It is so easy to unknowingly and unwillingly allow advertising vendors to fill your mailbox with junk mail. An easy way to avoid this is to choose your primary address and give it only to your important contacts (relatives, friends, work related). Set up a second email address with a different user name through Yahoo, Google, or even Cox (which allows each user to have five email addresses.) Whenever requesting travel, shopping or website information that requires you enter your email address, use this secondary address. You can periodically check this email address and delete all the junk mail that has accumulated.

Is your email box already full of junk? You may want to bite the bullet and change your email address. Tell only your friends and business contacts this address and leave your current address as your junk mail box.

Protecting Email Addresses

An email tip (someone just reminded me once again)

To help protect your friend's from getting unsolicited email and spam, put their addresses in the bcc: (blind copy) portion of the email. This is especially helpful when you are sending an email to multiple friends and acquaintances. There is also the added advantage that the recipient doesn't have to scroll down through the many addresses before getting to the body of your email

Meet Velma Cox Crest's Oldest and Dearest Resident



By Kathy E Sawaya,
Linda Hjelle

Her favorite color is blue and she is the loveliest resident you'll ever meet here in Crest. Her name is Velma Cox.

Velma was born May 5, 1906, in Lower Clear Lake CA. She is a third

generation Californian, her grandparents arriving by covered wagon in 1856. Velma married Harley Cox in 1925 in Coronado, California. They raised their two children in Santee buying their original property for \$300. Mr. Cox served for many years for the San Diego City and Miramar Fire Departments as well as being a fire commissioner for Santee Fire District.

Mr. and Mrs. Cox moved to Crest in 1969, and purchased 10 acres in North Crest, next to the Crestridge Ecological Reserve. They paid a neighbor two acres to build their home. Eventually they sold all but four acres at the same price they paid. Velma and Harley were married 50 years. Mr. Cox passed away in 1975 and she lives today with her two daughters, Verna Stratton and June Moore. She has 9 grandchildren, 16 great, and 4 great-great grandchildren.

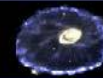
Velma is quite a celebrity, receiving a phone call from Mark Lewis, the Mayor of El Cajon every year on her birthday. Why? Probably because she is such a delight to talk with, not to mention, they share the same birthday.

Mrs. Cox will be 103 on May 5. If you wish to send a birthday greeting to one of Crest's finest, you can direct your birthday wishes to Mrs. Velma Cox, c/o The Crest Sun and we will make sure she receives them on her birthday.

Don't Miss These Great Upcoming Events in Crest!

High-Powered Qigong Healing Form

Beyond Electricity... Level One Workshop



Practiced by 200 million people...Qigong is the Mother of Acupuncture and Tai Chi. Qigong makes your body strong and builds energy using breath, movement, and mental intent to harness Qi.

Mark and Marion Melchiorre are certified qigong instructors. This two hour workshop is only \$20 when preregistered by March 7. \$25 at the door. Workshop is limited to 25 people.

The qi-energy is so tangible in this form that even experts are AMAZED by its strength!



Saturday March 14, 2009 at 12:30PM
Crest Community Center

To pre-register for the workshop send \$20 to Linda Chase at 360 Codorniz Lane, El Cajon, CA 92021 by March 7. Include your email address to receive a confirmation by email. Call 619-246-4300 for information. Workshop location: Crest Community Center, 113 North Park Drive, El Cajon, CA 92021

For details and online registration see: www.melchiorre.com/workshop

Yoga with Aida Tuesdays 4:30-5:30 @ the Clubhouse



For More information:
619-722-1471 or 619-456-7080

CCA Presents...

Ladies Bunco Tournament

Friday April 3, 2009 – 6:30 pm

Cost \$15

Questions: email Barb Atkins: batkins@dayshotelhc.com
or Lindahjelle@cox.net or call 44-CREST

Send Checks to CCA 113 N Park El Cajon, CA 92021
by March 27 to reserve your spot.

**New Date
April 3**





**San Miguel
Consolidated Fire
Protection District**
www.smgfire.org
(619) 670-0500

Greetings From Your Fire Department!

My name is Kendal Bortisser and I am the "A" Shift Captain here at Station 18 in Crest. I have been with the San Miguel Fire District for 25 years and am proud to be working in this great community.

I want to take a moment, to bring you up to date on the "goings on" here at the firehouse. We have started the fire station remodel and are making significant progress. When it is all finished, we will have added a bedroom for the Captains, a bedroom/office for a future Duty Chief, remodeled the old Fire Chief's office into a Captain's office, improved and upgraded one of the bathrooms, remodeled the firefighters quarters and upgraded the kitchen. The primary reason for the remodel is that after the consolidation, we ended up with a large empty wasted area that used to be utilized by the Fire Chief and Administrative Staff. The current bedrooms were too small, the offices too small, and the kitchen was too small. With the improvements and remodel, we can now gain maximum use out of this newly gained space. We are all very excited to see the finished product and the best part is that we are utilizing the on duty crews here at the firehouse to do 90% of the work!

In addition to the station remodel, we have signed a contract for installation with Western Pump to install a fuel tank on the fire district premises. Western Pump Inc. has ordered the tank and is awaiting its arrival to start the installation process. We are anticipating the installation to begin by March. The great advantage to having a fuel tank here at the fire station is that it allows us to remain here in the community and not run up and down the hill to El Cajon for fuel.

In closing, the San Miguel Fire District would like you to know that we are *your* fire department. We are here 24 hours a day, 365 days a year, 7 days a week. We are here for your needs. If at any time you have questions, please feel free to contact the fire district headquarters at (619) 670-0500. Our website is www.smgfire.org. And, remember; always call 9-1-1 for emergencies.

**San Miguel Fire Protection District
Fire Log –January 2009**

1/1	Rubbish Fire	Jarrett Ln	20:19
1/3	Single Engine	Tasha View Way	09:43
1/5	Medical Aid	Alta Lane	09:05
1/6	Medical Aid	Mountain View Rd	21:24
1/7	Illegal Burn	La Crest Hts	08:13
1/11	Medical Aid	Park Blvd	20:07
1/17	Knocked off Hydrant	Alamo Lan	22:54
1/18	Medical Aid	Sage Rd	15:13
1/19	Medical Aid	N Park Dr	10:05
1/19	Medical Aid	Mountain View Rd	16:07
1/20	Traffic Collision	Mountain View Rd	16:07
1/21	Public Assist	Crest Dr	17:06
1/22	Medical Aid	Lilac Dr	05:48
1/22	Medical Aid	N Crest Rd	15:27
1/25	Residence Structure Fire	West Lane	22:31
1/26	Public Service	La Cresta Blvd	11:44
1/27	Rubbish Fire	La Cresta Hts Rd	16:20
1/30	Medical Aid	Eucalyptus Dr	9:25
1/30	Unknown	Alta Ln	18:32
1/30	Medical Aid	Suncrest Blvd	23:51
1/31	Medical Aid	La Cresta Hts	10:23

DMV Business Online

The DMV has reduced their hours, making an already frustrating task more difficult. Are you aware you don't need to stand in line to take care of most of your DMV business? The online DMV at <http://dmv.ca.gov/> can

- Renew your car registration. You must have a renewal notice and smog certification (if needed) to utilize this feature.
- Change your address on your license or registration (you must do this before you renew).
- Renew your driver's license if you have the correct address at the time of renewal.
- Complete your vehicle transfer.
- Schedule Appointments online for routine business appointments (except driving tests - Call 1-800-777-0133 to schedule a behind the wheel driving test.
- Download Driver License Handbooks and samples of written tests.

Services

Call 2-1-1 SD County Information

<http://www.211sandiego.org/>

2-1-1 is the dialing code for free, 24-hour community, health and disaster information in San Diego County. 2-1-1 has been set aside by the Federal Communications Commission for the public to easily access community information. Callers receive personalized information from a live phone specialist who can answer questions about a variety of services and information.

California Employment Development Department is the website to apply for unemployment. - <http://www.edd.ca.gov/>

This site is also a valuable resource for finding a job, a listing of Job Fairs,

Health and Human Services Agency Family Resource Center - El Cajon Branch

220 S. 1st Street, El Cajon, CA 92019

This facility offers services for CalWORKs, Food Stamps, Medi-Cal and General Relief and Health Services.

<http://www2.sdcounty.ca.gov/hhsa/>

NEIGHBORHOOD HEALTHCARE

<http://www.nhcare.org/>

Founded in 1969 and incorporated in 1971, Neighborhood Healthcare is a private, non-profit 501(c)(3) community health organization, which provides outpatient medical, dental and behavioral health services to 65,000 people annually in more than 231,000 visits. Neighborhood Healthcare has three centers in East County. The mission has remained the same over the years: to provide quality health care and promote wellness to everyone in our communities, focusing on those most in need. Services include: Primary and Preventive Health Care, Pediatrics, Women's Health, Prenatal, Family Planning and Healthy Families/Medi-Cal Application Assistance.

EL CAJON - 855 E. Madison Ave, El Cajon, CA 92020. Tel: (619) 440-2751. Hours: Mon, Thurs & Fri 8 am to 5 pm, Tues 8 am to 8 pm, Wed 9:30 am to 5 pm, Sat 9 am to 3 pm

LAKESIDE MEDICAL - 10039 Vine Street, Lakeside, CA 92040. Tel: (619) 390-9975. Hours: Mon, Tues, Thurs & Fri 8 am to 5 pm, Wed 9:30 am to 5 pm, closed from 12 to 1

LAKESIDE DENTAL - 10039B Vine Street, Lakeside, CA 92040. Tel: (619) 390-9135. Hours: Mon-Sat 8 am to 5 pm, closed from 12 to 1

JobStar - <http://jobstar.org>

Public libraries serve the information needs of their communities. Helping job seekers get the information they need to make the right connections is a very important piece of what we do. Job seekers provides current, reliable, LOCAL information to find job openings, community services, company background, and job search advice. **JobStar** began as JobSmart, a federally funded project... With Library Services & the Construction Act Funds (administered in California by the State Librarian.), in 1998 we added San Diego and Imperial Counties to our job guide family.

www.SanDiegoAtWork.Com

This website is dedicated to listing public sector jobs, green employment and information for filing for unemployment.

The Golden Share Program - A Food Cooperative <http://www.goldensharefoods.com>

Share is a private organization that offers discounted savings on high quality nutritious food packages. Savings are available through the use of bulk purchases and volunteer efforts to help with packaging. While you are not required to volunteer, you are encouraged to help your community. There are no income or eligibility requirements. **Once a month** Share distributes the food packages from "Host Sites" into the community. You can participate in this program by either going to the website listed above or by walking into the Share Warehouse and placing your order. You prepay for a package of your choosing ranging from \$18-\$38 (food stamps are also accepted) Package choices include veggie, meat, organic and basic. A basic food package contains meat, fresh fruits, vegetables, and staples.

SHARE Warehouse

1280 N. Johnson Ave #101 El Cajon CA 92020 Phone: (619) 590-1692

Distribution Calendar

March 9/April 6 – Last day to turn orders in.

March 21/April 18 – Distribution Date

El Cajon Wesleyan Church

1500 E Lexington St., El Cajon CA

Phone: (619)988-1374

El Cajon Church of the Nazarene

1123 N. Mollison El Cajon CA 92021

Phone: (619) 444-9054

Additional El Cajon locations are listed on website.

(While I haven't tried this myself, I did visit the warehouse and spoke to the folks at the El Cajon Wesleyan Church. They felt this was truly the 35-40% savings they claim. They felt the quality was very good and there was a substantial savings. The program distributes over 3000 boxes a month. Report back to if you have given it a try.

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elmobilerepair@cox.net

Crest Community Worship

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



Services:

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

Crest Community Church

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



Services;

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

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



Services:

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

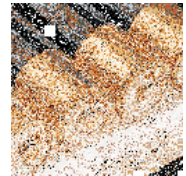
The Community of Crest Easter Sunrise Service April 12, 2009 at 7:00am Nancy Jane Park

Refreshments after the service
Call 619-442-3736 for more information



Going Green

Recycle Batteries @ the Crest Library



Wondering what to do with old household batteries that cannot go in the trash? Well, now is the time to gather up your batteries and take them to the County library! That's right; through March 31, all County Library branches will be collecting household batteries from the public free of charge as part of a pilot program.

The County Department of Environmental Health and County libraries are providing collection containers for household battery recycling in an effort to promote awareness of proper disposal. The pilot project is funded by a grant from the California Integrated Waste Management Board.

Prior to dropping off the batteries, residents should cover the positive ends of the batteries with tape and place them in a sealed plastic bag (bags are provided at the library)

National Consumer Protection Week Open House

"Survive Today's Economy: Avoid ID Theft and Fraudulent Schemes"
Bostonia Post office – 867 N 2nd Street –
March 3, 2009 10am-2pm.

TIP: Protect Your Digital Camera

Write your name, number, email, reward information, and any specific instructions about returning your camera, then take a picture of it and save it as your first photo. If your camera is lost, the finder will be able to contact you..

San Diego County Library
Día de los niños



March - April 2009 @ Crest Library

Children's Programs

ROSI'S CRAFTS & COLORING TABLE - EVERY TUESDAY
 KATHY'S BABY STORYTIME Wed., March 18 & April 15, 10:30 a.m.
 KATHY'S PJ STORYTIME Tuesday, March 24 & April 21, 6:30 p.m.

Teen Programs

Video Game Fun all month! - Play Station 3
 "Make it and Take it Crafts"
 Every Friday - Free supplies provided!

Adult Programs

FREE COMPUTER CLASSES- Thursdays
 Basic 11:00 a.m. Intermediate 11:30 a.m.
 call Rosi for appointment - phone 619-442-7083

Club de lectura 'Leyendo Juntos'

Miseria el riesgo de la fama por Stephen King

Viernes, 6 de marzo, 11 a.m.

El Testamento por John Grisham.

Viernes, 3 de abril a las 11 a.m.

Mystery Book Club

Misery by Stephen King-Friday, March 6, 3:00 p.m.

The Testament by John Grisham-Friday, April 3, 3:00 p.m.

Presentation by Paul Knowles, Master Gardener
 "ALL AMERICAN ROSES-HOW YOU CAN SUCCEED IN
 GROWING AMERICA'S FAVORITE FLOWER"

Tuesday, March 24, 7:00 p.m.

Saturday Family Craft Program 11:00 a.m.

Scrapbooking-March 7, April 25 - Knitting-March 14, April 4 & 11

Wire Jewelry March 21- Ribbon Jewelry March 28

- - - - Glass etching (bring your glass) April 18



Celebrate "Día de los niños"
at our Mariachi Magic Show

with Rafael the Magician!

Tuesday, April 28, 6:30

All All library programs are subject to change or cancellation without notice
 Todos los programas de la biblioteca son sujetos a cambio o cancelación sin

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Crest Community Association

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

It's a new year for the Crest Community Association (CCA) and a new Board has been elected. The first order of business is to thank the outgoing Board for their dedication and service during the past year. They worked hard to support the community during the fires and to complete and reopen the clubhouse. Many activities, such as the CCA dinners and the July 4th activities continue thanks to their efforts. Thanks to each of you!

For the first time in many years the Board consists of mostly new members and new chairpersons. Because of this, we are looking forward to the guidance of the past Board to help us throughout this transition.

CCA Officers for 2009

- Linda Hjelle – President
- Tony Atkins – Vice President
- Cathy Kolbenschlager – Treasurer
- Glenna Evans – Secretary
- Susan Lee Cooke – Firth Board Member

Chairs:

- Rental Chairperson – Rick Bradt
- Dinner Chairperson – Susan Lee Cooke
- Maintenance Chair – Jeff Stenmoe
- Membership Chair – Jackie Grace
- Webmaster – Karin Weiss
- Music Chair – Chris Seebold
- Barb Atkins – Bunco Chair

At the last Board Meeting the Board voted to give Kandhy Franklin a Life Time Membership Award for her dedication and hard work throughout the Community. Thank you Kandhy for everything you do!

The focus of the new Board is to get the community involved! Times are getting tough out there and this Community can be a great source of support. Note the **mission of the CCA**:

- The objects of the CCA shall be to protect and promote the best interest of the residents of this area; to promote and strive for the improvement and betterment of all public facilities and services within the area; to promote and encourage a better community and civic spirit; to bring all groups and associations in the area together for the general welfare of the entire community of Crest.

Now is the time to **join the CCA** and get involved! In an effort to encourage residents to join mid-year (our memberships run from July 1 to June 30th), we are having a **half-price** membership drive. The membership application is on the next page. Take a few minutes to fill it out. It's your membership that pays the insurance, taxes and utilities on our

beautiful new clubhouse so we can have these many great events!

Membership Pricing now through June 2009:

- Business ~~\$50~~ now \$25
- Family: ~~\$35~~ now \$17
- Individual ~~\$25~~ now \$12
- Senior: ~~\$42~~ now \$6

Send your check made out to the Crest Community Association (CCA) and include your Name, Address, City State, Zip, Phone, and Email
Mailing Address: CCA 113 No Park Dr. El Cajon, CA 92021

A special thank to Grant Clinger, our Crest Clubhouse painter, for finishing the interior!

Volunteers are needed to help us support the many activities that are planned. We need help in all areas. Can you send in food or a dessert for an event? How are you at sweeping the floor and cleaning up the next day after an event? Keeping the building clean and in good repair is an ongoing concern. Can you help out with the rental process or help with the Crest Sun? Can you help set up or break down after an event or help out during a Bunco game, music night, CCA dinner or the July 4th activities? There are so many things to do and so few people to do them. Don't know what you want to do? Contact us anyway and we can give you some options. Email lindahjelle@cox.net or call 44-CREST if you have some time to spare.

Clubhouse Rental - The new contracts are completed for renting the clubhouse and there is a significant discount for CCA members. Go to www.thecrestsun.com website and click the Rent The Clubhouse link for contracts and pricing. Rick Bradt is our new Rental Chair and he can be reached by email at rentals@thecrestsun.com or by calling him at 444-2641. Crest members can rent the clubhouse for \$175 for a 6-hour event (plus security/cleaning deposit and liability certificate). A small group 4 -hourly day-time rental is also available for \$60.

Minutes of the CCA meetings can now be found on the website. Karin Weiss, our webmaster is doing a fabulous job with our website. Thanks Karin, for all your hard work.

Monthly CCA Dinners: 5-7 pm
March 4 – Soup/Chili, Salad & Cornbread
April 1 – Potato Bar/ Salad
All Invited - \$5 Donation



Crest Kiwanis

By Suzanne Mullins
(Photos by Pat Bunsold)

Once a month the Crest Kiwanis prepare an excellent Saturday morning breakfast. In January, Crest's Boy Scout troop 332 assisted us with a color guard, making pancakes, serving coffee and cleaning up. They also raffled off a Starbucks gift basket. The proceeds from the raffle will be used to finance a trip to Camp Chawanakee, located in the Sequoias.



Frequently, the (Crest Kiwanis sponsored) Builders Clubs from Greenfield & Los Coches Creek Middle Schools help with our breakfasts too.



French (toast) Chef, **Karen**

Don't be fooled by the banner proclaiming "pancake breakfast". The menu includes sausages, french toast, various egg dishes, fresh fruit, juice, coffee AND pancakes...just \$5.00



Griddle cooks:

Thomas, Cole, Austin & Helio

Kiwanis Calendar of Events

- March 14th Club Meeting (Sat. 7:30 A.M.)
- March 23 Board Meeting (Mon. 6 P.M.)
- March Community Breakfast March 28th - 8:00 to 10:30
- April 11th Club Meeting (Sat. 7:30 A.M.)
- April 20th Board Meeting (Mon. 6 P.M.)
- April Community Breakfast April 25th - 8:00 to 10:30 A.M.

All meetings and Breakfasts are held at the
Clubhouse

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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

Stay-cationing in San Diego County... March/April 2009

Desert Wild flowers

Could
Spring be
headed our
way? It
might soon
be time to



take your yearly trek to Borrego Springs to see the wildflowers in bloom. Each year's bloom is unique in its variety, profusion, and timing. From late February through March, you can find blossoms on the desert floor. To plan your visit to coincide with the peak of the bloom, call the Wildflower Hotline at 760-767-4684 which is updated weekly. **A February 20th call to the hotline states that the peak should be the last couple days of February through the first two weeks of March.**

Don't want to drive? Try the Daytripper bus trip to see the Borrego Desert wildflowers & Julian scheduled for Thursday March 5 or Thursday, March 12. The cost is \$55. Or try their Saturday April 4 or Tuesday April 21 bus trip to Joshua Tree National Park for only \$59. For more information call 619-299-5777 or visit www.daytripper.com.

Passport to Balboa Park

Passport to Balboa Park, San Diego's best cultural value, offers visitors the chance to experience 13 museums in the Park, with savings of more than 50% and the convenience of a one-time purchase. The Passport is valid for seven consecutive days, and includes one admission to each of the 13 attractions. The Zoo/Passport Combo includes the Passport to Balboa Park plus one-day deluxe admission at the San Diego Zoo, all for one low price. *Passport to Balboa Park: \$39 for adults (\$99 value), \$21 for children.*

Zoo/Passport Combo: \$65 for adults, \$36 for children. For information about Passport to Balboa Park group sales, contact passportgroups@balboapark.org, 619-231-1640 or visit our [group travel page](#). We request a minimum of three business days to arrange for

group sales purchases.

<http://www.balboapark.com/info/passport.php>.

Senior Mondays at Balboa Park – The first Monday of every month, seniors 65 and better can enjoy the Science Center exhibits and IMAX film and educational programming on the quietest day of the month for only \$6. Call 238-1233 x808 for more information or visit

<http://www.rhfleet.org/site/visit/senior.html>

Lectures take place in the Grayson Boehm Lecture Hall from 12:30 -2:00. Refreshments included. March 2 – 12:30 Music and the Body (Lecture topic)

March 2 - 2:00 pm. The Human Body (Film) (Don't forget to visit the many free amenities of Balboa Park which includes the Free Balboa Park Tram. This intra-park transportation is provided as a free public service by the City of San Diego. It operates year round from 8:30am-6:00 pm. Call 239-0512 for more information.

Balboa Park - Monthly Residents' Free Tuesday Schedule.

1st Tuesday – Reuben H Fleet, Model Railroad Museum*, Natural History Museum, Centro Cultural de la Raza

2nd Tuesday – Museum of Photographic Arts*, Museum of SD History, Veterans Museum and Memorial Center.

3rd Tuesday: Japanese Friendship Garden*, Mingei Int'l Museum, SD Art Institute, Museum of Man, Museum of Art*.

4th Tuesday: Air & Space Museum*, Auto Museum*, Hall of Champions, Select International Cottages.

*These museums only grant free admission to SD county residents and Activity Duty Military with ID. Separately priced exhibitions not included.

Viejas Dream Catcher – Upcoming Concerts

March 27 – 8:00 – Luke Bryan – Cost \$12-\$15

April 9 – 8:00 – Billy Currington – Cost \$35-\$40

May 8 – 8:00 -Thunder from DownUnder \$20 - \$37

<http://viejasentertainment.com/event.php?id=230>

Also at Viejas - Swing Dance Extravaganza

(\$10,000 in prize \$). This has been going on since Jan. and will continue every Sunday 5pm till 9 in March at the Dreamcatcher. Free swing dance lessons 5-6 then dancing to a live band and a dance competition for those brave and fabulous dancers!

CanyonFolk House Concerts

<http://canyonfolkhouseconcerts.com/> - Harbison Canyon – 659-5753

April 18 – Big Wide Grin – 8:00 pm \$20.00

East County Performing Arts Center - Upcoming Performances

Feb 27-28, March 1, 6, 7, 8 – HONK - Christian Youth Theatre Tickets: 619-588-0206

www.cyt.org

March 29- 3:00 pm - Grossmont Symphony Orchestra- The Northlands \$11-15 (children under 12 – Free).

April 26 – 3:00 pm – Grossmont Symphony String Quartet \$9-13 (children under 12 – Free

www.grossmontsymphony.org)



March 1- April 2 - Padres Spring Training – Peoria, AZ -

Spring training represents a time to recapture the love of the game. The players are accessible, the tickets are affordable and the vibe is relaxed.

It's about the leisurely experience of watching baseball, and there's no equivalent in professional sports. Baseball is America's pastime, and spring training is the best way to see it. Peoria – **Tickets run from \$6-23.** Games are scheduled for March 1, 3, 6, 7, 11, 13, 14, 17, 18, 19, 22, 23, 25, 28, 31, April 2. For more information go to:

http://sandiego.padres.mlb.com/spring_training/balpark.jsp?c_id=sd

Peoria's Festival of the Arts - March 13 – 15

In partnership with the Arizona Art Alliance, this festival will feature juried artist as well as fine arts & crafts. Wine, food and entertainment will also be available.

March 14th - San Diego 29th St. Patrick's Day

Parade & Festival 2009 - 6th & Laurel, Balboa Park 11:00 am rain or shine! Cost – Free. Start making plans to attend - or to volunteer your services - for this marvelous family event sponsored by The Irish Congress of Southern California (ICSC), the support of the Irish community. This year's theme is Celebrating Children's Services: Adoption - Fostering - Mentoring

April 19 10:00 a.m. – 5 pm - Earth Fair or Earth Day 2009 - Balboa Park - Our annual EarthFair in Balboa Park is the largest free annual

environmental fair in the world. EarthFair 2009 will be our 20th anniversary – the 40th anniversary of Earth Day! Each year, the EarthFair draws around 70,000 visitors. Show Mother Earth some much-needed love by hopping on your bike and pedaling down to Balboa Park's west side for EarthFair. After you've browsed the more than 200 environmental exhibits, chill out with a veggie burger in the shade while you watch the parade.

Cost: Free

April 25-26- Mission Federal Artwalk 2009 –

www.missionfederalartwalk.org

Downtown's Little Italy becomes the largest open-air gallery in the region. ArtWalk San Diego showcases painting, sculpture, glasswork, photography, music and dance from Southern California -- and Mexico -- based artists. Kid activities and entertainment will be available as well. **Cost: Free**



Senior Get-Aways – Valley Travelers

Valley Travelers a Senior travel group associated with the Wells Park Recreation Center in El Cajon offers trips persons 50. This non-profit travel organization was started in 1979 and has scheduled two March trips. March is Mystery Month. Two day trips are planned – March 11 and March 21. The cost is \$51 each.

For more information, stop by Wells Park and pick up a flyer or phone 619-328-5286.

San Diego Trip Advisor Guide 2009

TripAdvisor is a travel planning website with over 25 million travelers visiting their site each month. They've compiled this 10 page guide of favorite places to eat, sleep and play in San Diego. You can print this guide or just refer to it online.

http://cdn.tripadvisor.com/pdfs/Guides/TA_San_Diego_Guide.pdf

Just a short drive away....

April 25-26 – Stagaecoach: CA's Country Music Festival - Empire Polo Club, Indio (800)745-3000 – Stagecoachfestival.com

April 19 – Avocado Festival – Fallbrook

Visit the Avocado Capital of the World 760 – 728-5845 – www.Fallbrookca.org
Live entertainment, culinary contest, arts and crafts and more.



E-Crest-ians

By Kandhy Franklin-Collins

YOU CAN HELP SAVE LOS CABALLOS HORSE CAMP

- Los Caballos Horse Camp, Jewel of Cuyamaca State Park, has not been reopened since the fires of October 2009.
- This historic camp has been slated for destruction by State Parks.
- The only alternative left to those who love Los Caballos was to sue State Parks to save the Los Caballos Horse Camp.
- CEA (Cuyamaca Equestrian Association) recently filed a lawsuit to prevent the destruction of Los Caballos.
- Funds are needed to support these legal efforts.
- Please help by sending a check written to R.E.C. (Recreation & Equestrian Coalition) allowing for a tax deduction, and mail your check to CEA (Cuyamaca Equestrian Association), PO Box 79, Descanso, CA 91916.

Visit the Cuyamaca Equestrian Association online at www.cuyamacaquestrian.org Questions? Contact Peggy or Bernie Martln at 619-445-1289 or themartins@oakzanitaranch.com

CREST RIDES:

If you have a trailer please call and let us know your space availability or if you want to go and have no trailer 444-4996 or 440-2133.

- **March 7th**- come support the running of the goats
- **MARCH 10TH 7 PM CLUBHOUSE RIDE PLANNING**
- **March 14th** 9:00am ride to Jamul's beautiful Hohenbeck Canyon. Trails are in great shape, little rock, wide trails, huge trail network. You can ride for 2-6 hours or ride to the Cuyamacas.
- **March 28th** 10am meet at Horsemill Road for ride. Bring lunch.
- **April 4th** 10 am meet at South Lane 10am
- **April 19th** 10am meet at South Lane

Watch the sign boards for more information and a special clinic to be announced.

Vallecito Days

All the way



Vallecito Regional Park, 37349 Country Route S-2, Shelter Valley, CA

Come experience the state station and life in West as it was in 1858. Ramona Trails Association is pleased to be sponsoring the equestrian portion of this celebration with California State Parks, San Diego County Parks, and Backcountry Hosement-San Diego Unit. There will be activities for all to enjoy for the day or the weekend. Tour the original sod house that served as the stage station and a rest stop for many a traveler on their way West. There will be several historical groups and displays both in the stage station and around the camp. On Saturday evening a delicious catered dinner and additional guest speakers. Camping is available for equestrian and non-equestrians from Friday thru Sunday, space is limited and by reservation only. Everyone is encouraged to dress in 1860's period attire.

Contact info: Terry Jorgensen
tlh9749@yahoo.com 760-789-5185

=====
Mail registration and payment to RTA Box 2136, Ramona 92065 – Registration deadline for equestrians is March 13, 2009. Tent and car camper sites will be open to the public after February 27, 2009.

Name: _____
Number of Campers: _____
Phone: _____
Number of Horses: _____
Email _____
Type of rig, length: _____

Cost: \$35.00 (dinner + ride): _____
\$25.00 (dinner only): _____
Total Paid: _____

There is no cost to visit the sodhouse, displays and view the riders if you are not camping or staying for dinner.

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or, you may bring the beverage of your choice.

Donation at the door: \$3.00 per person \$5.00 per couple

Please help support your community.

Crest Garden Club News:

The garden club will meet on Monday, March 9th at 9:30am at the Crestridge Reserve at the end of Horsemill for a “meet and weed” event. The garden club meets on the 2nd. Monday of each month.



**Email Christina Seebold – winters72@hotmail.com
for information about music nights, or garden club events.**

JOIN THE CREST 3-DAY TEAM! -

Want to make a difference? Join the Breast Cancer 3-day event. Sign up and join up with us either as a walker or support team member. Visit www.the3day.or or call 800-996.3DAY. For more information on the Crest team, email Barbara Atkins at batkins@dayshotelhc.com or Linda Hjelle@lindahjelle@cox.net



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 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 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 next meeting of the planning commission is January 8, 2009 at the Crest Clubhouse.

- 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. The website can also be accessed by going to the www.thecrestsun.com website and clicking on planning group or organizations.

Excerpts from January 12 Planning Notes Regarding Crest:

Item 7a. Unfinished Business. Park Land Dedication Ordinance (PLDO) Presentation by Mark Massen from Department of Parks and Recreation. Chairperson Wally Riggs introduced Mr. Mark Massen from DPR who proceeded to describe the disbursement process and status of \$150,000 of District 2 funds that have been allocated for park improvements in the Subregion. as compensation for the \$200,000 of Subregion PLDO funds that were allocated to the Granite Hills High School athletic field and track improvement project. He explained that there is a requirement for an established maintenance agreement with the County before PLDO funds can be expended at any specific park; that this requirement also applies to expending the District 2 funds; that there is no existing maintenance agreement for South Lane Park with the County; that there is an existing maintenance agreement for Old Ironsides Park; and that the Old Ironsides Park Scope of Work defining projects requested by the Planning Group has been verified and approved by DPR. Mr. Massen then introduced Mr. Mike Duffek from DPR who is the Old Ironsides Park Improvements Project Manager. Mr. Duffek described the components of the project which includes installation of a 35' by 50' patio slab cover; installation of a retaining wall around the existing gazebo; installation of an electric power outlet and switch for the gazebo circuit; replacement of damaged picnic tables; and improvements to the Community Center building including new kitchen cabinets, countertops, sink, new windows, 3 new air-conditioning units, an electric capacity upgrade if needed, and proper safety signs where needed. He said that he was meeting with the contractor tomorrow (Tuesday, 13 January) to determine a schedule and budget for the work, and that work should begin possibly by the first week of February.

Item 8a. New Business. Reappointment of Ralph Slagill to Seat Number Three, Crest. Chairperson Wally Riggs explained that the Department of Planning and Land Use has requested the Group to provide its vote of approval for the reappointment by the Board of Supervisors of Ralph Slagill to Seat Number Three, Crest, of the Crest-Dehesa-Granite Hills-Subregional Planning Group. Pat Ulm moved that the Planning Group recommends and approves the reappointment of Ralph Slagill by the Board of Supervisors to Seat Number Three, Crest, of the Subregional Planning Group. The motion passed (11 yes; 0 no; 1 abstain: Slagill).

Item 8b. New Business. Consideration of Applications for Seat Number One, Crest. Chairperson Wally Riggs announced that he had received a letter of application for nomination to Seat One, Crest, from Ms. Janet Cox-Dillard, and he introduced her to the Group. Ms. Cox-Dillard is a 5-year resident of Crest; a landowner, homeowner and landlord; registered voter and also a poll worker; a 13-year County employee currently working as a human resources officer with the Sheriff's Department. She is interested in supporting her local community and its efforts to maintain its quiet rural character. Pat Ulm moved that the Planning Group nominate Janet Cox-Dillard for appointment by the Board of Supervisors to Seat Number One, Crest, of the Crest-Dehesa-Granite Hills- Harbison Canyon Subregional Planning Board. The motion passed (12 yes; 0 no; 0 abstain).

Item 8d. Election of Officers for 2009

Wally Riggs, Chairperson; Jason Harris, Vice Chairperson; Bill Bretz, Secretary; Jack Vandover, Parliamentarian

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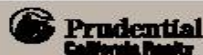


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Computer Lingo for Those A Bit Behind the Times...

Wikipedia

Wikipedia.com is an encyclopedia written collaboratively by many of its readers. Many people are constantly improving Wikipedia, making thousands of changes per hour, all of which are recorded on article histories and recent changes. Inappropriate changes are usually removed quickly, and repeat offenders can be blocked from editing.

MySpace.com & Facebook.com

are very popular social networking websites with an interactive, user-submitted network of friends, personal profiles, blogs, groups, photos, music, and videos for teenagers and adults internationally. A social network service focuses on building online communities of people who share interests and/or activities, or who are interested in exploring the interests and activities of others through the use of e-mail and instant messaging.

Blog

is a Web site, usually maintained by an individual with regular entries of commentary, descriptions of events, or other material such as graphics or video. Entries are commonly displayed in reverse-chronological order. Many blogs provide commentary or news on a particular subject; others function as more personal online diaries. A typical blog combines text, images, and links to other blogs, Web pages, and other media related to its topic. The ability for readers to leave comments in an interactive format is an important part of many blogs

YouTube

, owned by Google, is a video sharing website where users can upload, view and share video clips. It displays a wide variety of user-generated video content, including movie clips, TV clips, and music videos, as well as amateur content such as video blogging and short original videos.

**Cajon Valley Union School District
Crest School Holiday Schedule 2007-2008 & 2008-2009**

2008-2009 Schedule
 08/25/08 First Day of School
 09/01/08 Labor Day
 11/10-11/08 Veterans Day
 11/26-28 Thanksgiving Holiday

12/22-01/09 Winter Break
 01/19/09 Martin Luther King Holiday
 02/09/09 President's Day (Lincoln)
 02/16/09 President's Day (Washington)
 04/06-17 Spring Break
 05/25/09 Memorial Day
 06/19/09 Last Day of School

**Grossmont Union High School District
Granite Hills Holiday Schedule 2007-2008 & 2008-2009**

2008-2009 Schedule
 08/18/08 First Day of School
 9/01/08 Labor Day
 11/11/08 Veterans Day
 11/27-11/28 Thanksgiving Holiday

12/22 – 01/04 Winter Break
 01/19/09 Martin Luther King Holiday
 02/09/09 President's Day (Lincoln)
 02/16/09 President's Day (Washington)
 04/06-04/17 Spring Break
 05/25/09 Memorial Day
 06/04/09 Last Day of School



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About Crest...



Dorothy Miller, Crest Historian

Much of the information obtained for “About Crest” comes from the archives of the Crest Historical Society. What better topic could there be for this article than to find out about the keeper of this information, Dorothy Miller. Dorothy has lived in Crest for over 70 years and has been involved in the Historical Society of Crest since the inception of this organization in the early 1990’s. I had the opportunity to interview Dorothy during a recent Historical Society meeting at the Library.

Dorothy moved to Suncrest with her parents in the ‘30’s when she was seven years old. Along with the other “SunCresters,” Dorothy made the long trek down the narrow grade by school bus daily, attending the El Cajon Grammar School on Main Street in El Cajon and eventually Grossmont High School. There was plenty to do “on the Hill” for this little girl. During the summers, you might see Dorothy swimming in the community pool near South Lane Park, riding her bike or hiking up the Suncrest Mountain, playing paper dolls with her friend Ruth, or visiting the library.

Why did her parents choose to move to Crest? “My Dad had recently retired from the Navy in 1936. He liked to drive his Model A to Suncrest and liked to hunt rabbits. He decided this would be a great place to live, even though the area was primarily a resort area rather than a year-round community” states Dorothy. Her parents rented a small place on Albatross Street where they lived for a few years and eventually bought a small cabin on Eucalyptus Drive where Dorothy resided with her family until she married in 1948. “It wasn’t until after World War II that folks started to move to the area to reside permanently. This was most likely due to the fact there was a housing shortage and people needed to search for housing in more remote locations.”

Dorothy lived “off the hill” for one year only. When she and Bob Miller married in 1948, they moved to North Park in San Diego. After living there for an entire year without meeting a neighbor, they decided to move back to Crest where they raised their three boys - Michael, Mark and Vernon.

How interesting it must have been to watch Crest grow to what it is today. When asked what events brought the community together over the years, Dorothy felt the Volunteer Fire Department had a great impact. “After a 40 acre brush fire in 1946, the town worked together to raise funds to purchase equipment to protect their town. This brought the La Cresta and Suncrest Communities together and helped organized the town. Everything evolved around the fire department and the whole hilltop held barbeques, horse shows, dinners and dances, rummage sales, variety shows and more to raise the needed funds.”

The Crest School, built in 1956, also served as a center of activity for the community. The 1970 fire changed the atmosphere of Crest. After the fire, it was like the town had been discovered and began to grow.

Was she involved with the La Cresta Women’s Club (now the Crest Community Association)? “I wasn’t involved with the organization,” she said. “Most of the members of the Women’s Club were older and I was busy raising kids.”

When asked if there were other businesses in Crest over the years, a list was quickly compiled by Dorothy with the assistance of Pam Mitchell, another long time resident of Crest: Mountain View TV Repair, Helen’s Beauty Shack and a printing company on Crest Drive, Echo Ranch Dairy was at the South east end of Crest, the Silver Gray Granite Quarry on the Old Grade on the West side of the hill, The Red Rose Quarry down Mountain View, the Halfway House Bar on Old Bend. Across the street from the Rainbow Market there was a strip mall at one time. Sample’s Bar, Coyote Country, a Mexican Restaurant, Game Room, Post Office, Mary’s Beauty Shop, and Curves have all resided in that area. Many residents might also remember The Wizard of Id Video Store, and the Suncrest Pharmacy.” Whew!

I asked Dorothy what her thoughts were about living on the hill for this duration. “It is mixed” she responded thoughtfully, “Sometimes I tired of the dirt and the cold and the inconvenience of living so far removed from town.” But to live here over 70 years, I’ll bet there were more positives than negatives!

**Thank you, Dorothy, for your dedication to the Crest Historical Society.
We can’t think of a more qualified individual for the job.**

The Crest Historical Society (CHS). CHS is always looking for new members. There is one general meeting a year. A monthly workshop meets the first Tuesday of each month at 1 pm at the Library. Members receive ECHOES, the newsletter, 4 times a year. For information call Dorothy Miller 444-0968



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3. Protect China. Separate your good dishes by putting a coffee filter between each dish.
4. Filter broken cork from wine. If you break the cork when opening a wine bottle, filter the wine through a coffee filter.
5. Protect a cast-iron skillet. Place a coffee filter in the skillet to absorb moisture and prevent rust.
6. Apply shoe polish. Ball up a lint-free coffee filter.
7. Recycle frying oil. After frying, strain oil through a sieve lined with a coffee filter.
8. Weigh chopped foods. Place chopped ingredients in a coffee filter on a kitchen scale.
9. Hold tacos. Coffee filters make convenient wrappers for messy foods.
10. Stop the soil from leaking out of a plant pot. Line a plant pot with a coffee filter to prevent the soil from going through the drainage holes.
11. Prevent a Popsicle from dripping. Poke one or two holes as needed in a coffee filter.
12. Do you think we used expensive strips to wax eyebrows? Use strips of coffee filters.
13. Put a few in a plate and put your fried bacon, french fries, chicken fingers, etc on them. Soaks out all the grease.

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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.

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:

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South Lane Park News

California Conservation Corps Works with County at South Lane Park

Many of you have observed the activity taking place in South Lane Park in January. With a crew of 22, the California Conservation Corps (CCC) spent three weeks giving the park a facelift. The focus of the project included:

- Fuel Reduction - Weak and diseased eucalyptus trees were removed from the park by the County a couple year's ago. The CCC completed this project by clearing materials and debris, chipped and removed the remaining logs. They also worked to managed the tree undergrowth for fire prevention
- Removal over 40 stumps in the west end of the park for easier mowing.
- Filled in the roots in trails.
- Diverted the water path where illegal dumping had taken place in order to clear the horse trail and create better flow.
- Created a rock causeway to divert water from the equestrian ring.
- Removed non-native trees and suckling's (mostly eucalyptus) that have reappeared after the original cutting. Cut non-native palms in a protected water area. Eucalyptus trees are non-native trees that leave acid in the soil which inhibits the growth of native trees.
- Planted native trees to attract native birds and wildlife. Ten new Coastal Live oak trees have been planted at the park.
- The County has received funding to make the park safer and keep out motorized vehicles and dumping by installing a two rail split rail fencing around the perimeter of the Park. Check out Old Ironsides Park in Harbison Canyon to see a finished product. There will be stepover gates for horses and entries for hikers and dog walkers. It is rumored that there may even be a dog and people water fountain.

About the California Conservation Corps

The California Conservation Corps is the largest program of its kind in the country. Created in 1976, it's modeled after the 1930s Civilian Conservation Corps. The CCC is a cost-effective labor force, working for more than 250 local, state and federal agencies each year. Crews tackle more than 900 projects and generate more than \$26 million annually for the CCC. The CCC program matches up California's young people and its natural resources, benefiting both. The CCC is one of California's premier emergency response forces. In 2008, corps members devoted more than a half-million hours to fire response, and also fought floods and pest infestations

The CCC hires young men and women between the ages of 18 and 25 through this state program. They earn minimum wage. All corps members advance their education in the CCC. In the last three years, more than 4,000 corps members worked to complete their high school diplomas. The CCC also offers scholarships for use after CCC.

I had an opportunity to visit with John Tabarez and his crew at South Lane Park. He instantly convinced me what




a terrific program this is. John stated, "This program is a great transition program from high school by helping students gain communication skills and obtain job experience." John has worked with CCC for over 16 years stating the two years he worked as a member of corps changed his life.

"One of the CCC most important achievements is its development of young adults" states John. "A few of the daily activities includes readings, ethics, and conservation awareness. With each task they take on, they discuss conservation awareness, as well as the plants and animals found in each area. They reestablish native trees to invite wildlife." **The Bad News! The CCC may be eliminated.**

It is disappointing to hear this great program is slated to be eliminated in the Governor's budget this year. During a recent meeting with Dianne Jacob and Crest residents, a request was made that Ms Jacob she write the Governor in support of the continuance of the CCC. She stated she would take this under consideration.







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**Dianne Jacob Speaks Out:
January 6, 2009**

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

JACOB SADDLES UP FOR HISTORIC FIFTH TERM

Better fire protection, improving parks and trails top agenda as Chairwoman in '09

"There is no place on earth like the Second District. We work hard. We say what we mean. And, a handshake still matters," San Diego County Chairwoman Dianne Jacob said as she took the oath of office for an historic fifth term on the Board of Supervisors.

Jacob was selected by her colleagues as Chairwoman of the Board for 2009. The position requires makes an annual visit to Washington D.C. to advocate on behalf of the County.

In remarks to her constituents, Jacob noted that she made good on a 2004 promise to consolidate fractured rural fire districts in the wake of the 2003 Cedar Fire. She pledged to continue to work with regional leaders to invest in better fire protection in the year ahead.

"The County's commitment to spend \$15.5 million annually to consolidate rural fire agencies means better-coordinated services at more than 50 stations in the unincorporated area. Ultimately, 1.5 million acres will fall under the new San Diego County Regional Fire Authority. That's more than half the geographic area of the county," she said.

Jacob said that tackling gang violence and creating places for families and young people to play would top her agenda in the year ahead. "We cannot ignore gang violence or deny it. We cannot cross our fingers and hope it goes away. Law enforcement is making inroads. More needs to be done and I will soon be detailing ways to combat this growing menace," Jacob said.

Jacob is a former elementary school teacher and past president of the California School Boards Association. She was re-elected in the June primary and garnered nearly 78 percent of the vote

January 19, 2009

COUNTY UNVEILS NEW EDGEMOOR SKILLED NURSING FACILITY

State-of-the-art facility is haven for region's weakest, most vulnerable residents. County officials unveiled the new Edgemoor Skilled Nursing Facility located at 655 Park Center Drive, Santee on January 20th. The facility will be the new home of more than 150 patients with serious, debilitating conditions. Many have suffered traumatic brain injuries or stroke. The new facility will replace the existing Edgemoor Hospital, originally built in the 1920s. The old Edgemoor Hospital had been criticized as obsolete.

The new facility features climate-control and energy efficient technology, a wireless computer environment, modern medical technology and patient-friendly interior design.

DIANNE JACOB VISITS CREST – January 22

Dianne Jacob joined over 40 Crest Community members at the Clubhouse for coffee. Diane provided an overview of her current projects and priorities. She stated the state of the County's budget is in good condition and holds a AAA bond rating. She stated, however, that current taxing levels are not keeping up with expected expenditures so work has to be done to bring these numbers together. The community had an opportunity to share concerns and ask questions If you are interested in reading the Jacob Journal, a monthly newsletter, it can be obtained by going online to www.dianejacob.com . Dianne's phone number is 619-531-5522 and her email is Dianne.Jacob@sdcounty.ca.gov



February 22, 2009 - COUNTY USING INNOVATION, DISCIPLINE TO WEATHER TOUGH BUDGET

YEAR - San Diego County has filed a lawsuit to keep the State of the California from withholding aid payments to foster families and the poorest San Diegans, a move first announced by Chairwoman Dianne Jacob in her State of the County address this month. The lawsuit— which calls on the State Controller to release previously appropriated dollars— is one of several ways County government plans to cope with what Chairwoman Jacob called a "financial triple whammy" baring down on the County. Stock market losses and a decline in local revenues like property and sales taxes are adding to the County's financial challenges, Jacob said. "Let me be clear, what lies ahead is treacherous. The good news is County government is in a far better position than most to navigate rough waters," Jacob told the overflow crowd at the Communication Arts Center at Cuyamaca College in El Cajon. She said the County would use strict fiscal discipline, technology and innovation to continue to provide as many services as possible.



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Crest Residents: Legislation to Watch:



AB885 - Tough New California Statewide Septic Tank Regulations Proposed

If your California property uses a septic tank, here's what the state Water

Resources Control Board's proposed regulations would mandate starting July 2010, what its estimated costs to property owners are, and what's required now. The state has held 11 public meetings and a February 9 public hearing in Sacramento to date.

Proposed: Inspection of existing septic tanks every five years by a qualified service provider. Cost \$325. Currently: No inspections except before a property sale.

Proposed: Lab testing of well water every five years on lots with wells and septic systems: reporting of results electronically to the state. Cost: \$325. Currently: No regular tests; sometimes required before a property's sale

Proposed: For septic tanks within 600 feet of surface water that doesn't meet state standards: a professional determination of whether the septic system is to blame; if so, required septic system retrofits or extra treatments (mechanisms added to the system, such as fan filters. Cost: The state estimates this scenario could cost \$45,000 or \$35,000, respectively. Currently: No requirement; substandard water bodies still being identified.

Proposed: For future septic systems and for major replacements of existing, failing

systems, at least 3 feet of soil between groundwater and the bottom of a leach field trench, or 2 feet for system with extra treatments. Cost: Varies with soil conditions and groundwater levels, can be \$10,000 or more. Currently: Counties allow a trench depth of 12".

Learn more:

www.waterboards.ca.gov/water_issues/programs/septic_tanks/ or www.stopab885.org

Mail: State Water Resources Control Board, Division of Water Quality, attn: Todd Thompson, P.E. 1001 1 St, 15th Floor, P.O. Box 2231, Sacramento, CA 95812.

AB157 Property taxation: transfer of base year value: disaster relief.

AB157 will aide disaster victims in transferring of the base year value of damaged property to a comparable property located within the same county.

AB 157, as introduced, Anderson Existing property tax law provides, pursuant to a requirement of the California Constitution, that the property tax base year value of real property that is substantially damaged or destroyed by a disaster, as declared by the Governor, may be transferred to a comparable property located within the same county that is acquired or newly constructed within 5 years after the disaster as a replacement property. This bill would, for disasters occurring on or after July 1, 2007, expand this transfer authorization to allow a comparable replacement property to be acquired or newly constructed within 7 years, rather than 5 years, after a disaster. This bill would take effect immediately as a tax levy.



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Crest Fire Safe Council

By Kandhy Franklin Collins

March 7 – 10-00 A.M. : THE RUNNING OF THE GOATS



Thanks to the great grant writing efforts of Crest Fire Safe Council (CFSC), Crest is about to embark on a new “green approach” to fire prevention and trimming of flammable shrubbery. A \$210,000 grant was recently awarded to the CFSC for fuel reduction and education. A few of the partners in this effort include the Crest Fire Safe Council, the San Miguel Fire Protection District, Cal Fire, Crest Kiwanis, and Crest Community Association. Luna Construction, Dez Construction and Environmental Land Management are additional business partners in this grant. With the necessary paperwork and biological studies completed and the perimeters established, the next step is the “Running of the Goats” celebration scheduled for March 7. Let’s see a great community turn-out for this event! At 10:00 the goats

will start their run from the North end of South Lane park ending near the horse ring. We are anticipating that the Scouts and Crest School students will be participating. There will be a small ceremony as well as a “Petting Pen” for children to pet and interact with the “kids” (baby goats.) The goal for the project is to create a fuel break of approximately 150 acres on the back (east) side of Crest. If funding permits, an additional area on La Cresta Road (on the grade) will be cleared. The Environmental Land Management Company, a San Diego based company, will be providing the goats, hand crews and machines to complete this project within environmental guidelines. The goats will most likely be working in Crest for the next couple months.

A little About Goat Weed Abatement - Thinning by goats offers fire protection desired to help secure life and property while minimizing the effect on a healthy environment and ecology. The animals are kept in a half-acre section, surrounded by a low-voltage electrical fence, until they have significantly thinned the plant life in the area. The hungry creatures can eat up to 12 times daily and are moved into new fenced areas to allow ground crews to follow up with “confirmation trimming”. It’s clean; it’s quiet and ecologically sound. On top of that, goats will naturally fertilize the ground and keep it well packed. Goats are much more delicate than humans or machinery and help prevent other dangers that could be involved with plant removal. You don’t want to strip the hillside completely bare because what could happen is, if it rains, it could cause mud flow and landslide problems. Because these goats are tightly managed by highly trained handlers, they are kept from overgrazing and make a wonderful option for brush abatement and weed control.



Goats are hard workers and are enjoyable to observe. Please practice these precautions when viewing and when approaching the herding “Worksite”

- | | |
|--|--|
| <ul style="list-style-type: none"> • No dogs are permitted to approach the worksite. We have dogs that protect the herd. When work is adjacent to your home/property, please take care to secure your pets. • Children must be accompanied by an adult when viewing the goats. | <ul style="list-style-type: none"> • Goats are fun to watch, please keep a respectful distance. • NEVER FEED THE GOATS! <p>A nursery might be on site. You are welcome to visit. Feeding times will be posted.</p> |
|--|--|

If you notice loose goats, stray dogs, trespassers or other Goat/Work related issues, please call immediately. Your information, concerns, or questions are greatly appreciated. If you have an interest in having goats work your property, contact Johnny Gonzalez, Operations Manager 619-234-4555

About the Crest Fire Safe Council Grants – Crest Fire Safe Council Reports

In 2003, following the Cedar Crest Fire, the community sought solutions to prevent another catastrophic event. In an effort to find future solutions regarding future fire threats, surveys were conducted, and town hall meetings and break-out groups were formed. In 2006, ideas were compiled and submitted in a grant form by your Crest Fire Safe Council (CFSC). While awaiting funding, the CFSC moved forward and started implementing these ideas. One Call Now, a Crest community emergency communication system was implemented. Additionally, an email communication component was added.

Unfortunately this first grant did not receive funding. A mini grant, however, was written and awarded by the Fire Associations District in the amount of \$10,000 to erect a fire siren for the community. The siren has been tested and it has been discovered that the pole needs to be extended to be effective. This should be accomplished by the end of March.

The CFSC persisted and in 2007 the original grant was rewritten and resubmitted. In 2008 CFSC received notification that the portions of grant would be funded in the amount of \$210,008. This new grant, awarded by federal financial assistance from the USDA Forest Service, is comprised of four categories: 1) fuel reduction/prevention, 2) communication 3) education and 4) construction.

The largest component of this grant concentrates on fuel reduction and fire prevention. As stated above, the goal of the grant is to create a defensible space around identified areas and reduce structure ignitability. It sounds easy enough. However, there were many hurdles to overcome to start this project.

The first step was to use fire history maps going back to 1910 to gather a basis of information. It was found fires historically travelled the same routes in 1960's 1970, and 2003 fires. Through the cooperative efforts of Cal Fire, East County, San Miguel, Lakeside, and Rural Fire Districts, as well as the San Diego County Planning and Land Use, a specific footprint for defensible space and structure protection was identified. The identified areas include private, government-owned, and MSCP (Multiple Species Conservation Plan) properties.

Compliance issues had to be satisfied including Endangered Species Act (ESA), Migratory Bird Treaty Act (MTA), and National Historic Preservation Act (NHPA). A Class I Records Search, which includes biological and archeological clearances, has been met. CFSC has obtain the necessary support from Cal Fire and BLM managers, and compliance has been met through Cooperative Forestry Assistance Act of 1978 and the Department of Defense Appropriations Act. The Sub-Regional Planning Group has issued their statement of support.

Through a bidding process, the Environmental Land Management Company was chosen to provide goats, hand crews and machines to get this project done all within environmental guidelines.

The second components include education which will be partially funded through this grant. The educational component includes school visitations, town hall meetings, and articles in The Crest Sun newsletter and The Crest Sun Website. Seminars on fire prevention, products, and fire-wise landscaping have been and will continue to be held.

The communication component continues to addresses the Crest siren, the emergency communication system, the use of our local ham radio group. It addresses the use and maintenance of the CCA Clubhouse for a Communication Center in the event of a disaster.

The fourth component of this grant, construction enhancement, addresses a secondary communication and disaster site for large animals. South Lane has been designated as this evacuation site. This will include the addition of a bathroom facility (similar to the one in Nancy Jane Park), and a temporary trailer which will blend in with the park setting. This facility will house the CFSC emergency equipment, disaster preparedness items, and a ham radio communication center. This building will have the added benefit of acting as an announcer's facility for the E-Crest-Rians.

This is an 18 month grant and needs and requires the support of the Crest community and organizations. Join in to make Crest a safer community by attending and helping with this amazing project.

Finally, great news! The Alpa Project has received additional funding to assist the elderly, handicapped, and single head of household families with fuel reduction. Contact Kandhy Franklin for information @ Kandhyfranklin@cox.net.

COMING IN MAY - CREST CLUB HOUSE
LOOK FOR IT IN THE MAY/JUNE ISSUE

Sheriff Log for Crest Area 12/14/08-1/7/09

HC= Harbison Canyon

CR= Crest

arNOX vs ageLOC
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WHY

people get skin cancer discovered what causes skin to age. A medical breakthrough has been made – we now have products that will:

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Date	Loc	Time	Location	Incident
12/14	HC	4:14 pm	Almyra Rd –	Burglary – Coins-ID
12/16	CR	1:34 pm	Promotory Ct	Forgery – ID Theft
12/23	CR	1:57pm	Lilac Drive –	Petty Theft
12/24	HR	1:21 pm	Crows Nest Ln	Burglary in Progress
12/25	CR	3:21pm	Park Blvd –	Burglary – Tools
12/30	HR	10:19 pm	W Noakes & Editha -	Possible Marijuana
01/02	HR	11:54 am	Harbison Canyon & Dehesa –	Traffic Stop Warrant Arrest
01/07 01/11	CR	1:15 pm 5:17 pm	Estornio Lane,	Disobeyed restraining order
01/14	CR	12:56 pm	Suncrest Blvd,	Stolen Vehicle
01/21	HR	9:25 pm	Harbison Canyon RD –	Fraud
01/30	CR	13:35 pm	Sage Road	Disorderly conduct
02/11	CR	12:44 pm	Suncrest Rd	Grand Theft
02/09	CR	1:57 pm	West Dr.	Burglary
02/11	CR	9:30 am	Mountain View	Burglary
02/12	CR	2:15	Mt View @ Horsemill	Suspicious Person Parole Violation
02/12	HR	1:30 pm	Harbison Canyon	Burglary
02/11	CR	3:25 pm	Lilac Dr	Burglary
02/15	HR	10:00 pm	Harbison Canyon Rd	Burglary

Additional Suspect Information Involving Residential Crimes

The following information was shared with the Crest Sun by a resident(s) of Crest. This has not been verified by the Sheriff Department.

Mail Theft:

Suspects Reported As: Green Ford Pickup (New With Matching Shell – Forest Green-(3 White Males).

Burglary Suspects:

White males, thin build, in their 20's, black clothing, hoods, masks and violent. Possibly armed with firearm since Crest incident. Possible suspect vehicle is described as a small, older white vehicle.

Suspect's have radios and use look outs.

Another possible vehicle is a white motorcycle/cyclist that checks area..



SAN DIEGO COUNTY
SHERIFF'S DEPARTMENT
Citizen Academy

SIGN UP NOW FOR A FREE 2-DAY ACADEMY!

Applications available – see contact information below:

*****Last day to apply is March 11, 2009*****

(Apply now - Class size limited to 50 students -Waiting list after first 50)

Both Saturdays –April 18 & 25, 2009

. 7:45 a.m. to 4:30 p.m.

(Class locations will be provided upon final approval of application)

The Citizen Academy consists of two days of information-packed sessions to acquaint you with the operations of the San Diego County Sheriff's Department. One of the major principles of Community Oriented Policing is the empowerment of our communities' citizens. Those who attend the program will have a better understanding of law enforcement and will become part of the strong partnership necessary in making our county a great place to live.

Topics include: K-9 Demonstration; Jail Tour; Crime Scene Investigations; Financial Crimes-Crime Prevention; Sheriff's Museum; and more...

Attend both class sessions and receive an Official Graduation Certificate

All applicants must be at least 18 years of age and will undergo a background check

Prior to acceptance into the Citizen Academy.

For application information contact:

Crime Prevention Specialist Paula Dickenson

Station Alpine Telephone 619 659-2608 or e-mail paula.dickenson@sdsheriff.org

Next Crest Sun Deadline: April 20, 2009

WISH TO ADVERTISE? \$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 *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 or Lindahjelle@cox.net (517-9838)

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

Crest Website: www.thecrestsun.com Webmaster: Karin Weiss (579-3951) - thecrestsun@cox.net

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