



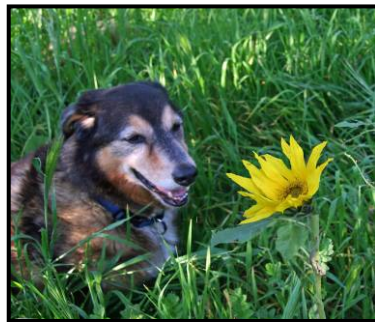
A Newsletter for Crest

Volume 13

March-April 2011

Number 2

San Diego has such diversity! A short 30 minute drive and there is a winter wonderland. Don't you just love it! In the next few weeks, it will be time to travel to the desert to view the wild flowers. I just love this place.



Fun and informative activities have taken place over the past couple months. I hope you have taken the opportunity to participate.

The first CCA sponsored Bingo Night was a resounding success. **A second Bingo Night has been scheduled for Friday, April 8<sup>th</sup> at 7 pm.** Special thanks to Dick Sutton for his help calling the numbers, Kathy Sawaya for coordinating the event, and to Kathy Kuts and Kiwanis for their donations.

Dianne Jacob stopped by the clubhouse in January to have coffee with the constituents. About 20 Crest residents attended this informative gathering. This was also Crest's opportunity to show Councilwoman Jacob the new radio equipment that has been installed at the clubhouse for emergency services.



The Crest Community Association held a community dinner in February featuring a chili and potato bar. While there is no dinner scheduled for March, the following two CCA dinners will be theme based. On

**Wednesday, April 6 dinner will have an Easter family theme** featuring ham, potatoes and

green beans. **The May 4<sup>th</sup> dinner will have a Mexican theme** in honor of Cinco de Mayo. Join us for this fun activity while meeting your neighbors and supporting your community.

**Another great Music Night is in the works! Join David Silva, Tom Baird and their special guests, The Pushpins at the Crest Clubhouse on Friday March 4<sup>th</sup> starting at 7:00 pm.** Come by for an evening of music and fun. See page 2 for more information.



**March 26 and April 23 are the dates of the upcoming Kiwanis breakfast buffets. The April 23 date is also the date of the Easter egg hunt for the kiddies in the park.** Watch the bulletin board for more information. Did you know the Kiwanis general meetings are open to the public? They have interesting speakers scheduled you won't want to miss. (See pages 13.)

Check out page 9 as we profile yet another great Crest artist, David Thomas. David's media is glass and metal.

This month's "About Crest" article concludes a series on the Crest fires. Read the fascinating story written by former Crest resident, John DaSilva regarding Jack Da Silva, a local volunteer fire fighter who lost his life during a 1965 wildfire (pg 18.)

Speaking of Crest, the Crest Historical Society and the Crest Sun are beginning to put together a publication regarding Crest's history. If you have any hidden tidbits of Crest trivia or fascinating photos of Crest's yesteryear you'd wish to share, please contact Linda Hjelle at [lindahjelle@cox.net](mailto:lindahjelle@cox.net) or call 517-9838 if you are interested in this project.

This month we say a final goodbye to **Friends of Crest**, the non profit organization which helped raise money for many worthwhile Crest projects. Thank you for 22 years of service to the Crest Community!

# Our Crest Neighbors

By Linda Hjelle



The Crest Community is filled with fascinating folks. One such individual is David Thomas. I had an opportunity to meet David at Alpine Glass, his family-owned business on University Avenue in San Diego. While shopping for materials for my stained glass class, I recognized David as one of the many

Crest fire victims I met while volunteering after the 2003 wildfires. We struck up a conversation regarding stained glass and the art work incorporated into his rebuilt house and he offered to give me a tour of his lovely home.

David moved to Crest in 1996 and lives on Sierra Vista with his wife Christina and their two children, Cameron (age 7) and Abigail (10 months old). They purchased a somewhat “run down foreclosure”, completely remodeled the house in 2000 only to have it destroyed in the Cedar fire.

Not one to be discouraged, he set to work with a contractor friend and completely rebuilt the house in a little under a year!

What is unique about this house is that it is customized throughout with beautiful glass and metal work.” Dave is especially proud of the beautiful glass panels he painstakingly sand blasted that adorn the length of his staircase. They are beautifully intricate in every detail. Virtually every door, window and even the sink represents yet another piece of art.

In addition to being incredibly talented, David’s skills are enhanced as a result of being “raised” in a stained glass shop. Being an only child David spent many hours in the company store. According to Dave, “I Probably learned to cut glass before I learned to write.”

David doesn’t have as much time to dedicate to his art these days. His first priority is to his family. And while he does get to oversee many of the customized glass project commissioned through the business, most of custom work is done by other artists in the company.

Dave has earned a bit of a celebrity status over the years – you may have seen him at some of the major stadiums off road racing in the late ‘80’s – about the same times as Jimmy Johnson was making his debut. They even raced a bit together.

Or maybe you might have caught his recent TV special which aired on the A&E Biography channel. The episode titled “I survived Beyond and Back” is a depiction of his near death experience in 1989 as a result of a scuba diving accident. The episode has been repeated several times so keep your eyes open for the next time it is aired. It’s a fascinating story.

Due to this life changing experience, David is actively involved with IANDES organization (International **Association for Near-Death Studies**) and works additionally with organizations to prevent alcoholism.

Like I said, there are the most interesting folks in Crest!

**Alpine Stained Glass and Door is located on 6331 University Avenue, San Diego. 1-619-563-5026.** They specialize in custom glass and entryway services. Additionally they teach fusing and stained glass classes.



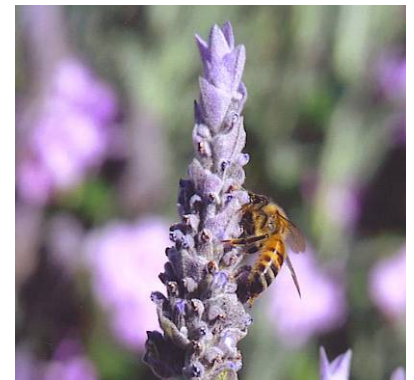
# Crest Contacts

<b>Crest Community Contacts</b>		
Crest Community Assn. johnson7409@att.net	Paul Johnson (email)	442-4022
Crest Comm.Church crestchurch@sbcglobal.net	Kerri Lambert (email)	442-3736
Crest Black Board	Kandhy Kathy	444-4996 440-6097
Clubhouse Rentals rentals@thecrestsun.com	Rick Bradt (email)	444-2641 or 44-CREST
Crest Fire Safe Council crestfiresafecouncil@yahoo.com	Kandhy Franklin (email)	44-crest
Crest Garden Club <a href="mailto:Rold@sbcglobal.net">Rold@sbcglobal.net</a>	Arlene Palmer Marsha	441-0187
Crest Historical Scty.	Dorothy Miller	444-0968
Crest Kiwanis	Karen Nelson	749-9180
Crest Library	Rosi Mejia	442-7083
Crestridge Reserve	Cathy Chadwick	749-5767
Crest School www.cajonvalley.net	Office (website)	588-3128
Crest Sun Newsletter <a href="mailto:editor@thecrestsun.com">editor@thecrestsun.com</a> Information <a href="mailto:winters72@hotmail.com">winters72@hotmail.com</a>	Linda Hjelle (email)	440-8540 517-9838
The Crest Sun website webmaster@thecrestsun.com	Chris Seebold	447-5826
E-Crest-rians	Karin Weiss (email)	579-3951
St Louise Church	Kandhy Franklin	444-4996
Sub-Regional Planning. crestplanning.org	Father Languille	444-3076
	Judy Bowen (website)	440-0783
<b>Help Lines</b>		
Child Abuse Hot line	(800)	344-6000
Highway Patrol: Traffic Related	(858)	637-3800
Abandon Vehicles	(619)	441-4264
Sheriff (non-emergency)	Dispatch (858)	565-5200
Alpine Station	(619)	659-2600
Licensing Division	(858)	974-2020
San Miguel Fire Dst Crest Fire Office Fire Marshal Public Info Officer Fire Chief www.smgfire.org	Business office. Burn Permits Marsha Larsen Leonard Villarreal August Ghio (website)	670-0500 588-8112 660-5356 660-5359 660-5351
Adult Protective Svs	(800)	510-2020
Child Abuse Hot Line	(800)	344-6000
Animal Control	(760)	438-2312
Auto Repair, Bureau	(800)	952-5210
Border Patrol	(619)	662-7321
CALTRANS	(619)	688-6785
Code Enforcement	(858)	694-2705
Contractors Board	(Fraud) (800)	321-2752
Crime Stoppers	(619)	531-1547
FBI (telephone scam)	(858)	565-1255
Fish & Game	(951)	443-2944
Illegal Dumping	(858)	495-5143

Noise Abatement (dogs), abandoned vehicles, solid waste complaints	(858)	694-3741
Planning & Land Use	(858)	694-3741
Poison Control	(800)	876-4766
Postal Police (mail)	MailFraud(877)	876-2455
Real Estate fraud/info	(619)	525-4192
Road Conditions	(800)	427-7623
Secret Service -Fraud	Currency/Credit	557-5640
Social Services	(619)	401-6000
SD Regional Center	(858)	576-2938
US Forest Service	(619)	445-6235
<b>Stores and Restaurants</b>		
Crest Foods	Tony	444-8132
Lenardos Pizzeria	Sam – Pg 16	444-1389
Rainbow Farms Mrkt	Mark –Pg 8	444-7504
<b>Advertisers</b>		
Bowlby Electric	George pg 6	440-3051
Central Air & Heating	Charles pg 12	444-9955
Chocolate- Protein Meal	Pat – pg 14	442-4879
Day Care	Griselda- pg 19	588-2747
Kathy Kuts	Kathy – Pg 25	447-1945
Knox Reprographics	Mary Pg 27	230-6300
Marvelous Organizing	Risa – pg 6	231-1113
Nu Skin (age-Loc)	Pat Goulart- 21	442-4879
Real Estate & Loans	Rayna –pg 12	922-2524
Truffles & Desserts	Jeanne Pg 14	442-4022
Writing Help	Chuck Pg 24	579-1902
Xango	Marie – pg 10	328-1157
Yard/Repairs/ Bee Removal	Al – Page 17	442-4879
<b>Other Services</b>		
Just Runs Jeep Club	Roger	579-7120

**Next Crest Sun  
Deadline:  
April 20 - 5PM**

**Advertisers:  
See page 27  
for additional  
information.**



MARCH 2011						
	M	T	W	TH	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

APRIL 2011						
S	M	T	W	TH	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

## Calendar of Events March-April 2011

03/01/11	1:00 Tuesday	Historical Society Meeting– Crest Library
03/03/11	7- 9:30 pm Fri	<b>MUSIC NIGHT w/Dave Silva/Tom Baird/PushPins @ the Clubhouse</b>
03/05/11	9-4pm	Recycling Electronics Event @ Glen Murdock Elementary – La Mesa
03/12/11	7:30 am – Sat	Kiwanis Board Meeting – Clubhouse
03/14/11	9:30 - Mon	Crest Garden Club -- Call Marsha for Details 440-1167
03/14/11	7:00 pm	Sub Regional Planning Group –
03/08/11	5:45 – Tues	Crest Community Association – Board Meeting – Clubhouse
03/10/11	6:00 pm -Thurs	San Miguel Fire Protection District Board Meeting - 2850 Orange Way – Spring Valley
03/15/11	7:00 pm –Tues	Crest Community Association – <b>General Meeting &amp; Elections</b>
03/19/11	7-1pm – Sat	Free CPR Training – Golden Hall by Red Cross - See page 20 for more information
03/21/11	6:00 pm – Mon	Kiwanis General Meeting – visitors welcome – Clubhouse <b>What the Community Should Know about the Ronald McDonald House</b>
3/26/11	8:30-10:30 Sat	<b>Kiwanis Community Breakfast</b> - Clubhouse
04/05/11	1:00 pm- Tues	Historical Society Mtg – Library
04/06/11	5-7 pm - Wed	<b>CCA Dinner – Ham Dinner</b>
04/08/11	7-9 pm Friday	<b>Bingo Night at the Clubhouse</b>
04/09/11	7:30 am – Sat	Kiwanis Board Meeting – Clubhouse
04/11/11	9:30 - Mon	Crest Garden Club – TBA - Call Marsha for Details 440-1167
04/11/11	7:00 pm Mon.	Sub Regional Planning Group –
04/12/11	5:45 – Tues	CCA Board Meeting – Clubhouse – Board Meets
04/14/11	6:00 pm -Thurs	San Miguel Fire Protection District Board Meeting - 2850 Orange Way – Spring Valley
04/18/11	6:00 pm	Kiwanis General Meeting Speaker Bill Forney topic “ <b>An Inspector’s Perspective of Nuclear Power Plants</b> ”
04/19/11	7:00 pm Tues	CCA General Meeting
04/19/11	6:30 pm Tues	<b>6:30 – Library Program- Rafael &amp; Katia Mariachi Magic Show</b>
04/20/11	5:00 pm	Deadline for Crest Sun Submissions
4/23/11	8:30-10:30 Sat	<b>Kiwanis Community Breakfast and Easter Egg Hunt</b> – Clubhouse & Park
04/24/11	7:00 am	Easter Sunrise Service – Nancy Jane Park
05/04/11	5-7 pm – Wed	<b>CCA Dinner – Mexican fare</b>

Visit [www.thecrestsun.com](http://www.thecrestsun.com) to view past and present issues of this paper online and in color.



**Celebrate Día de los Niños**



# MARCH & APRIL 2011

## CHILDREN'S PROGRAMS

**ROSI'S CRAFTS & COLORING TABLE - Tuesdays**

**ROSI'S CRAFT TABLE - Wednesdays**

**DÍA DE LOS NIÑOS BILINGUAL STORYTIME** Friday, April 29, 4 PM

**BABY STORYTIME** Fridays, March 18, & April 15, 10:30 AM

**PJ STORYTIME** Tuesdays, March 22, & April 26, 6:30 PM

## **SATURDAY FAMILY CRAFT PROGRAM 11AM**

Soapmaking - March 5      Wire Sculpture - March 12

Knitting - March 19      Scrapbooking - March 26

Pet Treats - April 2      Scrapbooking - April 9

Knitting - April 16 & 23      Soapmaking April 30

## **TEEN PROGRAMS**

**Video Game Fun all month!** - Wii & PS3

**"Make it and Take it Crafts"** Every Friday - Free supplies **ADULT PROGRAMS**

**FREE COMPUTER CLASSES** Every Thursday

Basic 11 AM    Intermediate 11:30 AM

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Crónicas de sucesos de Michael Connelly en Marzo

Deuda de sangre en el mes de Abril

## **MYSTERY BOOK CLUB**

Reading Michael Connelly's: Crime Beat in March  
and Blood Work in April

Join us by submitting your comments on our blog

<http://crestlibrarymysterybookclub.blogspot.com>

## **CELEBRATE DÍA DE LOS NIÑOS**

**RAFAEL AND KATIA MARIACHI MAGIC SHOW**

**TUESDAY, APRIL 19, 6:30 PM**

Please visit our Winnie The Pooh Exhibit!

Customer Appreciation Day April 29 all day!

All programs are subject to change or cancellation without notice.

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# Crest Community Association

By Paul Johnson, President, CCA



Hello to all,

I hope everyone had a great holiday season. I am looking forward to this year and all that will be in store for the community and the CCA. We held our first dinner of the year and thank you to all who attended. I showed up the last half hour and all the chili was gone. I think that was great as it shows you all came out in support. I look forward to the dinners and the Kiwanis's breakfast to meet and be with neighbors. I like to listen to the conversations at the tables and learn more of our great community and its people present and past.

We held our board member elections in January. I was voted in another term and our vice-president for another term is Barbara Kingsbury. What a great addition to the board with her experiences and wisdom, it is good to have fiscal sound judgment to lean on. Jeanne Johnson is our new treasurer. She has past experience with accounts payables and receivables, as well as office administration. Lucy Cafiero was elected as secretary. Sadly as she was elected her work schedule has changed and she has a conflict with our meeting times. We are looking for her replacement so if anyone would like to serve please contact any board member and let us know. Rick Bradt has agreed to another term as well. Rick is invaluable with all he does with the clubhouse. Rick handles all the rentals and oversees the maintenance and grounds. His faithfulness to the CCA and the clubhouse has been blessing to me as he handles the duties. In keeping up with all his duties it only guarantees the clubhouse will be preserved for years to come.



**CCA 2011 officers: Paul Johnson (front row); Barbara Kingsbury; Jeanne Johnson; Rick Bradt**

We have also started bi-monthly Bunco and Bingo nights. Check the calendar for those dates. We are also going to start music nights again, (thanks to Linda Hjelle.)

We have been working to add equipment to the clubhouse to help the community in the event of another fire or other disaster. We have installed a ham radio station so we can communicate with other agencies as well as surrounding neighbors. We are close to obtaining a back-up generator to ensure the clubhouse will have power regardless of the weather or power outage. Thank you to Kandy Franklin for her hard work to make this happen. By adding these items it is our intent to have the clubhouse self sufficient for all in case of emergencies. Additional grants have been submitted for additional improvements we will let you know the progress as we are informed.

As I close I would like to thank Susan Lee Cooke and Cathy Kolbenschlager for their dedication to the CCA and the community. Cathy, as treasurer, managed the CCA finances over the last two years. Susan will be hard to live without as she was the quiet rock that fulfilled her obligations so faithfully and quietly that I often took it for granted. She was the driving force to put together all of the great dinners and oversee the sales for our 4th of July parade. I want to thank both of you for volunteering your time and efforts for all of us in Crest.

July 4th is getting closer so we will be looking for volunteers shortly. Please come out to the CCA meetings and let us hear from you. We are here to keep our town the greatest in San Diego County. So let us know what you would like to do for fun that we can all share.



**Thanks to the CCA Garden Club for helping with the Clubhouse landscaping issues.**



**Dianne Jacob views the new ham radio setup in clubhouse.**



**Sally Bruner will now be overseeing the monthly CCA dinners.**



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# MUSIC NIGHT

at the Crest Clubhouse – 113 N Park Dr, Crest

Friday, March 4th - 7:00 pm to 9:30 pm

Come join **Tom Baird, David Silva, and their special guest, the Pushpins** for a Friday evening of music at The Crest Clubhouse! Guitars and harmonies set the tone that will keep your toes tapping.


The \$2 entrance donation at the door benefits the Crest Community Association. Snacks and drinks are available for sale and very reasonably priced, or bring your own if you prefer. **SEE YOU THERE!**


Musicians play for tips and the jar will be handy :)

**Can you volunteer or provide a dessert?**

Contact: [LindaHjelle@cox.net](mailto:LindaHjelle@cox.net) 517-9838

See you there!

<p><b>Join us for Dinner at the Community Clubhouse</b>  <b>Wednesday 5-7 PM</b>  <b>April 6 – Ham dinner</b>  <b>May 4 – Mexican dinner</b>  <b>(No March Dinner)</b></p>	
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<p><b>March 21</b> 6:00 pm</p>	<p><b>General Meeting – Speaker Dick Rabell</b>  <b>“What the Community Should Know About the Ronald McDonald House”</b>. – Community invited</p>	 <p>The Kiwanis thank you for supporting their projects by attending these great community breakfasts</p>
<p><b>March 26</b> 8:30-10:30</p>	<p><b>Community Breakfast.</b></p>	
<p><b>April 18</b> 6:00 pm</p>	<p><b>General Meeting Speaker Bill Forney topic “An Inspector’s Perspective of Nuclear Power Plants”</b></p>	
<p><b>April 23</b> 8:30-10:30</p>	<p><b>Community Breakfast and Easter Egg Hunt</b></p>	

# Bingo Night

at the Crest Clubhouse – 113 N Park Dr, Crest

Friday, April 8 @ 7 to 9:00 pm

Cost \$10 (pay at the door)

Bring an Appetizer or Dessert to Share

Prizes Food Fun

Optional - Bring something for the recycle raffle – something used/useful to be raffled at the end of the games

Need a ride? Call Kathy @ 588-5069

Hope to see you there!

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## *Crest Garden Club*

Check out the Crest Clubhouse! The Crest Garden Club held their February meeting at the clubhouse – pruning, weeding and planting succulents all along the front fence. Succulents came from cuttings supplied by club members.

The club meets the second Monday of each month, at 10:00 AM. Members take turns hosting and providing refreshments. Activities include field trips, creative garden projects, and both formal and informal sharing of garden tips. In January, Arlene Palmer hosted and guided all in making succulent container gardens.

In March and April members will visit local Crest homes to see what is growing and blooming in our spring gardens. If you are interested in joining the club, annual dues are \$10, and you can join by contacting Arlene Palmer at 441-0187



(Do you have old photos or stories to share?)

### Join the Crest Historical Society

The Crest Historical Society (CHS) works to preserve and share Crest History with the community. 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

### Did you know...

Mr. and Mrs. Sal Arbassio owned the Suncrest Market for several years starting in 1945. The Crest Library now resides in this building.

### Support the Crest Historical Society, Inc

Membership Form includes a monthly newsletter

\_\_\_\_\_ \$2.50 (over 65)  
 \_\_\_\_\_ \$5.00 (under 65)  
 \_\_\_\_\_ \$10.00 Family

\_\_\_\_\_ \$15.00 Non-Profit  
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- **Pay Absolutely No Commissions & No Closing Costs**  
Avoid Foreclosure & Bankruptcy-Save your Credit on certain circumstances
- **Walk Away From Your Home With No Debt And No Tax Consequences**
- **\*\*\*The Mortgage Tax Debt Relief Act was originally only slated to go until the end of 2008, however it has now been extended to the end of 2012\*\*\*CERTAIN TERMS AND CONDITIONS APPLY TO THIS PLEASE CALL ME FOR SPECIFIC DETAILS\*\*\***



**The News from Crest Kiwanis**  
By Suzanne Mullins

# Terrific Kids in Crest !

Since October, Crest School students have been recognized for their perseverance in working toward achieving their personal goals. At the end of each month, nominated students receive a certificate & button plus a bumper sticker for their proud guardian. Crest Kiwanis and Kiwanis International sponsor the character education **Terrific Kids** Program.

**December 2010**

- |                                     |                |
|-------------------------------------|----------------|
| Grade K-1: Dylan Sullivan           | Starrlee Ford  |
| Grade 1-2: Shane Dunaway            | Anna Young     |
| Grade 2-3: Madison Gardner<br>Paper | Paige Neumann- |
| Grade 3-4: Tyler Hebert             | Gaby Hubarth   |
| Grade 4-5: Olivia Lester            | Chris McDonald |



**January 2011**

- |                              |                  |
|------------------------------|------------------|
| Grade K-1 : Manny Serrano    | Kindrin Bush     |
| Grade 1-2:Carolynn Nielsen   | Braeden Green    |
| Grade 2-3: Madison Krumreich | Michael Tucker   |
| Grade 3-4: Caley Cash        | Daniel Threlfall |
| Grade 4-5: Natalie Chavarin  | Trevor Heilig    |

On January 28th Kiwanis presented Mrs. Kehoe and the Crest School with their “First Annual Toy Drive Award”, it can be viewed in the School office. Thank you to all the students, parents, teachers and staff for all your efforts.

**Calendar of Events for Kiwanis Activities at the Crest Clubhouse**

March 12	7:30 am	Board Meeting
March 21	6:00 pm	General Meeting – Speaker Dick Rabell “What the Community Should Know About the Ronald McDonald House. – Community invited
March 26	8:30-10:30 am	Community Breakfast
April 9	7:30 am	Board Meeting
April 18	6:00 pm	General Meeting Speaker Bill Forney topic “An Inspector’s Perspective of Nuclear Power Plants”
April 23	8:30-10:30 am	Community Breakfast & Easter Egg Hunt- The Crest Kiwanis wants to thank our community for making the breakfasts such a great place to come. The club enjoys serving our community, so we can keep giving back to our community in service projects.

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## Something different to do...

- **Anza Borrego Wildflowers** - Take a day trip to Anza Borrego Desert State Park to see the spring wildflowers, the wildflower hotline already reports that flowers are starting to bloom. Call 760-767-4684 or visit [parks.ca.gov](http://parks.ca.gov) for up-to-date information.
- **Winter Concerts at Coronado Ferry Landing** - Sunday March 6 and March 20 2011 from 2-5 pm live concerts - <http://www.coronadoferrylandingshops.com/events-sandiego-coronado.htm>
- **San Diego Earth Fair at Balboa Park** - Sunday April 17 from 10 AM - 5 PM. More than 300 exhibitors, food, special Kinds' Activity Area, entertainment & The Children's Earth Parade. This is one of the great San Diego events to celebrate Earth Day 2010. <http://www.earthdayweb.org/>

# Crest School News

The Crest Kids Are CHAMPS In Education!

By Sharon Keffer



The students and teachers at Crest School are excited to announce that the CHAMPS Lab is now open and in full operation. CHAMPS stands for CHallenging Activities Make for Productive Students and that is just what is happening for each and every student at Crest School from kindergarten to 5<sup>th</sup> grade.

As a recipient of the Jimmie Johnson Foundation’s “Champions in Education” grant and Lowe’s Toolbox for Education, our school has had the wonderful opportunity to create something spectacular for our students that we would otherwise not be able to do. The CHAMPS Lab provides students with interactive, hands on activities in science, technology, the arts, and health and fitness. The CHAMPS Lab is equipped with all new lab tables, stools, exciting resource materials and activities, and oh so much more! Classes visit the lab each week for learning experiences that take them “beyond the books and the four walls of the classroom”.

**We are looking for “resident experts” to volunteer in the CHAMPS Lab. Our next focus in the lab will be Health and Fitness. If you or someone you know would like to join us for fitness fun as a volunteer, please contact the school at 588-3128 and let us know!**

## *Cajon Valley Union School District*

### *Crest School & Los Coches Creek School Schedule 2010-2011*

#### **2010-2011 Schedule**

08/16/10	School Opens to Public	01/17/11	Martin Luther King Holiday
08/23/10	First Day of School	02/14/11	President’s Day (Lincoln)
09/06/10	Labor Day	02/21/11	President’s Day (Washington)
11/11/10	Veterans Day	04/11-4/22	Spring Break
11/22-11/26	Thanksgiving Holidays	05/30/11	Memorial Day
12/20-01/07	Winter Break	*06/16/11	Last Day of School

## *Grossmont Union High School District*

### *Granite Hills Holiday Schedule 2010-2011*

#### **2010-2011 Schedule**

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

#### **FREE ELECTRONICS RECYCLING EVENT**

March 5, 2011 from 9am to 4pm – Glenn E. Murdock Elementary School (4354 Conrad Drive – La Mesa)  
Clean out your office, garage, home or business and recycle your old electronics while helping Murdock Elementary School at the same time! **FREE ELECTRONICS RECYCLING EVENT**

# Lenardo Pizzeria & Restaurant

1331 La Cresta Blvd, Crest 92021  
 Call 444-1389 or 444-0992



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

## Subs & Sandwiches

Ham & Cheese .....	\$5.49
Turkey & Cheese .....	\$5.49
BLT .....	\$5.49
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

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### Salads:

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

### Pasta: (All served with Breadsticks)

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

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

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



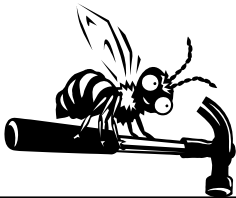
## E-Crest-rians

Hello E-Crest-rian partners. I wanted to let you know that I am up in the Cuyamaca Mountains around three to four times a week (weather permitting) and I would like to share news of the area if you are interested in horse and horse trail information. As Kandhy mentioned, there is a trail report posted on the Cuyamaca website but sometimes the weather is a surprise on a daily basis. My e-mail is [lprecoda@guhdsd.net](mailto:lprecoda@guhdsd.net).

I would also be interested in exchanging ideas. Try this free training video at [www.montyroberts.com](http://www.montyroberts.com) (Be aware sales are involved concerning his university.) Backcountry Horsemen of California San Diego has interesting information as well. Also, the Equine Affaire will be in February in Pomona. What a great place to shop and see clinics for a reasonable price. Happy trails,  
**Laura Precoda**

### Pacific Coast Tick

County Vector Control officials announced that a Pacific Coast tick was found February 1 near Los Penasquitos Canyon Preserve during routine monitoring. It has tested positive for tularemia, also known as "rabbit fever." "Tularemia is a bacterial, vector-borne disease that can be transmitted to humans through the bite of infected ticks, or through direct contact with an infected animal such as rabbits and other rodents," said Jack Miller, Director of the County Department of Environmental Health. "We recommend using insect repellent to prevent ticks and other insects from biting, especially when hiking in bushy areas. Flea and tick control products should also be used on pets."



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Ticks get tularemia by biting infected rabbits, rodents or other animals. "Symptoms in humans include lymph node swelling, headache and fever. Other symptoms include a skin ulcer at the site of the bite, fatigue, body aches and nausea," said Wilma Wooten, M.D., M.P.H., County Public Health Officer. "Tularemia cannot be transmitted from person-to-person, but it can be transmitted by handling infected meat, or drinking water contaminated by an infected animal. Tularemia can also cause death in rare cases, but is treatable with antibiotics."

### To avoid tick bites:

Stay on designated pathways, choose wide trails and walk in the center. Avoid grassy or brushy areas and do not handle wild rodents.

Wear light-colored, long-sleeved clothing; tuck shirts into pants and pants into socks.

Apply insect repellent to clothing and footwear. Check clothing, body and companions for ticks frequently.

Leave pets at home or keep them on a leash. If they have not been already treated with a tick and flea regimen, use insecticide powders or sprays labeled for tick control.

Carefully remove attached ticks immediately. Remove embedded ticks by grabbing them with tweezers as close to their head as possible and pull out steadily and firmly.

If you develop symptoms within three weeks after visiting a tick-infested area, seek medical attention. Tell your doctor that you have recently been in a tick-infested area. For more information about tularemia surveillance, call the Vector Control Program at (858) 694-2888 or visit [SDVector.com](http://SDVector.com).

### Calling All Freaks

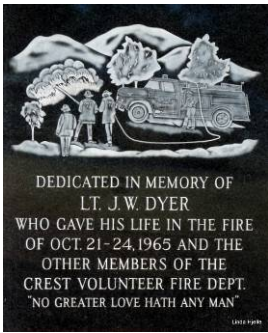
By Jonathan Maddock

People don't always get who we are  
They think of us as crazy freaks.  
But we're just people who want to be free  
From everything the world tells us to be.

They can't always tell where we came from  
But we all love who we are.  
They think that we're stuck in our own world  
But we all couldn't be happier.

### Calling All Freaks

The time has come to stop being afraid.  
To stand up and take your place.  
Don't be afraid to be who you are  
Even if others think of you as crazy.  
Cause you know what's right and wrong.  
Calling All Freaks



# About Crest...

By John Da Silva – Cottonwood, CA

**As you have driven through Crest, you may have noticed a granite memorial stone in front of the Crest fire station. It is a dedication to Mr Dyer, a Crest Volunteer fireman and the volunteers that night in 1965. John Da Silva was 13 at the time and this is his recollection of this tragic event.**

My father worked for the construction company that widened the road from El Cajon to Crest. When the road was under construction there were several fires that broke out and I got used to going with my dad to help put them out. I remember the Crest Fire Department siren going off regularly. When the big one came along, for me it started out as just another of those in my mind. At thirteen I enjoyed the excitement of it but little did I know I'd get more than my fill.

The year was 1965; it was a typical summer day in the hilly brushland community of La Cresta, CA. Hot Santa Ana winds had been blowing for days seemingly to never end. A major fire breakout was on everyone's mind. The weather conditions were right, the fuel available for a potential disaster was infinite and the inevitable was waiting.

Crest's small fire department operated strictly on a volunteer basis common to many towns throughout Southern California. Late in the afternoon the Crest station received a call from the nearby community of Harbison Canyon. "We have a wildfire on our hands". It was a big one and the winds were hurling it up the canyon toward Crest. The siren rang, volunteers gathered and the fire department immediately rolled out to meet it. The fire was especially bad mostly to the high winds and the unavailability of boraid bombers which greatly added to the volunteer's burden. They made little progress against such a mighty blaze. By nightfall the fire was already on the outskirts of Crest.

About 7 o'clock, my father and I joined the ranks to help battle the fire which had come within two miles of our own home. I saw many of my friends and neighbors there with shovels in hand; some were directing traffic. It seemed like the whole town was evacuating. A fire engine pulled along side of us wanting a crew. We eagerly climbed aboard along with three others. We rushed down a dirt road parallel to the blaze enroute to an endangered ranch home.

Soon after we arrived, the wind shifted. The house escaped immediate danger but the road we traveled on was now a fire break with 12 foot flames bordering one side and leaping to the other side in places. Our engineer had no choice but to take us back the way we came, fast before we were complete cut off.

Jack Dyer, one of the regular volunteers quickly instructed us to keep our heads covered, eyes closed and not to look up until told to do so. It was a half mile stretch down that road and as we were rolling I could feel the intense head of flames on my back. Everyone else did too. I could hear them shouting "Hurry up, get us out of here; Go, Go!

We made it back to the main road and quickly took up position for the defense of another endangered home. There were volunteers all over the place. Some were running around, most were forming a battle line.

Our engine was parked about 24 feet from the house and the only one there at that location. Jack grabbed a nozzle and line off the truck and started reeling it to the far side of the house. My father was helping him with the line and I was doing my best to help them both with it. The hose was in operation. We had no hydrant hook ups and we were trying to conserve as much water as possible. My dad and I stayed between the truck and the house keeping the line from tangling and feeding Jack more line when needed.

The fire was running parallel with the house. Suddenly with a disastrous change in the wind, the fire turned and charged up the bank with a fury 20 feet tall. It pushed everyone backwards into a run for our lives.

In all the confusion my dad and I were separated. I was about 50 yards back when I turned and saw the flames right against the house towering higher than the roof. The flames seemed to reach out and grab our fire truck on the full length of the driver's side. One fireman jumped in on the passenger side and drove it to safety dragging hoses behind it. Men were scrambling all over the place as the fire soared. It looked like men on a battle field in full retreat. All of this happening in seconds of time.

Then I realized my father wasn't with me. I ran back ignoring warning from firemen running the other way. I could hear my father shouting for me in panic not knowing where I was. I called back to him and he joined me.

Just then we heard a man screaming. We turned to see Jack Dyer running from the house directly toward us. He had got trapped between the house and the fire and was completely aflame. There was a hose and nozzle lying at our feet after being dragged there by the truck. It was the same hose Jack had been using. My dad picked it up and turned it on him full force but the nozzle just spat out dripping water from an empty line. Two men ran into Jack and threw him on the ground. He landed at my feet. All I could do was stand there holding my father while they put him out. A sheriff's patrol car pulled up and they rushed Jack to the hospital.

My Dad walked me away and said, "do you want to go home now son?" I gave him a simple "No" for an answer that was good enough for him. We spent the rest of the night patrolling already charred acres.

Jack Dyer died two weeks later. I was 13 years old at the time these events occurred. I was old enough to help do a man's job but too young to realize the importance of it. So now I would like to dedicate this publication to Mr Jack Dyer and the volunteers that fought so bravely against tremendous odds.



# Alpine Sheriff's Station

[www.sdsherrif.net](http://www.sdsherrif.net)



Prescription Drug Drop-Box  
 Location: Alpine Sheriff's Station  
 Front Patrol Gate, 2751 Alpine Blvd, Alpine  
**No containers larger than ½ gallon (2 liters)**  
**Needles, Syringes and Lancets ONLY !!**  
**If drop-box is full, do not leave sharps**  
**To report a problem, please call 858-694-2888**  
**San Diego Department of Environmental Health**

<b>Crest Crime Log - <a href="http://www.crimemapping.com">www.crimemapping.com</a></b>		
10/27 12:01 am	Grand theft	2400 BI Camino Monte Sombre
11/14 5:00 pm	Battery on Person	2100 BI Eucalyptus Dr
11/17 8:30 pm	Vandalism less 400	100 BI Scenic Dr
11/12 12:00 pm	Petty Theft- Veh	2100 BI West Dr
11/29 12:00 pm	Grand theft	200 BI Holly Rd
12/3 8:00 am	Get Credit/Id Others	299 BI Lilac Dr
12/11 8:30 pm	Vehicle theft	700 BI Rosale Dr (Harbison Cnyn)
12/14 12:00 pm	Petty Theft (Motor pts)	1400 BI Gibson Highlands
01/03 3:15 pm	Vandalism (+\$400)	100 Scenic Drive
01/04 8:08 pm	Grand Theft (Property)	1300 BI Horsemill
01/07 7:00 pm	Grand theft (Auto)	900 BI La Cresta Blvd
01/08 10:00 pm	Vandalism (+\$400 )	2000 BI Harbison Canyon
02/04 5:00 pm	Burglary (residential)	14600 BI Quail Haven Rd
02/05 9:00 pm	Exh. Deadly Weapon	400 BI Mountain View Rd
02/06 6:00 pm	Grand Theft (building)	14600 BI Quail Haven Lane

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# San Miguel Fire Protection District

SAN MIGUEL FIRE DISTRICT WWW.SMGFIRE.ORG



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TWO TYPES OF FIRE EXTINGUISHER CLASSES AVAILABLE

### LIVE FIRE

Live fire offers the most realistic training possible. Using specialized equipment we are able to create a propane gas fire in a stove or cabinet type prop. Trainees will pull the trigger on a powder-based extinguisher to gain the maximum experience in a safe and controlled setting. There is some clean up required. Not suited for indoor or small outdoor areas.



### DIGITAL

This system allows your trainees to learn how to effectively use a fire extinguisher without the cost and clean-up associated with using dry-chemical or CO2 extinguishers. Perfect for indoor use, no real smoke, no real fire. The electronic control system responds to the trainees' actions, putting the fire out only when the extinguisher is used correctly.



To Schedule a Free Class For Your Community Group Contact Larry Parker  
lparker@smgfire.org 619 570-0500 Ex 142  
Learn More at  
<http://www.smgfire.org/extinguisher.html>

SAN MIGUEL FIRE DISTRICT ARE YOU READY?



www.smgfire.org



## Join the San Miguel Fire District's CERT Program

### Free Training Includes:

- ★ Fire Extinguishers
- ★ Disaster Medical
- ★ Earthquake Preparedness
- ★ Search & Rescue
- ★ Disaster Psychology
- ★ And Much More!



What is CERT? Learn more at <http://www.citizencorps.gov/cert>

Classes Starting March 5, 2011 and Continue March 12, 19, 26 and April 2, 2011

FOR DETAILS AND TO RESERVE YOUR SEAT, PLEASE CONTACT LEONARD VILLARREAL AT: [lvillarreal@smgfire.org](mailto:lvillarreal@smgfire.org)

## Free CPR Training through the American Red Cross

Make San Diego America's Most Prepared Community!

Saturday March 19<sup>th</sup> – Session begin 7am – 1 pm

- Free Adult CPR training for all ages
- Safety Training for children ages 5-11
- The Red Cross now offers two-year CPR certifications (replacing the previous one-year certification)
- Check in at least 30 minutes prior to session - Each session lasts approximately 3½ hours
- Limited reduced rate parking available at the Concourse; easily accessible by masstransit

### For More information

General inquiries: Call 858-309-1369, email [cprsaturday@sdarc.org](mailto:cprsaturday@sdarc.org) or visit [www.sdarc.org](http://www.sdarc.org)  
San Diego Concourse — Golden Hall

## The 14th Annual Sage & Songbirds Festival is coming soon and vendor booths are available!

The 14th Annual Alpine Sage & Songbirds Festival, set for May 7-8, 2011, at Viejas Outlet Center. Event hours are 10 am to 4 pm both Saturday and Sunday. Also if you are a crafter or artist, they are now accepting applications. To download an application please visit <http://www.chirp.org/> or contact Christine Vargas, vendor chairperson, at 619-445-4489

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### ***Digital photography Tricks and Tips for your PC***

**Q&A: When I send a photo, the recipient complains that they are too big to see. How do I resize photos so when I email them?**

Microsoft Windows gives you an easy way to do this. Just open a folder (usually labeled My Pictures) that has the pictures you want to send and select the ones you wish to send (the easiest way is to press Ctrl-A on your keyboard to select all the photos in the folder. Or you can hold down the CTRL Key and choose specific photos to send). Then, in the File and Folder Tasks on the left side of the folder, click "E-mail the selected items." The Send Pictures via E-mail wizard will start. Just click "Make all of my pictures smaller" and wait for Windows to place miniaturized versions in your e-mail program for you. Note, this process will not work with all computers since some folks may have specific photo programs or email programs configured. If you have a web-based email program such as Yahoo or Gmail, this most likely won't work. A popular photo size for the Internet is 800 x 600.

Read more: [How to Resize Photos for a Web Upload | eHow.com](http://www.ehow.com/how_6756095_resize-photos-upload.html#ixzz1AUZTFKc2)  
[http://www.ehow.com/how\\_6756095\\_resize-photos-upload.html#ixzz1AUZTFKc2](http://www.ehow.com/how_6756095_resize-photos-upload.html#ixzz1AUZTFKc2).

A second option is to visit [www.photosize.com](http://www.photosize.com). This website will allow you to resize your photo and save it without downloading a program or having to deal with any complicated processes

Read more: [How to Resize a Photo for Free | eHow.com](http://www.ehow.com/how_5420394_resize-photo.html#ixzz1AUZuKIQt) [http://www.ehow.com/how\\_5420394\\_resize-photo.html#ixzz1AUZuKIQt](http://www.ehow.com/how_5420394_resize-photo.html#ixzz1AUZuKIQt)



## ***Delusional? Is it really such a bad thing?***

***By Lou Duggan***

So here we are already into March of the New Year. I don't know about you but I've been putting that New Year's Resolution on the front burner, unlike last year's resolution...but that's another story.

As the youngest in a family of six, I grew up with three older brothers all of whom suffer from various degrees of delusion. Tom, the eldest, is a Las Vegas "high roller" who's been in and out of jail most of his life on charges ranging from grand theft auto to arson and tax evasion. Brad, the second brother, has been writing the Great American Novel for the past 61 years and he still can't pay child support for his two kids. And the younger brother, Steve, is hoping for a big break on Hell's Kitchen. So delusion runs in the family, yes?

As for me, I think I can sing and play guitar. It all started back in high school when I tried out for the chorus in "Brigadoon". I chose to audition with the song "Woolly Bully" but, alas, my best friend was chosen and I was not. Somehow I recovered enough to try out for our Spring High School Talent Show with my good friend and fellow basketball teammate Tracy. We rehearsed many a night strumming Simon and Garfunkel's "Punky's Dilemma" and "Scarborough Faire". I actually knew most of the chords and could kinda sing the melodies by the end of March. (The talent show was April 2.) Still, Tracy dumped me and I was left to sing "Punky's Dilemma" and "Scarborough Faire" solo. I was the first to go on. My parents said the organizer put me first so the audience would believe the show just had to get better.

Undeterred, I enrolled in several community college choirs earning scowls from my fellow students and C's from my instructors.

Still the passion for music never seemed to die in me. So now, at age 59, I'm taking guitar lessons. My instructor's name is Louie and even though you may picture a mob-type henchman, I can vouch that he's harmless enough and comes recommended and employed by a national company called "Take Lessons.com". I first heard about "TakeLessons.com" from our neighbors Steve and Odie Goward who told me their daughter Danae now works for the company. So I am finally taking another shot at the music scene, brushing up on my chord progression, learning tablature and suffering from painful left hand fingertip indentations...all in the name of Music. Exhilarating!

So, if you too have dreamed of playing reggae on the piano, or jazz on your electric guitar, or of singing with a blues band in the Gaslamp Quarter, just do it! But don't tell your kids or your spouse. They'll probably think *you're delusional*.

For more information regarding TakeLessons.com, call Danae (1.877.231.8505 ext. 3053) and she can set you up with an experienced, certified teacher.

**Editor's note: I, too, must be delusional since I am currently taking piano lessons at Foothills Adult <http://adultschool.guhsd.net/> in my senior years! Registration for a variety of enrichment classes starts the beginning of March for the spring term. Or... are looking for a do-it-yourself approach to learning? Google Free Music Lessons and you will be amazed at the choices available to you.**

### **YUK... TAXES ARE DUE IN APRIL... NEED HELP?**

There is a bit of a break this year since the tax deadline is April 18<sup>th</sup> vs the 15<sup>th</sup> this year due to a holiday. Here are a few websites that can help you file your taxes for free or almost free.

[www.taxact.com](http://www.taxact.com) – offers free federal software and the deluxe state and federal software for \$17.95

<http://www.nbcsandiego.com/news/business/Local-Law-Students-Offer-Free-Tax-Help-.html> - Explains how local law students offer free tax help for low income filers.

[http://www.signonsandiego.com/uniontrib/20080210/news\\_lz1b10counsel.html](http://www.signonsandiego.com/uniontrib/20080210/news_lz1b10counsel.html) - Gives information on where to find information on Federal and state tax officials train volunteers to provide free help preparing returns for low-income, disabled.

[https://211sandiego.communityos.org/taxonomy/service\\_search.taf](https://211sandiego.communityos.org/taxonomy/service_search.taf) - Upon searching our 92021 zipcode, I found over 50 locations that offer some type of tax help.



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

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

e-mail: [wrplanning@aol.com](mailto:wrplanning@aol.com) website: [www.crestplanning.org](http://www.crestplanning.org)

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

Meetings are held the 2<sup>nd</sup> Monday of each month at 7:00 pm. Locations rotate between the Dehesa Fire Station, The Crest Community Center, and the Harbison Canyon Community Center. The September, October, November and December meetings will be held at the Harbison Canyon at Ironside Park. Meeting agendas, minutes, and planning commission documents may be found on their website at [www.crestplanning.org](http://www.crestplanning.org). The website can also be accessed by going to the [www.thecrestsun.com](http://www.thecrestsun.com) website and clicking on planning group or organizations.

**The following are segments from the December 13, 2010 minutes regarding Crest. For a full copy of the minutes go to [www.crestplanning.org](http://www.crestplanning.org)**

Item 2. Announcements. Pat Ulm reported reading a newspaper article announcing that the Home Depot Center annexation approval by the City of El Cajon has been upheld by a recent court decision that denied the County's appeal of the City's actions.

Wally Riggs announced that:

- Pat Ulm, Bill Bretz, Herb Krickhahn and Jeff Myrick were declared elected to Planning Group seats for 4 year terms ending January 5, 2015;
- The Board of Supervisors will appoint Judy Bowen to Seat 1 (Crest) and Jack Vandover to Seat 10 (Harbison Canyon) at its Board meeting on 8 January 2011;

**The following are segments from the January 10, 2011 minutes regarding Crest**

Item 2. Announcements. Chairperson Wally Riggs announced that: • Ryan Darcy is joining the Planning Group as the Crest representative filling Seat 4 (and he provided him with a number of handouts related to Planning Group function and process);

Item 3a. Open Forum. Kandy Collins informed the Group that at 10 AM on 19 January 2011 at the Crest Community Clubhouse, representatives from six public Agencies will hold a public review of the Community Wildfire Protection Plan; local residents are welcome to help develop a good CWPP to serve as the basis for applying for and receiving grants that benefit the community.

Item 3b. Group Forum. Pat Ulm informed the Group that at 10 AM on 28 January at the Crest Community Clubhouse Supervisor Diane Jacobs will host a Coffee with Constituents meeting, and the public is invited.

### **MORE GREAT THINGS TO DO...**

**Flower Fields Ranunculus Season – March & April** -Flowers, flowers as far as you can see. Every March and April, the Flower Fields at Carlsbad Ranch blossom into a spectacular sea of brightly colored ranunculus flowers. Tours are offered, and photographers, professional and amateur alike, set up for stunning closeup buds in bloom. Located about 30 minutes north of downtown San Diego. [www.theflowerfields.com](http://www.theflowerfields.com)



**Spring Forward Festival – Escondido – March 13 10-4** – Grape Day Park – Cost: Free <http://eventful.com/escondido/events/spring-forward-festival-2011-/E0-001-036692506-0> plan to attend the Spring Forward Bash and clocks forward event. 100 plus Exhibitors with products and services labeled or "Made in the U.S.A". and Live Music.

**Borrego Springs Plein Air Invitational** - March 14 - 19, 2011. Sponsored by the Borrego Art Institute: [www.borregoartinstitute.org/](http://www.borregoartinstitute.org/) Includes an Art Walk, Festival, and Community Show.

**Art Walk – April I** Every April, hundreds of emerging and established artists showcase a variety of media including painting, sculpture, poetry, drama, video and design. Performance artists, music and the charming neighborhood of Little Italy adds flavor to this vibrant and popular event. [www.artwalkinfo.com](http://www.artwalkinfo.com)

# Community Worship



**St Louise de Marillac  
Catholic Church**  
2005 Crest Drive –  
Phone: (619) 444-3076,  
Fax: (619) 440-1325  
Fr. Justin Langille, Pastor

**Regular Weekend Services (SEP-MAY):**  
Saturday..... 5:30 PM  
Sunday..... 8:00 AM and 10:30 AM  
Daily Mass: 8:00 AM (Mon-Thu)

**Crest Community Church**  
2198 Suncrest Blvd,  
Phone: (619)-442-3736  
Pastor Tony Lambert  
Services:

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

**Attend the Easter Sunrise Service @ 7:00 am at Nancy Jane Park  
All invited!**

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**Griselda's Corner**

By Griselda Layman

**Kindness**

At times many of us think that it takes a lot of our time, effort, or money to be kind to someone, be it your family member, neighbor or stranger. I have found it to be very easy for it only takes a smile, a flower, an offer to help with the dishes, or an offer to pick up something for them while in town.

Well, the story I'm about to tell you happened in a downtown city not far from here. It was winter season on a cold, chilly morning and every one seemed to be in a hurry or lost in their own thoughts. No one was really seeing or caring about the coatless, barefoot, rag-tattered, dirty woman and her two young children standing on the street corner begging for money or food to feed her children.

A well dressed woman came from around the corner and observed the scene. She envisioned herself in the woman's place and invited them to follow her to a nearby shoe store. The woman hesitated at first but after being told that the shoes would be for her three year old son and 12 month old daughter, she followed. At the store entrance the woman again hesitated to come in saying she was not welcomed. As soon as they entered, several of the store clerks approached her with disdain & loathing telling her to "get out!" Imagine their surprise when the well dressed woman spoke to them and said they were her guests and would be buying shoes for them. Nobody wanted to help them since their smell could be detected 10 feet away; however someone finally came and the woman and her children were fitted with any shoe of their choice and socks.

As they walked out of the store the woman had tears in her eyes and expressed her gratitude. The children were happy to be warm and puzzled to have something on their feet since they probably had never worn shoes before.

I walked away knowing that a kindness act had been shared.

"Love one another"

## Meet Your Crest Sun Volunteer Staff

As we previously mentioned, Friends of Crest, former keeper of The Crest Sun and the Crest Sun Website has closed its doors. In order to keep the Crest communication line open, Linda Hjelle, Editor of the Crest Sun and Karin Weiss, Webmaster have taken on the maintenance and financial responsibility of maintaining the paper and website. In reality, nothing has changed. We do not make a profit and depend solely on our advertisers to cover the printing costs. We thought you might like to associate a name with a face.....



### **Karin Weiss, Webmaster, The Crest Sun Website**

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

Born and raised in Northern New Jersey to German parents, Karin graduated from Montclair State University with a degree in Graphic Arts and Photography. After years in the Photographic Industry as a sales rep, Karin moved to SD in 1992 and continued her career as a rep for Kyocera/ Yashica-Contax Camera Division in Southern California.

In 1996 after the birth of her son, Harrison, Karin started her volunteering in 2001 at Crest Elementary School and joined the PTA. In 2004, Karin was elected PTA President and served until 2006. During that time Karin wrote a grant for a DVD Art Library for the school that was awarded.

Being a friend of Betty Lucas and the library, Karin took over Betty's Crest Sun Website after Betty's death and re-vamped the website to help organize information and to better service the community.

During that time, Karin and her husband Mitch, started PU-Products LLC, a marketing and sales company for the Off-Road Industry. Today the company is a women-owned business that now imports ROK Straps™ and is a master distributor for FROGLUBE® a USDA Bio-Preferred firearms cleaner. The company serves the general public, law enforcement and the government. Karin also created the website for the San Diego Off-Road Coalition. You can find Karin most times at her desk in Crest. Contact her at [thecrestsun@cox.net](mailto:thecrestsun@cox.net)



### **Linda Hjelle, Editor, The Crest Sun**

One of the many reasons I love Crest is that it reminds me of upstate New York where I spent the first 20 years of my life. I moved to California in 1970, settled in the El Cajon area. My husband Jerry and I married and moved to Crest in 1996 and both agree it is our little piece of paradise. It's such a warm and friendly community.

I was employed by the Cajon Valley School District for over 30 years in many capacities including office manager, computer technician, software trainer. The final 20 years were spent as Director of Technology Services for the District. If I look vaguely familiar to you, I also spend several years teaching ROP computer classes during the evenings to adults and high school students at the various high schools in the Grossmont District. Yes, I am a techno nerd!

While I loved my career, being retired is the greatest! Jerry and I love to travel everywhere we possibly can with a long bucket list of places yet to see. My spare time is spent playing with my grandchildren, my digital camera, and taking fun "senior classes" at Foothills Adult trying to break through to the artistic side of my brain! And, of course, let's not forget "The Crest Sun", my volunteer labor of love.

I began volunteering in Crest after I retired in 2005 during the recovery period from the Cedar fire. Working with the Friends of Crest, Crestridge, CCA and the Crest Sun newspaper has enabled me to meet so many great Crest residents.

My latest endeavor is to work with the Crest Historical Society and put together a publication of the history of Crest. If you have any stories or photos of Crest in its early days, now is a great time to share them with the Historical Society or contact me at [editor@thecrestsun.com](mailto:editor@thecrestsun.com).

**Next Crest Sun Deadline:  
April 20, 2011**

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

**Linda Hjelle** – [editor@thecrestsun.com](mailto:editor@thecrestsun.com) or [Lindahjelle@cox.net](mailto:Lindahjelle@cox.net) (517-9838)  
**Crest Website:** [www.thecrestsun.com](http://www.thecrestsun.com)  
**Webmaster: Karin Weiss** (579-3951)  
email: [webmaster@thecrestsun.com](mailto:webmaster@thecrestsun.com)  
**Information: Chris Seebold** –  
[help@thecrestsun.com](mailto:help@thecrestsun.com) or [Winters72@hotmail.com](mailto:Winters72@hotmail.com)  
(447-5826)

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

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

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

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



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

- Send your check for \$20 to The Crest Sun , 328 Lila Lane, Crest, CA 92021-4094
- Please add a note that you are advertising your link on the website.

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Call Karin Weiss at  
579-3951 or email [webmaster@thecrestsun.com](mailto:webmaster@thecrestsun.com)

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