



A Newsletter for Crest

Volume 12

March - April 2010

Number 2



Crest certainly did see its share of excitement from our winter storms. Fallen trees, a boulder blocking the La Cresta grade, and two lengthy electrical outages were just a few of problems residents experienced. On the up side, we soon hope to see some beautiful wild flowers emerging from these rains as spring

approaches.

January and February were busy months in Crest. The Crest Community Association has a newly elected Board in place. Welcome to Paul Johnson and Rick Bradt, the two newest Board members.

An outstanding music night was held February 6 at the Clubhouse to a full house featuring our own Crest musician, Dave Silva and friends.

On February 14th, CCA participated with the American Sewing guild in a nationwide sewing event to make drawstring bags for service men & women who have been deployed. Thanks to Glenna Evans for hosting this worthwhile event and watch the blackboard for a second date scheduled in March.

CCA hosted "Coffee with the Constituents" and Dianne Jacob made a visit to our clubhouse to visit with Crest residents. Visit the CCA pages 5-6 for more CCA news.

Looking forward, there are some great events scheduled for the next couple of months.

Mark your calendar for a special Spring Festival April 24th from 9-12 pm. The Earth



Discovery Institute and Crestridge Ecological Reserve are hosting a spring celebration and fundraiser at the Reserve. The spring festival celebrates kids and art in the natural environment. There will be a native plant sale, an art sale, demonstrations, guided tours and more. Crestridge is our own special reserve. Make it a point to support this worthwhile endeavor. See page 2 for additional information.

Join the Crest Community Church for a fun family day on Saturday, March 20 from 11:30 -3:30. See page 27 for additional information on the Mighty Man/Woman Competitions!



Mark your calendar for Crest's traditional Easter Sunrise Service in Nancy Jane Park at 7 am on April 4th.

There will also be a Kiwanis sponsored Easter Egg hunt and kids breakfast on April 3rd. (See page 31)

Mark your calendars to watch NBC (Channel 7/39) on Friday, March 12th at 11:00 pm. Ken Kramer will be doing a short "About San Diego" segment on Crest starring our own Crest historian Dorothy Miller. A longer version will be shown on KPBS in a month or two.

EARTH DISCOVERY
INSTITUTE



Spring Celebration

and fund raiser

April 24, 2010 – 9:00 a.m. to 12:00 noon

Come and Have
Fun!



Celebrate Spring!

- ⊗ Kids activities
- ⊗ Native Plant & Back Yard Habitat sale
- ⊗ Art for sale!
- ⊗ Science Demonstrations!
- ⊗ Recycling projects and activities!
- ⊗ Native American Dances and Storytellers!
- ⊗ Guided tours and much more!
- ⊗ Mark your calendar !

For more information contact us at
www.earthdiscovery.org
(619) 447-4715
lindarathome@yahoo.com

Who: Earth Discovery
Institute at Crestridge
Ecological Reserve

What: Spring Festival
celebrating Art and Kids in the
natural environment.

When: April 24, 2010
Time: 9 a.m. to 12 noon

Where: Outdoors at
Crestridge Ecological Reserve.
Look for signs on La Cresta
Road, Mountain View Road,
and Horsemill Road.



Crest Contacts

Crest Community Contacts		
Crest Community Assn. LindaHjelle@cox.net	Linda Hjelle (email)	517-9838
Crest Community Church crestchurch@sbcglobal.net	Anna Johnston (email)	442-3736
Crest Black Board	Kandhy Kathy	444-4996 440-6097
Clubhouse Rentals rentals@thecressun.com	Rick Bradt (email)	444-2641 or 44-CREST
Crest Fire Safe Council crestfiresafecouncil@yahoo.com	Kandhy Franklin (email)	44-crest
Crest Garden Club kathyfedor@gmail.com	Arlene Palmer	441-0187
Crest Historical Scty.	Dorothy Miller	444-0968
Crest Kiwanis	Linda Chase	447-2652
Crest Library	Rosi Mejia	442-7083
Crestridge Reserve	Cathy Chadwick	749-5767
Crest School www.cajonvalley.net	Office (website)	588-3128
Crest Sun Newsletter editor@thecrestsun.com Information winters72@hotmail.com	Linda Hjelle (email)	440-8540 517-9838
The Crest Sun website webmaster@thecrestsun.com	Karin Weiss (email)	579-3951
E-Crest-rians	Kandhy Franklin	444-4996
Friends of Crest	Message	44-Crest 246-4300
St Louise Church	Father Languille	444-3076
Sub-Regional Planning. crestplanning.org	Judy Bowen (website)	440-0783
Help Lines		
Highway Patrol: Traffic Related	(858)	637-3800
Abandon Vehicles	(619)	441-4264
Sheriff Alpine Station	Dispatch (858) (619)	565-5200 659-2600
San Miguel Fire Dst Crest Fire Office Fire Marshal Public Info Officer Fire Chief www.smgfire.org	Business Of.. Burn Permits Marsha Larsen Leonard Villarreal August Ghio (website)	670-0500 588-8112 660-5356 660-5359 660-5351
Adult Protective Svs Child Abuse Hot Line	(800) (800)	510-2020 344-6000

Animal Control	(760)	438-2312
Code Enforcement	(858)	694-2705
Contractors Board	(Fraud) (800)	321-2752
Crime Stoppers	(619)	531-1547
FBI (telephone scam)	(858)	565-1255
Illegal Dumping	(858)	495-5143
Noise Abatement (dogs), abandoned vehicles, accumulated solid waste complaints	(858)	694-3741
Planning & Land Use	(858)	694-3741
Poison Control	(800)	876-4766
Postal Police	Mail Fraud(877)	876-2455
Road Conditions	(800)	427-7623
Secret Service -Fraud	Currency/Credit	557-5640
Social Services	(619)	401-6000
SD Regional Center	(858)	576-2938
Stores and Restaurants		
Crest Foods	Tony	444-8132
Lenardo Pizzeria	Sam	444-1389
Rainbow Farms Mrkt	Mark	444-7504
Advertisers		
A Crest Plumbing	Erick	590-2625
Aberbom's Ark Pet Salon	Now in Crest	448-8642
Bowlby Electric	George	440-3051
Central Air & Heating	Charles Collins	444-9955
Chocolate beelady@aol.com	Pat Goulart	442-4879
Day Care	Griselda	588-2747
E&L Mobile Repair	Eric Flick	654-3849
Got Clutter		200-8071
Kathy Kuts Kathy@kathyKuts.com	Kathy Kaderabek (email)	447-1945
Knox Reprographics Knoxservices.com	Mary Bauer website	230-6300
Mane Teaze Salon	Alpha	561-8014
Mobile Horse Training	Karen	792-5922
Modern Septic Service		444-1131
Marvelous Organizing marvelousorganizing.com	Risa Goldberg email	231-1113
Nu Skin (age-Loc)	Pat Goulart	442-4879
Real Estate & Loans	Rayna Mack	922-2524
Tutoring Services	Karen Nunes	792-5922
Women's Fitness World		441-1131
Xango xango@justanounce.net	Marie (email)	328-1157

MARCH 2010						
	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	27	27
28	29	30	31			

APRIL 2010						
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25	26	27	28	29	30	

Calendar of Events March-April 2010

03/02/10	1:00 Tuesday	Historical Society Meeting – Library
03/03/10	Wed 5:00-7 pm	CCA Community Dinner
03/13/10	7:30 am – Sat	Kiwanis Board Meeting – Clubhouse
03/08/10 03/08/10	7:00 pm	Crest Garden Club – location TBA Sub Regional Planning Group – Crest Clubhouse
03/09/10	5:45 – Tuesday	Crest Community Association – Board Meeting – Clubhouse
03/11/10	7:00 pm -Thurs	San Miguel Fire Protection District Board Meeting - 2850 Orange Way – Spring Valley
03/16/10	7:00 pm – Tues	Crest Community Association – General Meeting
03/27/10	8:30-10:30 Sat	Community Breakfast by Kiwanis at the Clubhouse
03/15/10	6:00 pm – Mon	Kiwanis Meeting – Visitors Welcome – Location: Clubhouse
04/03/10	Sat – 9:00 TBA	KIWANIS EASTER EGG HUNT AND FREE BREAKFAST FOR KIDS See page (Page 31)
04/04/10	7:00 am – Sun	EASTER SUNRISE SERVICE Nancy Jane Park (see Page 27)
03/20/10	11:30-3:30	FAMILY FUN DAY – CREST COMMUNITY CHURCH Mighty Man/Women Competition (see Page 27)
04/24/10	9:00-12:00 am	SPRING CELEBRATION Crestridge Reserve (see Page 2)
04/06/10	1:00 pm- Tues	Historical Society Mtg – Library
04/08/10	7:00 pm -Thurs	San Miguel Fire Protection District Board Meeting - 2850 Orange Way – Spring Valley
04/07/10	5-7:00 – Wed	CCA Dinner – Clubhouse
04/13/10	5:45 – Tues	CCA Board Meeting – Clubhouse – Board Meets
04/10/10	7:30 am – Sat	Kiwanis Board Meeting – Clubhouse
04/12/10		Crest Garden Club – Call Arlene for Details 441-0187
04/12/10	7:00 pm Mon.	Sub Regional Planning Group – Crest clubhouse
04/19/10	6:00 pm – Mon	Kiwanis General Meeting – visitors welcome – location: Clubhouse
04/13/10	7:00 pm – Tue	CCA Meeting Clubhouse – General Meeting
04/24/10	8:30-10:30	Community Breakfast by Kiwanis at the Clubhouse
04/20/10	5:00 pm	Deadline for Crest Sun Submissions

Deadlines for Share Program (See page 27 for more information)

Pick up and Delivery – Crest Community Church

Order: March 19 and April 16 before 12:00



Crest Community Association

From the President:

I would like to thank all of you who had the confidence in me and elected me as your president of the CCA. The board and I are looking forward to a great year that is ahead of us.

We just held our first association meeting and have a few items on our agenda. Look forward in the next few months for the installation of our new window blinds that have been measured and ordered. These blinds will make it nicer on those hotter sunny days as they will deflect the sun but still let in the light.

As spring grows closer we will be ready to start sprucing up the lawn and flower beds at the clubhouse.

I would also like for all of us to start getting ready for our 4th of July parade. I will call a meeting in March so we can start getting our committees and volunteers ready.

As a reminder, the association meetings are the 3rd Tuesday evening of each month at 7:00 pm. I would encourage you all to come as we are here to serve you. We would love to hear your voice on the matters that affect our community.

In closing, I would like to express my appreciation to Linda Hjelle for her service as president this last year. With her leadership and community support, the board has enough revenue to support itself for at least a year. I have big shoes to fill. Our board members are excited as well as I am on this upcoming year with the challenges and opportunities that will be presented.

Please feel free to contact me with any concerns and or needs you may have. My e-mail address is: johnson7409@att.net.

Again, thanks to you all, and please come out to the association meetings so I can get to know you.

Sincerely,
Paul Johnson, President CCA

Meet Your New CCA Board

Congratulations to our new Crest Community Association Board elected at the January 26th General Meeting. New officers include (photos left to right: President, Paul Johnson; Vice President, Tony Atkins; Secretary: Cathy Kolbenschlag (photo missing) Treasurer, Susan Lee Cooke; Fifth Board Member: Rick Bradt



CREST COMMUNITY ASSOCIATION MEMBERS

A big apology goes to the following CCA members who inadvertently were omitted from our membership list last month:

Atkins, Tony and Barbara
Heidman, Gary
Johnson, Paul and Jeanne
Joslin, Larry and Debbie
St Louise De Marillac Church

Ford, Doran and Hanna
Hilburn, George and Becky
O'Leary, Dan and Martha
The Crest Sun
Heidi Tucker & Steve Hilub

Goldberg, Risa
Higdon, Allen
PU Products, LLC
Palmer, Arlene & Gary
Weiss, Karen and Mitch

Music Night – February 2010

Clubhouse News



Coffee with Dianne Jacob- January 28th 2010

Crest Residents and Crest Elementary School Student Council



Marie's Painters - February 17, 2010 (Batik class)





CERT CLASSES TO START IN MARCH! WATCH THE BOARD, READ YOUR EMAILS FOR THE TIMES AND BEGINNING DATES.

Crest Fire Safe Council is busily working full speed with the fuel reduction grant. At the present time the crew is working on the community's East boundary, this property is owned by the Ginlardi family. Randy Ginlardi, who is managing the property, has been most helpful and has allowed the fire safe council to work on the private land boundaries to achieve the necessary MOU requirements. Wind blown Santa Anna fires typically come in from due east. This land from Highline Trail to Mountain View (bordering Al Bahr) is a critical fuel reduction area to protect our community.

The Crest Fire Safe Council would like to thank the Ginlardi family and the many, many other individuals who have granted access to their land for the purpose of a Greater Crest Fire Fuel Break. The progress we made in the past few months would not have been possible without this community's outpouring of understanding and cooperation. The project is planned to complete its first phase in the next month, and then will be followed up by a spring flash fuel (grasses) treatment with the goats.

(Kathy Fiedor CFSC member visits with a newly born baby goat at the project site.)



E-Crest-Rian News



Welcome to Spring! The E-Crest-Rians are looking for your response: Is there a need for a **SPRING HEALTH CLINIC?** If you are interested, please call or email Kandhy Franklin at 619-444-4996 or kandhyfranklin@cox.net. The E-Crest-Rians have been going to other club meetings to gather information on activities and trails. Keep looking for emails and on the web site for the dates. Karin Weiss does a great job of keeping our "Horse Corner" updated! During Spring break, we are hoping there is an opportunity to get out and go on rides with some new folks.

It is interesting to note that there are many interesting projects that are happening around our community. At first glimpse it may appear they don't affect us, but they really do. Take a couple of minutes to look at the web sites of the Lakeside Planning Group, Alpine Planning Group, and our Sub-Regional group. Housing, Sunrise Powerlink, and trails are on their agendas as the 2020 Plan is being finalized. Our Crest representatives are doing their best to keep our Crest atmosphere as well as explaining to our government representatives the "cul-de-sac" design of the community.

REAL ESTATE & LOANS

NOW IS THE TIME TO REFINANCE- INTEREST RATES ARE AT HISTORICAL LOWS- DON'T MISS THE RATE~

Don't ruin your credit before trying a SHORTSALE!!

FHA AND VA LOANS AVAILABLE
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YOUR BIG PURCHASE MUCH EASIER!
INTERVIEW ME FOR YOUR NEXT DEAL!*

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Visit my website for listings, loan payment calculators, mortgage information
buying and selling tips and much more!

www.raynamack.com

raynknowsrealestate@cox.net



~REALTOR, LOAN CONSULTANT, NOTARY PUBLIC

MY RECENT SALES, LISTINGS & ESCROWS IN CREST~

1279 HORSEMILL ROAD- NEW LISTING AVAILABLE

429 WEST LANE- IN ESCROW

2103 SUNCREST BLVD- IN ESCROW

345 ALTA LANE~ SOLD BY RAYNA MACK

1092 LACRESTA BLVD~ SOLD AND BOUGHT BY RAYNA MACK

417 WEST LANE - LISTED BY RAYNA MACK

March & April 2010 @ Crest Library

Children's Programs

ROSI'S CRAFTS & COLORING TABLE - TUESDAYS

ROSI'S CRAFT TABLE - WEDNESDAYS

Baby Storytime Wednesdays, March 17, & April 21, 10:30 AM

PJ Storytime Tuesdays, March 23, & April 20, 6:30 PM

Saturday Family Craft Program 11AM

Soapmaking - March 6

Ribbon Jewelry Making - March 13, April 3, 10

CD Clock Making - April 17

Scrapbooking - March 20, April 24

Knitting - March 27

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

call Rosi for appointment - phone 619-442-7083

Club de lectura "Leyendo Juntos"

Las uvas de Ira y Qué vida ésta- viernes, 5 de marzo

La sombra de Poe de Matthew Pearl

Disfrute de conversación acerca del libro del mes

Viernes, 2 de abril, 11 AM

Mystery Book Club

Grapes of Wrath & Hard Eight - March 5, 3 PM

Poe Shadow by Matthew Pearl Friday, April 2, 3 PM

Join us by submitting your comments on our blog

<http://crestlibrarymysterybookclub.blogspot.com>

"Best Deals & Steals in San Diego!" March 16, 6:30 PM

Celebrate Día de los niños featuring Rafael the

Magician - Tuesday, April 13, 6:30 PM

Please visit our Japanese Toy Exhibit!

All programs are subject to change or cancellation without notice. *Todos los programas de la biblioteca son sujeto a cambio o cancelación sin aviso.*





Mane TeaZe Salon



Full Service Salon

Crest Family Owned and Operated

* Hair

color specialist, hair extensions, up-dos,
all hair services

*Skin

facials, waxing, treatments

*Massage

*Ionic Detox Treatments

13330 Hwy 8 Bus

Lakeside, Ca 92040

(619) 561-8014

ask for ALPHIA

FELLOW "CRESTARAINS"

RECEIVE 20% OFF

Out and About in San Diego County

1. “Thursday Night Thing” (TNT) – <http://www.mcasd.org/index.php#TNT>

On the third Thursday of each month, admission is free from 5 to 7 pm at all Museum of Contemporary Art SD locations. Beginning at 7 p.m., something different and interesting will be happening downtown — from slide jams, DJ lessons, and poetry readings to live bands, artists' talks, and video projections — TNT's eclectic events will be occasions to interact with the arts and artists in the San Diego region. It is free, but a \$3 donation is suggested for non-members.

2. Ray at Night Artwalk in North Park - <http://www.northparkmainstreet.com/promotion/ray.htm>

For local art lovers, Ray Street in North Park is known as a vibrant hub of art galleries and studios. And on the second Saturday of every month, this narrow, one-way street off of University Avenue, just east of 30th Street becomes Ray at Night, a gallery art walk event drawing over 1,500 people. From 6 to 9 p.m., you'll find a wide variety of artwork on display including paintings, sketches, sculptures, ceramics, blown glass, organic art and jewelry. There is often entertainment at the event – everything from jazz, blues and cultural music to poetry readings and performances by dance groups. Since it's inception in 2001, Ray at Night has steadily grown to over two-dozen businesses participating. It's a great way to discover North Park. This FREE gallery walk is held the second Saturday of every month in North Park and is the largest and longest running artwalk in San Diego's history.

2010 SCHEDULE: Feb. 13, Mar. 13, Apr. 10, May 8, June 12, July 10, Aug. 14, Sep. 11, Oct. 9, Nov. 13, Dec. 11



3. Borrego Springs 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 beginning 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.

4. Dana Point Festival of Whales – www.dpfestivalofwhales.com

Migrating gray whales use the jutting headlands of Dana Point as a landmark. A two-weekend festival which includes a parade, art exhibits, street fair, whale-watching excursions, car shows, concerts, tide pool hikes and water sports competitions can be seen March 6-7, 13-14. (949)472-7888

5. St Patrick's Day Parade and Festival – www.stpatsparade.org - March 13 – Balboa Park Parade, Celtic village, beer garden, entertainment and kids' zone – 858-268-9111.

6. Seaport Village Busker Festival – www.seaportvillage.com/busker - April 10-11

For the fourth year, dozens of urban artists (street entertainers) gather to perform family-friendly acts. Saturday night offers “Buskers After Dark” party for adult guests. 619-235-4014

7. EarthFair, San Diego – www.earthdayweb.org - April 18 – Balboa Park

More than 200 exhibitors, food, entertainment, parade and show. (858)272-7370

8. Avocado Festival, Fallbrook – www.fallbrokca.org April 18 - Celebration of the “alligator pear” with culinary contests, live entertainment, arts and crafts, tasty avocado foods. (760) 728-5845

Aberbom's Ark Pet Salon Now open in North Crest !

All breed dog and cat grooming.
Service done by two master pet stylists :
Debra and Andrea Aberbom

All pets groomed with lots of TLC and with the individual
pets needs in mind.

Below is one of our
little rescues.
A 3 year old
pomeranian with a
dirty matted coat.

Check us out on our web site : aberbomsark.com

Many services available. Bathing, hair
cuts, tooth brushing, de-shedding
treatments, flea baths and more.

Ask about our discounts for multiple
pets, rescues, service dogs and military.
Call for information and an
appointment today.

Before : A matted messy coat



After : Clean and happy
and " King " of the poms.



(619) 448 - 8642

our location :
136 Dormae Lane
El Cajon, (Crest) Ca. 92021



Create Your Own Photo Show Screen Saver

Do you have hundreds of photos stored on your computer but don't have time to stop and look at these wonderful memories? Turn your computer into a slide show by setting your screensaver to be a slide show of all your photos. If you leave your computer on during the day, after a few minutes of non-use, it will revert to a random slide show of all the photos you have stored in your "My Pictures" folder. How is this done, you ask?

If your PC computer uses the XP operating system, follow these steps:

Start, Click Control Panel,
Select Appearance and Themes

Choose a screen saver

Click on the Drop Down box and **choose My pictures slide show** (Also select a wait time before it goes to a slide show- I'd recommend 10 minutes)

Click OK (**Remember, the photo show will not appear until after the designated wait time.**)

If your PC computer uses the Vista operating system follow these steps:

Click the windows icon in the bottom left corner of your screen

Click on Settings, follow the arrow to the right to bring more settings and click on Control Panel

Select Personalization (another screen will pop up)

Select Personalize appearance and sound

Select Screen Saver

Select the screen saver drop down menu and select photos

Click Apply

(You may wish to change the wait time which is the time it waits before going to your photos (leave everything else alone)

You may close the screen at this time by clicking the "X" in the right hand corner...

(Thanks Judy Becker for her Vista expertise)



Deals and More...

Sally Gary, author of "Best Deals and Steals in San Diego" will be presenting a program at our own Crest Library on 3/16 at 6:30 pm. Don't miss it!

1. Going to the Fair this Year?

Plan to go with the **Best Pass Ever!** You can visit all 22 days of the 2010 San Diego County Fair for just \$22.00. That's one dollar per day! The Best Pass Ever makes a great holiday gift, so get more information and order your pass by going to:

<http://www.sdfair.com/fair/>



2. Free Kids Birthday Parties at IKEA San Diego

Did you know that San Diego IKEA in Mission Valley hosts free kids birthday parties on the first Tuesday of every month. The party is for all children turning 10 years old or younger during the selected attended party date. Each birthday child is allowed to invite two of their friends to the party. Event includes face painting, a magic show, soda, and cake. Plus, each birthday child will receive a gift from IKEA. Please call (619)283-6166, ext#1330 to reserve a place at the party. http://www.ikea.com/us/en/store/san_diego/activities

3. It's always good to remind folks about restaurants that have deals that allow kids to eat free. Here are a few: (It's always good to call first to confirm the deal is still on.)

Tuesdays at Pat & Oscar's - Receive a free Just For Kids Meal with any adult purchase of \$5 or more (limit one free Just For Kids meal per person and purchase). The three Just For Kids meals (Pasta, Pizza or Chicken) are accompanied by a variety of side dishes, including veggie sticks, trans-fat-free potato wedges and breadsticks. Just For Kids meals also include an activity book filled with games, puzzles, coloring programs and more.

Monday @ Fuddruckers - 4 p.m. - 9 p.m. Children ages 12 and under eat for 99¢ from the kid's menu (Drink is included). The [Fuddruckers kids' menu](http://www.fuddruckers.com/locations.php) includes hamburgers, hot dogs, grilled cheese, macaroni & cheese, chicken bites, cheeseburger and mozzarella sticks. <http://www.fuddruckers.com/locations.php>

Applebees – At Applebees, kids eat for free on Mondays. There is one free kids' meal for each adult entree purchase. Additional kids are \$1.00. The kids' menu at Applebees (http://www.applebees.com/Menu_Kids.aspx) includes chicken fingers, cheeseburger, grilled cheese sandwich and macaroni & cheese. Not all locations offer this deal so be sure to call ahead to see if your location does!

I-Hop Mondays 4pm-8pm - Kids ages 12 & under eat free- One Kids' Menu item per Adult entree (Drink NOT incl). IHOP kids' menu includes pancakes, french toast, omelettes, chicken strips, cheeseburgers, grilled cheese sandwiches, eggs, fruit and fish. (Menus seem to vary widely by location – Call first)

Hooters– Kids eat free at Hooters all day long on Sundays <http://www.hooters.com/home.aspx>

4. 2fer is Back for Southern California Residents! - www.Disneyland.com

Enjoy the magic of *Disneyland*® Park on one day and the excitement of *Disney's California Adventure*® Park on another day — at a spectacular rate of just \$36 a day**! From January 5 to April 12, 2010, Southern California residents can purchase a 1-day admission to a *Disneyland*® Resort Theme Park and visit the other Park within 30 days for FREE*.

5. Give a Day. Get a Disney Day

http://disneyarks.disney.go.com/disneyarks/en_US/WhatWillYouCelebrate/index?name=Give-A-Day-Get-A-Disney-Day

Volunteer a day of service in 2010 to a participating organization and get one day admission to a theme park at The *Disneyland*® Resort, free. You must sign up by going to the above site.

6. www.Couponmom.com

This is a great way to get a variety of coupons. During my recent visit in mid-January, I found coupons for discounts and free shipping at Macy's, Kohls, Bloomingdales, Pennys, Nordstroms, Saks, Best Buy, Home Depot, Walmart and lots more. The site connects you to other sites that also feature coupons (coupon.com) and a section that offers free samples. This is all in addition to the hundreds of coupons for food which are available in printable format or downloaded to your grocery store savings cards.

7. Do you have a good idea? Look up the Pepsi Refresh Project
<http://www.refresheverything.com/>
Pepsi is looking for people, businesses, and non-profits with ideas that will have a positive impact. Look around your community and think about how you want to change it. You may be eligible for 5,000-\$250,000 grant. They accept 1000 ideas each month and award 30 grants each month. All Applications must be submitted by US residents and must benefit projects taking place and serving the US. Categories include Health, Food and Shelter, Neighborhoods, Arts and Culture, The Planet and Education.
Who can apply?
All legal residents of the United States residing in one of the 50 United States or the District of Columbia who are 13 years of age and older. They are looking for ideas from individuals, non-profits and pro-social businesses that can make a positive impact in the community. Ideas should be feasible and completed 12 months from the date you receive the first funds.



DAYCARE

LOVING MOM/GRANDMA & FORMER PRE-SCHOOL TEACHER WILL TAKE CARE OF YOUR CHILD.

- I provide nutritious meals and snacks, in a safe clean home, with over 30 years of experience in helping moms with taking care of their children.
- Excellent references, reasonable rates. A member of the Trust Line Registry Program with the State of California.
- Located in the Crest Area, 5 minutes from Freeway 8.

Call: **Griselda, (619) 588-2747**





1335 La Cresta Blvd., Crest, CA

619-444-7504

Friendly Service

Wide Selection of Groceries

Beverages and Ice

Beer, Liquor, Coolers

Large Wine Variety

We have lots of new items and notions

Stop here first before you go down the hill!



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

ACREST PLUMBING AND DRAINS

ALL CLOGGED UP?

WATER HEATER PROBLEMS ?

WATER PRESSURE PROBLEMS ?

If you're in need of a trustworthy plumber for a **NEW FAUCET, WATER HEATER, SOFTNER, PRESSURE REGULATOR OR IF YOU JUST HAVE A LEAK**, then look no further because **ONE CALL DOES IT ALL!!**

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

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

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

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

Meetings are held the 2nd Monday of each month at 7:00 pm. Locations rotate between the Dehesa Fire Station, The Crest Community Center, and the Harbison Canyon Community Center. The next meeting of the planning commission is January 11, 2010 at the Crest Clubhouse. Note the meetings will be held in Crest for Jan-April meetings.

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

The Following are segments from the November 9th Minutes regarding Crest. For a full copy of the minutes go to www.crestplanning.org:

The County granted an 18-month time extension, as requested by the applicant (and recommended for approval by the Planning Group) for the Crestlake Project.

Item 3a. Open Forum. Cathy Chadwick, Crest, informed the meeting that she had condensed Ms. Seebold's comments regarding the undergrounding of electric power lines in Crest, and had sent them to Wally Riggs for distribution.

David Richardson, Crest, reported his observation of activity at/on the Crest microwave towers and asked if it was a project that had come before the Planning Group; he also asked about the composition of the Planning Group with regards to elected and appointed members. < Chairperson Wally Riggs recalled that the Planning Group made a formal request to remove the microwave towers. > Mr. Richardson reported that now there are 8 new cellular antennas on the towers.

Item 6a. Private Project Proposal. AD 09-045, Brooks, Second Dwelling Unit, 1385 Gibson Highlands, Crest. Janet Dillard and Pat Ulm reviewed the proposed second dwelling unit for the Planning Group. At a previous meeting the Planning Group heard the proposal and declined to take action; this was to allow completion of the required comment period for notified neighbors adjacent to the project. Since then the project was decreased slightly from 1,200 square feet to 1,145 square feet and a designated carport is included; it is 400' from the public road; all County development requirements are met. No comments from the notified adjacent neighbors were received. Janet Dillard moved that the Planning Group recommends approval of AD 09-045 on the condition that the applicant complies with all of the County requirements discussed and on record. The motion passed (10 yes; 0 no; 0 abstain).

Item 6b. Private Project Proposal. TPM 5380 RPL 2, Singing Hills Estates, Odum Property, Crest. Chairperson Riggs explained that Pat Ulm has reviewed the project for the Planning Group, but she is absent. He introduced Lee Vance, Land Use Planner and representative for the project applicant, who gave a brief presentation to describe the current project. In 2005 the Singing Hills Estates project was 255 dwelling units on 957 acres, but the current project is 129 dwelling units on 520 acres, following the sale of 437 acres of the original project acreage to the Endangered Habitats League. The applicant's redesigned project must be reviewed and ultimately approved by the County, and this process is underway. The County has accepted that the project can be provided with the necessary access roads, and this includes access to Dehesa Road via Sycuan Summit Drive on a valid easement; the applicant has submitted eighteen separate reports on various aspects (stormwater runoff control; traffic impacts; visual impacts; biological resources; cultural resources; fire protection plan; etc.), and a scoping letter from the Department of Planning and Land Use is expected in December that will discuss any additional studies or reports still required. The applicant anticipates preparation of an Environmental Impact Report. During public discussion, 19 speakers from the Crest area expressed concerns about various potential impacts of the new project (e.g., growth inducing impacts of extending Otay Water District sewer service; urban-style clustering, and disregard for existing rural character of the surrounding community; extensive grading and land form modification; traffic impacts to existing community roads; conflicts with conservation and protection of sensitive natural resources; cumulative contributions to the destruction of the rural dark night skies; inadequate compliance with the plans of the adopted County Trails Map; etc.) 2 persons spoke favorably about potential benefits of the project for the community (fire hydrants and better emergency road access; increased local tax revenue collected for local fire departments). 3 Planning Group members discussed the differences between the current project and the original Singing Hills Estates project that obtained the PAA that is now pipelined and exempted from the GP2020 development standards and requirements; they discussed the concerns about the potential impacts expressed by the public; and they discussed the conflicts between the project and the existing/revised Community Plan. Lory Walls reported that the Dehesa Valley Community is opposed to the proposed project due to its impacts to Dehesa Road and the surrounding rural communities. Wally Riggs moved that the Planning Group recommends denial of TM 5380 RPL2 and the Singing Hills Estates project as proposed because:

1) The project is not consistent or compatible with the existing and revised (for GP 2020) Crest Community Plan, and is in direct opposition to a number of the Plan's policies and goals. 2) The Planning Group believes that the project does not fit the criteria for being a "pipelined" project, and that any development on the property should be subject to GP 2020 Land Use Designations and Zoning. 3) The project densely clusters many homes on very small lots, denying the rural character of the community. 4) The project does not include all of the community hiking and riding trails that are designated for the property on the adopted County Trails map. 5) The project is completely different from the original project given the PAA, which is now outdated, inappropriate and should be terminated. The motion passed (9 yes; 1 no; Hertel; 0 abstain).

December 14th Minutes:

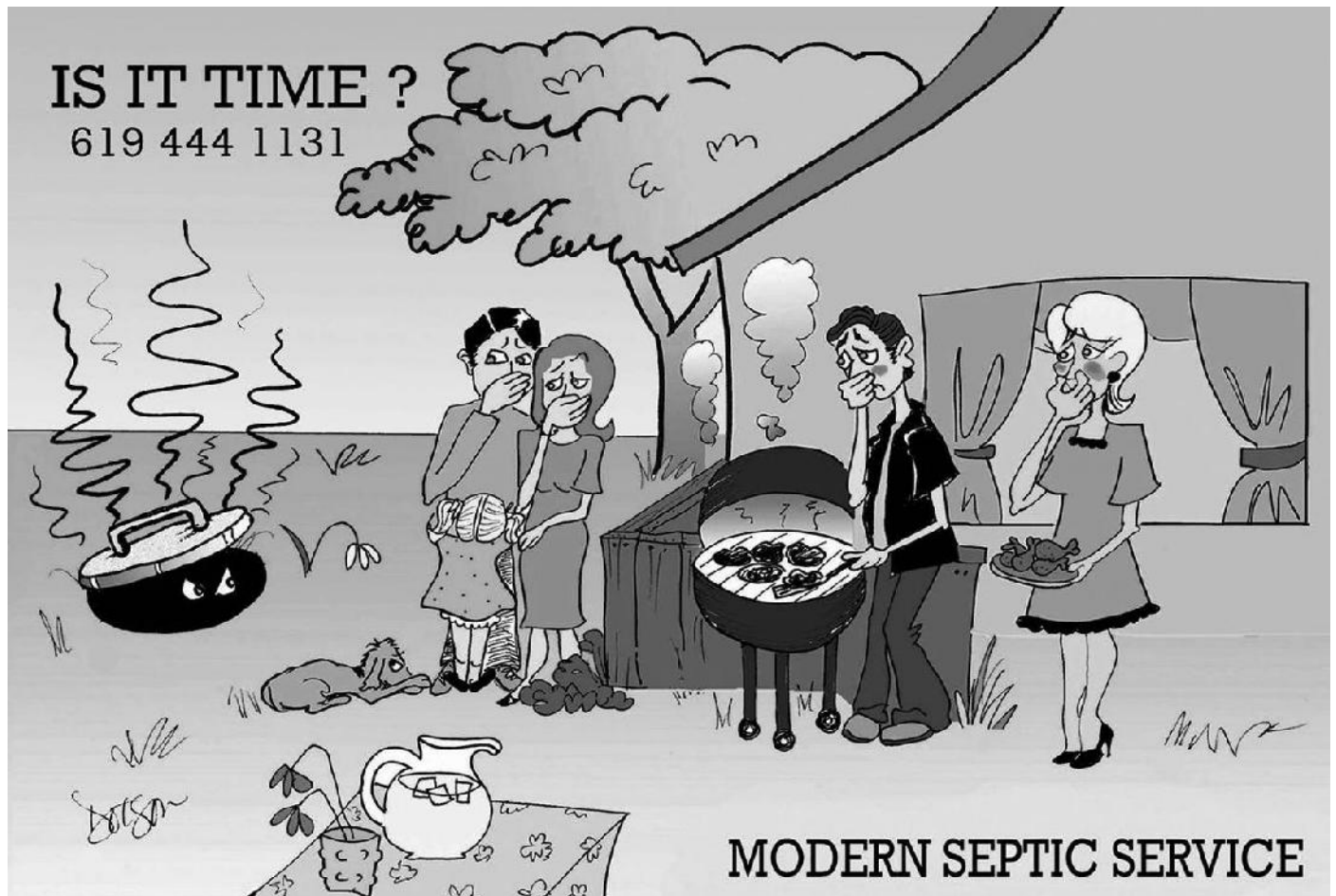
Item 5. Private Project Proposal. Replacement Map, AD 09-045, Brooks, Second Dwelling Unit, 1385 Gibson Highlands. Chairperson Riggs explained that the Replacement Map for review reflects the changes the Planning Group discussed at its last meeting, and the project now is in all respects in compliance with the Zoning Ordinance. Phil Hertel moved that the Planning Group recommends approval of the Replacement Map presented for AD 09-045. The motion passed (9 yes; 0 no; 0 abstain).

January 11th Minutes:

Announcements:

Wally Riggs announced 1) that an application was submitted for preparation of an EIR for the Singing Hills Estates project (Odum property south of Crest, north of Dehesa Road); and 2) that on 22 January, 9 AM at the Department of Planning and Land Use, there will be a public hearing on a proposed ordinance that would amend the Zoning Ordinance concerning density bonuses.

Item 6. Public Project Proposal. Park Lands Dedication Ordinance, Updated Priorities List. Judy Bowen reported that the process of collecting and assimilating new ideas from the communities is still open. Mary Manning reported that she has provided an updated accounting of what projects have been done, what have not, and what are not eligible at Old Ironsides Park. Kandy Franklin-Collins stated that the Crest Community Association meets on Tuesday, 12 January, and it will prepare an updated list of projects for South Lane Park. Bowen observed that maybe a combined list of projects for the updated PLDO Priorities List would be available for discussion and Planning Group approval at the February meeting. Chairperson Ulm called for a vote of all those in favor of electing Wally Riggs for Chairman of the Planning Group in 2010, and Riggs was elected (11 yes; 0 no; 1 abstain: Riggs).



About Crest...

By Linda Hjelle

Meet Your Crest Volunteer Leaders..

Crest is a unique community comprised of caring volunteers who keep our community running smoothly. There are several organizations within the community that oversees Crest's well being. Most committees are comprised a board and members. Perhaps you'd care to become involved. Meet a few of the 2010 officers and members:



Friends of Crest

Linda Chase - President

Vice President, Christina Seebold; Secretary, Peggy Meredith; Treasurer, Jackie Grace; Community Liaison, Kandhy Franklin; The Crest Sun, Linda Hjelle

Friends of Crest is non-profit organization, dedicated to supporting the Crest Community. Originating in the 1980's, its first project was to raise matching funds to build a multipurpose room at the Crest Elementary School. They were also instrumental in helping to raise funds when the Crest Fire Department was in financial crisis. Friends of Crest oversees The Crest Sun newsletter and the www.thecrestsun.com website.



The Crest Sun Newsletter

Editor: Linda Hjelle. *Contributing editors - Christina Seebold; Stanley Shelton; Kandhy Franklin; Suzanne Mullins; Cathy Chadwick and a host of others.*

While there have been multiple newsletters over the years, The Crest Sun dates back to 2000. The objective of the newsletter is to bring Crest News to the community on a bi-monthly basis. This free publication is funded by local advertisers and donations by our readers. Information can be submitted to the newsletter by contacting editor@thecrestsun.com.



The Crest Sun Website – www.thecrestsun.com

Webmaster: Karin Weiss "The Crest Sun" is maintained by Webmaster and Crest resident, Karin Weiss. The website is dedicated to providing timely and accurate information on local events and services, as well as keeping residents of Crest informed electronically on vital issues affecting the community at large. The Crest Website is a great place to check for updated information in between issues of the Crest Sun as well as archived issues. You can contact Karin at webmaster@thecrestsun.com



The Crest Community Association (CCA)

President – Paul Johnson; Vice President- Tony Atkins; Treasurer- Cathy Kolbenschlag; Secretary- Susan Lee Cook; Fifth Board Member- Rick Bradt

Since 1933, the Crest Community Clubhouse has served as a magnet for social activities, town hall meetings and an emergency communications center. The CCA organization has an elected board whose volunteers work toward bettering the community by organizing events to develop community spirit, pride and social interaction. It maintains and funds the Crest Clubhouse through fundraising efforts which include Crest July 4th Event, CCA membership drive, Clubhouse rentals, and community events such as dinners, music nights, and other social activities. The CCA keeps residents informed on issues and concerns that affect us and provides a forum to discuss and act on such issues



Clubhouse Rentals

Rental Coordinator: Rick Bradt

The CCA clubhouse is available for rental for your next special event. Crest CCA members receive a special rate. Information can be obtained through rentals@thecrestsun.com.



Crest Kiwanis

Board: President, Linda Chase; Vice president, Karen Nelson; Secretary, Andy Knutson; Treasurer, Barbara Halte; Dick Sutton, Dennis Plunkett, Patrick Bunswold, Mary McClellan (Pictured Karen Nelson, Mary McClellan, Don McClellan and Patrick Bunswold)

Kiwanis is a volunteer organization charged with changing the world through service to children and communities. The Crest Chapter of the Kiwanis is heavily involved within our community. Projects have included supplying materials for our local library; helping to purchase equipment for Crest School; providing funds for the Earth Discovery Institute at Crestridge Ecological Reserve. It also sponsors two junior high school builder's clubs (Los Coches & Greenfield), and helps with the Special Olympics. Kiwanis serves monthly breakfast buffets to help fund these many projects. For more information regarding Kiwanis, call Linda Chase at (619)-246-4300



Crest Historical Society

Echoes Editor: Dorothy Miller; Board Members: Susan Cheek, President; Gil Mastri, VP; Kathy Fiedor, Secretary; Dorothy Miller, Treasurer

The Crest Historical Society is dedicated to preserving Crest History. 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. If you would like to join, send your check to Crest Historical Society PO Box 2182, El Cajon CA 92021 Cost: senior \$2.50 (over 65); \$5.00 (under 65); \$10.00 family; \$15 non-profit org; \$25 business; \$100 life. For information call Dorothy Miller 444-0968.



Crest Fire Safe Council

Board: Facilitator – Kandhy Franklin; Members: Debbie Milligan-Fox, Kathy Fiedor (Treasurer), Noelle Carranza

The Crest Fire Safe Council is community-based organization with the objective of making the Crest communities less vulnerable to catastrophic wildfire. The council accomplishes this objective through education programs and projects such as shaded fuel breaks or firebreaks to protect area residents against an oncoming wildfire. CFSC is a non-profit 501(c)(3)

corporations.

Crest Ecological Reserve

Cathy Chadwick – Project Coordinator



Crestridge Ecological Reserve is a 3000 acre parcel of land between El Cajon and Alpine. Jointly managed by the Endangered Habitats Conservancy and the California Department of Fish and Game, the Reserve is bordered by Interstate 8 on the north and west and the community of Crest on the south and east. Volunteers are a critical source of support for the reserve. Go to <http://www.earthdiscovery.org/volunteer> to learn more. Over 10,000 students

have visited Crestridge Ecological Reserve to participate in "service learning," a teaching and learning strategy that combines meaningful community service with instruction and reflection to enrich the learning experience, teach civic responsibility, and strengthen communities.

Crest Garden Club

The Crest Garden Club meets the second Monday of each month at 10:00 am. The club meets in various locations. For more information, contact Arlene Palmer 441-0187.

(Photo Bottom row: Pat Ulm, Marsha Rold, Sylvia Cavins, Standing: Judy Dunning, Dorothy Miller, Debbie Milligan-Fox, Christina Seebold, Linda Chase, Jackie Grace, Kandhy Franklin Collins, Arlene Palmer. Missing Kathy Fiedor, Roger Caldwell, Sally Bruner, Ron Tatro, Joni Palashewski, Paula Dohse





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Your Crest representatives: Pat Goulart - (619) 442-4879
 Sally Bruner - (619) 579-9862
 Roseanna Sutton - (619) 398-5071

Cajon Valley Union School District

Crest School & Los Coches Creek School Schedule 2009-2010

2009-2010 Schedule	
08/24/09	First Day of School
09/07/09	Labor Day
11/11/09	Veterans Day
11/25-11/27	Thanksgiving Holidays
12/21-01/10	Winter Break

01/18/10	Martin Luther King Holiday
02/08/10	President's Day (Lincoln)
02/15/10	President's Day (Washington)
03/29-4/11	Spring Break
05/31/10	Memorial Day
06/17/10	Last Day of School

Grossmont Union High School District

Granite Hills Holiday Schedule 2009-2010

2009-2010 Schedule	
09/08/09	First Day of School
11/11/09	Veterans Day
11/23-11/27	Thanksgiving Holiday
12/21 – 01/03	Winter Break
01/18/10	Martin Luther King Holiday

1/29/10	Faculty Workday only
02/08/10	President's Day (Lincoln)
02/15/10	President's Day (Washington)
03/29-04/02	Spring Break
05/31/10	Memorial Day
06/22/10	Last Day of School

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Remembering our Crest Friends

DONALD LEE BRUNER

JULY 13, 1934 TO FEBRUARY 9, 2010



Donald was born in Pueblo, Colorado. By age one, Donald's parents & grandparents migrated to San Diego and settled around 47th & El Cajon Blvd.

Donald attended Garfield Elementary; Horace Mann Jr. High School, on Park Blvd; San Diego High School and

finished at Lincoln High. As a teenager he had a paper route of about 200 customers. He received many "kudos" from them which made him very proud. In 1953 Donald left high school & joined the Navy where he served for 2 years.

Following his discharge from the Navy, Donald went into the carpet installation field where he worked for 30 years until retirement. He was not satisfied with simple carpet installation. He went on to school to learn the specialty art of inlaying designs in carpet. He was a member of Local Union #1711.

In 1956 Donald married Sally Arce. His hobbies included gardening, camping, and fishing. Hours could be spent hearing the family relate stories of their ventures into the wilderness which ranged from Rosarito Beach to the American Canal in the Imperial Valley, his favorite spots, and many trips to further areas.

The Bruner family became victims of the 2003 disaster fire. Being survivalist by nature they picked up their lives and went on.

Donald is survived by his wife Sally of 53 years, daughter Joan, 2 sons Michael Daniel and David; 4 grandchildren – Andrew, Christopher, Nicole & Sara and 2 great grandchildren Kayden and Davin; mother, Francis Ostheimer; sister, Wilma Perez.

Donald passed away from an extended illness. Donald had a huge heart for people with need. In honor of his wishes the family requests donations to the Salvation Army for the Earthquake victims of Haiti.

The Bruner Family wishes to thank Crest Community for their many sincere wishes at the loss of a Husband, Father and Friend



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Calzone (Mozzarella, Ricota, & Parmesan cheese)	\$9.99		
Additional topping:	\$1.25	\$1.75	\$3.00

Subs & Sandwiches

Ham & Cheese	\$5.49
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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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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

Crest Elementary School



The Student Council, and Crest residents recently attended a meeting with County Supervisor Dianne Jacob at the Crest Clubhouse. Students in attendance were President, Miranda Durkee; Vice President, Brian Brooks; Secretary, Mackenzie Callahan; Treasurer, Delaney Van Horn; Patrol Captain, Caitlyn Tucker; and KRST School News Team camera man- Daniel Wee. During the “Coffee with the Constituents” gathering, student council officers asked Ms Jacobs to help them find a solution to cars speeding by the school during school hours. They explained that it is a danger to the school patrol and to students walking to and from school. Supervisor Jacob invited students to attend a future meeting in her office along with the Highway Patrol and other county officials to help find a solution to this issue.

They also raised a concern that due to budget cuts, they fear the library’s hours might be cut or the library closed. Supervisor Jacob responded that she did not believe the Crest Library is on the list of cuts but would follow up on the issue.

From the Principal:

I could not have said this any better. In a world heavy with conflict, budget crisis, and distrust, what ultimately matters is who we are and what we give. We can choose to be jaded or live a life that matters for the benefit of those around us. Please take time to reflect on the words of Michael Josephson from Character Counts. In the eyes of Crest School, what matters is you. ***Martin Jaquez, Principal***

WHAT WILL MATTER

By Michael Josephson

Ready or not, some day it will all come to an end.

There will be no more sunrises, no minutes, hours, or days.

All the things you collected, whether treasured or forgotten, will pass to someone else. Your wealth, fame and temporal power will shrivel to irrelevance.

It will not matter what you owned or what you were owed.

Your grudges, resentments, frustrations and jealousies will finally disappear.

So too, your hopes, ambitions, plans and to-do lists will expire.

The wins and losses that once seemed so important will fade away.

It won't matter where you came from or what side of the tracks you lived on at the end.

It won't matter whether you were beautiful or brilliant.

Even your gender and skin color will be irrelevant.

So what will matter? How will the value of your days be measured?

What will matter is not what you bought but what you built,
not what you got but what you gave.

What will matter is not your success but your significance.

What will matter is not what you learned but what you taught.

What will matter is every act of integrity, compassion, courage or sacrifice that enriched,
empowered or encouraged others to emulate your example.

What will matter is not your competence but your character.

What will matter is not how many people you knew,
but how many will feel a lasting loss when you're gone.

What will matter is not your memories but the memories of those who loved you.

What will matter is how long you will be remembered, by whom and for what.

Living a life that matters doesn't happen by accident.

It's not a matter of circumstance but of choice.

Choose to live a life that matters.

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Crest Community Worship



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

- Saturday Evening Eucharist (Vigil for Sunday Mass): 5:30 p.m.
- Sunday Morning Eucharist (Masses): 9:00 a.m.

Crest Community Church



2198 Suncrest Blvd,
619-442-3736
Pastor Tony Lambert
Services;

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

Share Program in Crest

Crest Community Church is a host/distribution site for the SHARE Food Program. If you don't know what this is, **SHARE is a program in which participants can purchase groceries at a 30-50% discount more than you would find at the supermarket.** Package prices range from \$17 to \$35. SHARE can offer these savings because volunteers help sort, package and distribute the food that SHARE buys in bulk for over 3000 people. SHARE offers a variety of frozen meats, fresh produce other grocery items and club-sized packages. You pick up the food you order every month. Orders can be made on line or at the SHARE office or by phone. Anyone can join the program. Look for the "Golden Share Foods" flyer in the local stores or at Crest Community Church. The order deadline date for March is Friday, March 19th and for April is Friday, April 16th before noon at warehouse, Johnson Avenue or by phone. The phone number to order is 619-590-1692. They accept Visa, MC and EBT Food Stamp Cards. You can also order online at www.goldensharefoods.com. Flyers for the menus of packages offered will be available in the stores on March 1 and April 26. For other information or questions that you may have, you may also call Joetta Shipley at 619-447-5659.



Crest Community Church

presents

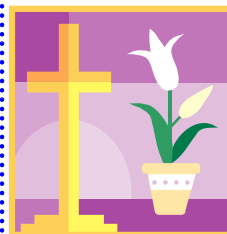


Family Fun Day featuring Mighty Man/Woman Competitions

[Boulder Rolling, Arm Wrestling, Rock Shoveling,
Log Tossing, & maybe Tug of War]
**There will be games for the kids, Astro
Jump, BBQ with all the fixings. Music,
message from Pastor Tony and a raffle
for some great prizes. Winners will
receive a trophy. So set SATURDAY,
MAR.20 on your calendar.**

11:30am- 3:30pm

**Crest Community Church
2198 Suncrest Blvd.
442-3736**



Community Easter Sunrise Service at Nancy Jane Park Sunday, April 4, 7 a.m.

There will be music, a message from Pastor Tony Lambert and a time of fellowship with coffee, juice and doughnuts after the service.

**For more info contact Crest
Community Church 442-3736**

Track crime in Crest by going to www.crimemapping.com. It allows you to enter your address and select a radius and date range. You can then cClick on the colored icons to get specifics on each crime. Note: You can also sign up to receive these crime alerts by email.

Crime Log in Crest

Date	Loc	Street	Incident
12/27	CR	2200 Block Eucalyptus Dr	Vandalism (\$400 or more)
12/30	CR	1700 Block La Cresta Bl	Vandalism (\$400 or more)
01/01	CR	2100 Block Suncrest Blvd	Arson
01/09	HC	1700 Block Harbison Cyn	Burglary (Vehicle)
01/13	CR	2400 Block Suncrest Blvd	Burglary (Residential)
02/02	CR	2200 Block Eucalyptus Dr	Burglary (Residential)
02/11	CR	100 Block Kens Road	Vandalism (\$400 or more)
2/15	CR	100 Block Albatross Pl	Theft (Take Vehicle w/o owners permission)
2/18	CR	3300 Block Suncrest Blvd	Vandalism (\$400 or more)



JustRuns 4 Wheel Drive Club

Website: www.justruns.com

*No Meetings *No Officers *No Dues *No Politics
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Guests are ALWAYS Welcome on our Runs and There is NEVER a charge.

Roger Mullins (Crest Resident)
619/579-7120



San Miguel Consolidated Fire Protection District

www.smgfire.org (619) 670-0600

For the latest and greatest information regarding your fire district go to www.smgfire.org and click on the newsletter link. As you navigate through the Website

(www.smgfire.org) you will also see an opportunity to stay connected by signing up on our

Twitter page:

(www.twitter.com/SanMiguelFire).

Community members who desire to follow our District programs and direct services closer may sign on by following some simple directions. Through the District's Tweets you will receive information related to emergency responses, safety messages, and critical updates.

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Griselda's Corner

By Griselda Layman

I have recently moved to the Crest Community and have found it to be very friendly and helpful. In this column you will read about people that make our community unique, those that wish to share recipes, and folks like you that would like to contribute your knowledge for the benefit of others.

For example, what do you do when you or your loved one gets stung by a bee, or burned by a hot iron or on the stove? What has worked for me is to quickly cut an onion in half, tear a half inch to an inch piece and mash it with a fork or fingers and use as a poultice, changing it every couple of minutes for approximately 10 minutes or until the pain is gone. It stops the pain and it never blisters. No, I'm not talking about 3rd degree burns - for that you seek medical help. If you are stung by a bee, take out the stinger and do as above. If you are allergic, seek medical help.

I recently went to my ophthalmologist because I had a sty in my eye. He said to place a warm hard boiled egg in the area. Well, I wondered why not place a hot towel instead? I went home and did both. I found that the warm hard boiled egg held the heat longer than the hot towel.

Do you have a "home remedy" that has worked for you? Let us know...



Welcome to Crest's Newest Resident:

ALEXANDR WILLIAM MAIZE

Born: February 9, 2010 at home in Crest
(with the help of his two midwives)

8 lbs 2 oz

**Congratulations to Ily Sue
& Nicholas Maize**

Nopales Salad - Do you have the flat cactus (Nopales) growing in your back yard? Why not wear some gloves and cut them when they are young and tender and make a Nopales Salad?

Make sure to remove or scrape away all the big and small thorns using a knife and then wash them clean.

Diced them small pieces and wash them in salt approx. 3-4 times. I like to remove much of the slimy juice they release. Cook them until tender, about 30. to 45minutes. Cook with onion, salt or garlic. Once cooked, rinse again, drain and place in bowl, adding diced onions (any type or combination) red tomatoes, avocados, chopped cilantro and chile if you wish.

In another container, mix a small amount of grape seed oil or olive oil with lemon juice, salt and or your favorite herbs.

When mixed, add to nopales and gently stir. Top with fresh cheese, cover and refrigerate or eat right away.

It is great in soft tortillas as a taco, as a dip with tortilla chips, or on a bed of lettuce as a salad. Nopales are great as salads, soups, grilled, in scrambled eggs etc. or used as poultice for bruises or wounds.

New Neighbors

By Suzanne Mullins

Often, during our day to day routines, we fail to notice the new people in our community. The purpose of this column is to introduce those newest homeowners as well as tenants living in Crest.

The **Phillps** family, **Robert, Leslie, Brittany** and **Robbie** have moved into the A frame home on South Lane. **Robert**, a designer for Parker Hannifin, has lived in El Cajon all his life. He remembers when Crest Automotive was a tire store. His wife, **Leslie**, was instantly sold on moving into Crest when she saw the eclectic mix of homes. Both agree no more condos, noisy streets and congestion; Crest is the place for them. They describe the surroundings, "A nice home, in a nice neighborhood, with a small town feel." Robert shared he is happy, at last, to be doing yard work, something he didn't worry about living in a condo.

Leslie, when she isn't caring for her family, works as a caregiver RST for Home of Guiding Hands. Their daughter, **Brittany** is a freshman at Granite Hills and **Robbie**, the youngest daughter, attends Madison elementary. Next year, Robbie will attend Emerald Middle School. Robert often takes his girls camping in the Superstition Mountain area. They not only ride around in an Odyssey but a 4X4 trail ready Jeep as well. Building and trying not to crash electric model gliders is another pastime Robert is looking forward to resuming. That is, if he's not doing yard work.

Please contact me, Suzanne Mullins at 619 579-7120 if you know of a new neighbor in Crest.

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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

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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
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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

NEW ITEM: QUARTER POUND ANGUS CHEESEBURGERS \$2.49

COMING SOON: Carne Asada Burritos



Crest Kiwanis Happenings

By Suzanne Mullins

Did you know Crest Kiwanis hosted two speakers in January and February? Crest resident, **Patrick Bunswold** told of his recent trip to Taiwan through a show of photos taken by him.

Ernie Carwile, author, presented 7 of his motivating books on Adversity, Self-Worth, Death, Persistence, Power of Silence, Attitude. And Connected by the Soul. These paper back, quick-reads can be purchased online through Amazon.com.

Crest Kiwanis has purchased all 7 books as a gift to the community. The books will soon be ready for checkout at the Crest Library.



Our March meeting has a representative of Crest School scheduled to speak.

Crest Kiwanis members are personally collecting quarters for the Miracle Mile of Quarters event to benefit Children's Hospital



Greenfield Builder's Club at 2009 Special Olympics

Crest Kiwanis has given a donation of \$200 to the Special Olympics on March 13th at West Hills High School. We also purchased two flags (State & Nation) for Crest School. **Crest Kiwanis** is proud to be able to award \$100 to support **Mark Saser's** Eagle Scout Project and sustain two Builder's Clubs at Los Coches and Greenfield Middle Schools. Of course, these projects would not be possible if it weren't for Crest resident support of our 4th Saturday of the month breakfast buffets.

Breakfast Buffet dates to remember
8:30-10:30 am at CCA Clubhouse:

- **Saturday March 27th**
- **Saturday, April 24th**

Kiwanis' motto is "Changing the world one child at a time."

**Mark Your Calendar:
Kiwaniis Easter Egg Hunt
and Kid's Breakfast
Saturday, April 3rd
@ 9:00 am
Nancy Jane Park**

Start Saving those Aluminum Can Tabs

Kiwanis Club of Crest presented to the Ronald McDonald house with 40 pounds of aluminum tabs from cans. It takes 760 tabs to make a pound. Anyone interested in collecting the tabs for the above cause, please contact Richard Sutton, past president of Kiwanis, at 619-442-9537 or tabs can be dropped off at Tony's Crest Foods.

Why do they collect the tabs only? It is a symbolic gesture to raise money for this worthwhile cause. The tabs are easy to collect and do not attract ants. Ronald McDonald House melts them down and the proceeds goes to benefit the House.

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Contact: Karen Nunes
School Psychology Trainee
San Diego State University

Email: Karenanunes@gmail.com Phone (619-792-5922)

Mark Your Calendars:

Saturday, March 6, 2010 9:00 am to 5:00 pm. - **Free First-Time Homebuyer class** educates the prospective homeowner on what to expect in the home buying process.

El Cajon CDC, 131 East Main Street, Suite 201 - El Cajon, CA 92020

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Our Backyard..

By Christina Seebold
(Reprinted by request)

Being a good neighbor is what makes this a good community. Living in a community where people have consideration for others is like having a wonderful extended family.

Concerns are once again being expressed about barking dogs. No one wants to have bad feelings about their neighbors. If you have done nothing but stew in your anger and frustration, little will be accomplished, and you are likely to have increasingly negative feelings. If you can talk to the person(s) involved, with a positive approach, you may hopefully enlighten someone, or even make a new friend. If that is not possible, perhaps you can get the phone number of the barking dog's owner, call during the time of day or night when the pet is especially noisy, and alert them to the problem. If you are being awakened in the night, call your neighbor, and ask them kindly to call their pet in. If a phone call is not possible, leave a kind, but firm note in their mailbox. Let them know the specific inconvenience and stress the noise is causing you and your family. People tend to be a bit self-centered. Sometimes we all need wake up calls.

If all else fails, you can ask your government to take a step for you. Call the county of San Diego Department of Planning and Land Use – Code Enforcement for the unincorporated area. This is the department to contact for noise problems, and illegal grading. Their number is (858) 694-3741. Be prepared, by having the address of the offending property owner. You will need to leave a message regarding your problem, and they will call you back within 24 business hours. I have had personal experience with this procedure, and it works. When they call you back, you must give them the nature of the problem, and the address of the offense. The office will send a warning letter to them and a copy to you. Your name will

not be revealed to the offending party. The letter will state that the county has received notice of a noise disturbance arising from their property. It will ask the offender to take care of the problem immediately. This usually works. If there is a continued problem, the county asks that you confer with your neighbors, and ask them to call the county as well. Everyone concerned should then keep records of the date, time and duration of the disturbances, in case you need to further establish evidence of the violation. This step is usually not needed. The letter from the county is often enough to make most rational people take action.

Editor's Note: Due to budget cutbacks, this is now also the number to call for complaints regarding abandoned or inoperative vehicles, accumulated solid waste, or stored trailers on property (858) 694-3741. You are asked leave your name, address and phone number plus the name, address or parcel number of the property owner in violation along with a brief explanation of the situation. While your information will be kept confidential, the county will not accept anonymous complaints.



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Critters in Crest Ringtail Cat

By Stanley A. Shelton

When I told a new friend that I wrote this column, he suggested I write about civet cats. He'd seen them raiding his trash cans at night before, and knew they were native to this part of Southern California. I'd never heard of a civet cat so I immediately looked them up. Civet cat is a misnomer. Civet cats are



Ringtail in Phoenix Arizona by RobertBody

omnivores of Asia and Africa, and similar in appearance. Though often called civet cats, what we have in California is the Ringtail Cat, also known as ring-tailed cat, miner's cat and it is *sometimes* called a cacomistle.

Besides California, the ringtail is also found in Colorado, Utah, Oklahoma, Oregon, New Mexico, Arizona, Texas, Nevada and Northern and Central Mexico.

Ringtails are nocturnal, solitary, timid and rarely seen (I've never seen one and haven't heard of anyone in Crest seeing one). They spend days sleeping in crevices, tree hollows, abandoned burrows of other animals, and abandoned buildings, rarely staying in the same den for longer than three nights.

Ringtails are not related to cats, but are more closely related to raccoons, but are much smaller and thinner. The tail is what looks similar to a raccoon's. They are smaller than domestic cats, weighing 30 to 40 ounces and are 24 to 32 total inches long, with their tail being slightly longer than

their body. Males are slightly larger than females and there is no distinctive difference in coloration between the sexes.

Ringtails are apparently easy to tame and make good pets. They were used by miners (thus the name miner's cat) and settlers to rid their cabins of vermin. They would make them a box to sleep in during the day, placed in a warm spot, like next to the stove, and they would come out at night to hunt and eat rats and mice. They also eat lizards, insects, fruits and berries, birds and other small rodents.

Ringtails are preyed upon by coyotes, owls, foxes, raccoons and bobcats.

Ringtails mate from February to May. Gestation is 40 to 45 days. One to four young are born May to June. Their eyes open and they have fur by the age of five to six weeks. They are weaned by fall, leave their mother and can mate by their second year. Life expectancy in the wild is about seven years, longer with human caretakers.

Ringtails are excellent climbers. Their ankles have the ability to turn 180 degrees, aiding them in climbing trees and rocks. They can climb narrow crevices by "stemming", placing the left feet on one side and the right feet on the other, or by placing all four feet on one side and their back on the other. In wider crevices, they can ascend or descend by ricocheting off of one side and then the other. They can quickly change direction on narrow paths or tree branches by performing a cartwheel. Their long tail aids in balance.



Ringtail in Phoenix Arizona by RobertBody

The ringtail was made the State Mammal of Arizona on August 13, 1986.

**Next Crest Sun Deadline:
April 20, 2010**

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