



A Newsletter for Crest

Volume 12

May-June 2010

Number 3



(Crestridge Strawbale House)

As always, our community has been full of activities.

In April, Kiwanis held an Easter egg hunt and breakfast with over 60 Crest kids and parents participating in this fun-filled event!

Crest Community Church sponsored Crest's annual Easter Sunrise Service in Nancy Jane Park to a standing room only crowd.

CERT Training, sponsored by our San Miguel Fire District, was held in Crest for five Saturdays in March and April. CERT, which stands for Community Emergency Resource Team, is a program that trains citizens to be part of a community emergency response team in the event of a

declared emergency. Fifteen Crest residents participated. See page 7



for more information on this program and how you can become involved.

A Spring Celebration was held April 24th at the Crestridge Ecological Reserve to celebrate kids and nature and to raise funds to continue the valuable educational programs at the reserve. See page 35 for photos.

Crest is once again displaying all its beauty with its colorful spring foliage. What a great community we live in!

May is here and it is time to start planning for the Crest July 4th event. Last year was a challenge with tougher regulations in place. However, with an understanding of these new rules under our belt, we are ready to move ahead with a bigger, better celebration and we need your help! **Mark your calendars for the CCA first**

planning meeting scheduled for May 15 at 9:00 am at the clubhouse. The more folks that help, the better our annual event will be! Show up and see how you can contribute to this fun-filled event. We need lots of volunteers! See page 5 for additional information.

Mark your calendars for May 8th. Marie's Painters is sponsoring its first Art Show to be held at the CCA Clubhouse. Marie's Painters is a local artist group that meets bi-monthly at the clubhouse to paint. They would like to take this opportunity to share their art with the community. Drop by and visit between 11:00 am and 4:00 pm. There is no charge for admission so come in and browse.

Other dates to remember include the Kiwanis breakfast buffets on May 22 and June 26th. The CCA Dinner on May 5th will include BBQ beef sandwiches, creamy, crunchy, coleslaw and baked beans. Watch the blackboard for the June 2nd menu.

A Public Scoping Meeting on the Singing Hills Estates Project, (the Odum Project) will be held at the Department of Planning and Land Use Hearing Room at 4:00 p.m. on May 5, 2010 (see page 2).



The Ken Kramer "About San Diego" segment regarding Crest will once again be aired on Thursday, May 20. at 8:30 pm, with a repeat the following Sunday, May 23 at 11:30 AM. Tune in to see a bit of Crest History!

Letters to the Crest Sun

April 14, 2010

Hello.....

I am looking for someone who is interested in fire protection and safety in Crest and who would like a part time paid position with the San Miguel Fire Protection District.

I'm trying to stir up interest in Crest and Bostonia hoping to motivate residents to come forward and run in this November's election for the board of directors of the San Miguel Fire Protection District (your fire district). It pays over \$150 per meeting and comes with paid health and dental insurance and other benefits totaling almost \$15,000 per director.

Last year falling revenue resulted in the closing of one of the nine engine companies. If more cuts or service reductions are coming it is in Crest's interest to have a resident on the board of directors.

Presently there are no directors from Bostonia, Crest or Spring Valley (south of 94).

Another reason to have new members on the board is that five of the seven directors are fire fighters or in one case the wife of a fire fighter. The fire fighters' labor union spends thousands of dollars each election and has been very successful in electing their friends. Last May a district report showed that the average compensation for each fire fighter on an engine was \$175,000 per year. That's a very rich compensation package and one reason why fire districts cannot afford their own employees.

It's a constant tug of war between labor union benefits and public safety. The present board with a super majority of fire service personnel is not representative of the residents of the district. There should be more diversity of experience on the board; more points of view and a bit of resistance to the ever constant labor union demands!

To file for the election all one has to do is visit the registrar of voters and complete a simple form.

There is no cost. If a ballot statement is desired there is a reasonable charge for that. I've had experience with it. I was a member of the original San Miguel board in 1988. The filing period this year is July 10th through August 6th.

I've been attending monthly board meetings for almost a year now and would encourage anyone interested in local fire protection to join me at the meetings. The board meets at 6 p.m. the second Thursday of the month at the San Miguel headquarters, 2850 Via Orange Way, Spring Valley, CA (619-670-5331). That's Thomas Brothers map page 1271-F7.

If you would like to meet or speak with me about the fire district, please feel free to contact me. I represent no group; only myself. I'm a 74 year old retired high school counselor with a sense of humor, some optimism and a chronic volunteer. I can be reached at (619) 442-6215 or Perry92020@Gmail.com.

Serving as a member of the board of directors is an interesting experience and rewarding in many ways. It is public service to the community in which we live.

Regards,

ROBERT E. (Bob) PERRY - 619-442-6215
11883 Fuerte Drive, El Cajon, CA 92020
Perry92020@Gmail.com

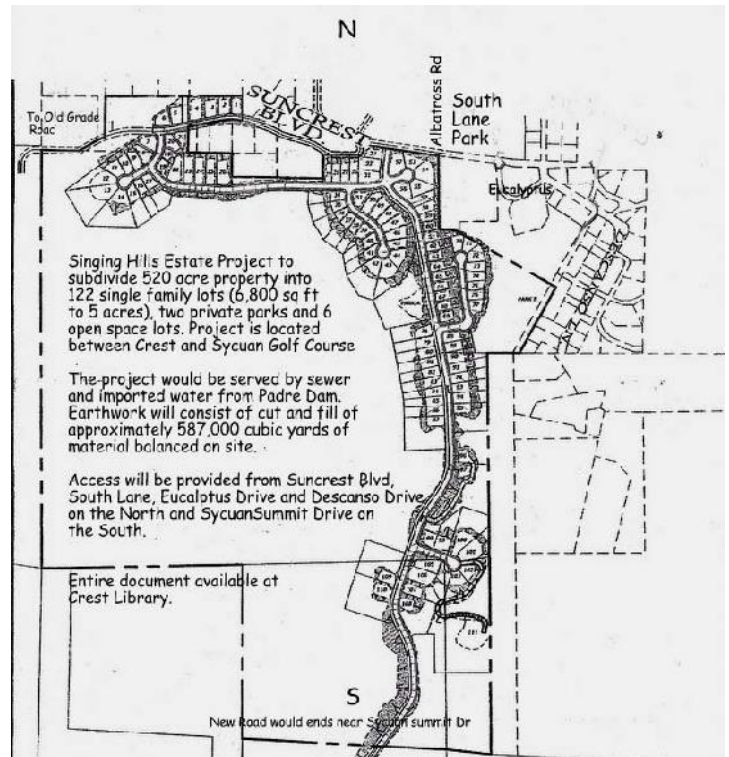
Public Scoping Meeting on the Singing Hills Estates Project.

(Also known in Crest as the Odum Project)

The meeting will be held at the Department of Planning and Land Use Hearing Room at 4:00 promptly on May 5, 2010. The Notice of Preparation will be issued April 15th for 30 days. This is one of the first steps in the EIR process. **The topic of the meeting is to receive public comments on which subjects to include in the EIR. The meeting is not to decide on whether or not to support the project.**

DAVID SIBBET, Land Use/ Environmental Planner
Department of Planning and Land Use
5201 Ruffin Road, Suite B San Diego, CA 92123
Tel: (858) 694-3091 Fax: (858) 694-3373

Proposed Singing Hills Estates Project Map



Crest Contacts

Crest Sun Advertising Info and Contact Information on Page 22

Crest Community Contacts

Crest Community Assn. johnson7409@att.net	Paul Johnson (email)	442-4022
Crest Community Church crestchurch@sbcglobal.net	Anna Johnston (email)	442-3736
Crest Black Board	Kandhy Kathy	444-4996 440-6097
Clubhouse Rentals rentals@thecrestsun.com	Rick Bradt (email)	444-2641 or 44-CREST
Crest Fire Safe Council crestfiresafecouncil@yahoo.com	Kandhy Franklin (email)	44-crest
Crest Garden Club kathyfedor@gmail.com	Arlene Palmer	441-0187
Crest Historical Scty.	Dorothy Miller	444-0968
Crest Kiwanis	Linda Chase	447-2652
Crest Library	Rosi Mejia	442-7083
Crestridge Reserve	Cathy Chadwick	749-5767
Crest School www.cajonvalley.net	Office (website)	588-3128
Crest Sun Newsletter editor@thecrestsun.com Information winters72@hotmail.com	Linda Hjelle (email)	440-8540 517-9838
The Crest Sun website webmaster@thecrestsun.com	Karin Weiss (email)	579-3951
E-Crest-rians	Kandhy Franklin	444-4996
Friends of Crest	Message	44-Crest 246-4300
St Louise Church	Father Languille	444-3076
Sub-Regional Planning. crestplanning.org	Judy Bowen (website)	440-0783

Help Lines

Highway Patrol: Traffic Related	(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	(800)	510-2020
Child Abuse Hot Line	(800)	344-6000
Animal Control	(760)	438-2312

Code Enforcement	(858)	694-2705
Contractors Board	(Fraud) (800)	321-2752
Crime Stoppers	(619)	531-1547
FBI (telephone scam)	(858)	565-1255
Illegal Dumping	(858)	495-5143
Noise Abatement (dogs), abandoned vehicles, accumulated solid waste complaints	(858)	694-3741
Planning & Land Use	(858)	694-3741
Poison Control	(800)	876-4766
Postal Police	Mail Fraud(877)	876-2455
Road Conditions	(800)	427-7623
Secret Service -Fraud	Currency/Credit	557-5640
Social Services	(619)	401-6000
SD Regional Center	(858)	576-2938

Stores and Restaurants

Crest Foods	Tony - Pg 6	444-8132
Lenardos Pizzeria	Sam - Pg 42	444-1389
Rainbow Farms Mrkt	Mark -Pg 23	444-7504

Advertisers

A Crest Plumbing	Erick- Pg 25	590-2625
Aberbom's Ark Pet Salon	Debra Pg 14	448-8642
Bowlby Electric	George -Pg 30	440-3051
Central Air & Heating	Charles - Pg 31	444-9955
Chocolate	Pat - pg 36	442-4879
Century 21	Connie Pg-9	606-2400
Day Care	Griselda- pg 20	588-2747
E&L Mobile Repair	Eric - pg 39	654-3849
Gary Dykstra Const.	Gary -Pg 13	992-6334
Got Clutter	Lucy - Page 32	200-8071
Holiday Horse Care	Robin - pg 10	992-6334
Jesus Piris Riding	Jesus pg 34	846-6742
Kathy Kuts	Kathy - Pg 28	447-1945
Knox Reprographics	Mary Pg 41	230-6300
Mane Teaze Salon	Alpha pg 17-18	561-8014
Mila Miracle Seed	Barb pg 28	723-2737
Mobile Horse Training	Karen	792-5922
Marvelous Organizing	Risa - pg30	231-1113
Notary-on-the-Spot	Betty-pg14	820-3062
Nu Skin (age-Loc)	Pat Goulart	442-4879
PU Products	Karen Pg 31	334-1913
Real Estate & Loans	Rayna -Pg 12	922-2524
Scot Welish Masonry	Scot - Pg 16	755-1888
Tutoring Services	Karen Nunes	792-5922
Yoga in Motion	Aida -pg 20	456-7080
Xango	Marie - pg 37	328-1157

Next Crest Sun Deadline: June 20th

S	M	T	W	TH	F	S	S	M	T	W	TH	F	S
MAY 2010							JUNE 2010						
S	M	T	W	TH	F	S	S	M	T	W	TH	F	S
						1			1	2	3	4	5
2	3	4	5	6	7	8	6	7	8	9	10	11	12
9	10	11	12	13	14	15	13	14	15	16	17	18	19
16	17	18	19	20	21	22	20	21	22	23	24	25	26
23	24	25	26	27	28	29	27	28	29	30			
30	31												

Calendar of Events May-June

05/04/10	1:00 Tuesday	Historical Society Meeting – Library
05/05/10	4:00 pm	Scoping Meeting – Singing Hills Project (pg 2)
05/05/10	5:00-7 pm	CCA Community Dinner - Wednesday
05/08/10	7:30 am – Sat	Kiwanis Board Meeting – Clubhouse
05/08/10	11-4 pm Sat	Marie’s Painters Art Show – Clubhouse – All invited – Free Entrance
05/10/10	10.00	Crest Garden Club – location Kay Faris
05/10/10	7:00 pm	Sub Regional Planning Group – Dehesa
05/11/10	5:45 – Tues	Crest Community Association – Board Meeting – Clubhouse
05//13/10	7:00 pm -Thurs	San Miguel Fire Protection District Board Meeting - 2850 Orange Way – Spring Valley
05/15/10	9:00 am Sat	July 4th Event Planning Meeting – ALL INVITED
05/15/10	11:00 am Sat	Scandinavian Naabinding - Library
05/17/10	6:00 pm – Mon	Kiwanis Meeting – Visitors Welcome – Location: Clubhouse
05/18/10	7:00 pm –Tues	Crest Community Association – General Meeting
05/20/10	8:30 pm – Thu	About San Diego with Ken Kramer – Crest Segment
05/22/10	8:30-10:30 Sat	Community Breakfast by Kiwanis at the Clubhouse
05/25/10	6:30 pm – Tue	Picasa 3 Basics (Free Digital photo editing software demonstration) - Library
06/01/10	1:00 pm- Tues	Historical Society Mtg – Library
06/02/10	5-7:00 – Wed	CCA Dinner – Clubhouse
06/08/10	5:45 – Tues	CCA Board Meeting – Clubhouse – Board Meets
06/10/10	7:00 pm -Thurs	San Miguel Fire Protection District Board Meeting - 2850 Orange Way – Spring Valley
06/12/10	7:30 am – Sat	Kiwanis Board Meeting – Clubhouse
06/14/10	10:00 - Mon	Crest Garden Club – Call Arlene for Details 441-0187
06/14/10	7:00 pm Mon.	Sub Regional Planning Group – Crest clubhouse
06/15/10	7:00 pm – Tue	CCA Meeting Clubhouse – General Meeting
06/20/10	5:00 pm	Deadline for Crest Sun Submissions
06/21/10	6:00 pm – Mon	Kiwanis General Meeting – visitors welcome – location: Clubhouse
06/26/10	8:30-10:30	Community Breakfast by Kiwanis at the Clubhouse
11/06		CCA Craft Show

Deadlines for Share Program (See page 27 for order and pick up dates)

Pick up and Delivery – Crest Community Church



Crest Community Association

The Fourth of July is coming

The Crest Community Association is starting preparation for the July 4th festivities and CCA needs your help. Join us May 15th at 9:00 am at the clubhouse for the first planning meeting. All Community residents are invited and encouraged to participate!

Parade: Needed: Folks to support the Traffic Control Plan (setting up signs, monitoring the parade, etc) San Miguel and Cal-Fire will be on hand to judge and start the parade. They will also act as the First Aid Station. They will set up on North Park Drive.

- Get ready now with your ideas for floats, golf carts, jeeps and rhinos, and groups of many kinds. If you have ideas for trophies, please contact Kandhy Franklin-Collins at: kandhyfranklin@cox.net or call her at 619-444-4996. If you are part of a car or bike club, invite them to be a part of our day. Due to the fact that this year's parade is on a Sunday, we are still working on the starting times so stay tuned for more information.

Crafters:

If you are a crafter, or have friends that are, invite them to participate as a vendor. If you are interested in participating, call 44-CREST and leave your name and number or send an email to Kandhyfrankline@cox.net A "seller's permit" or business license is required (There is no cost but you need to apply at www.boe.ca.gov/sutax/faqseller.htm or call 800-400-7115 to get an application faxed or mailed to you.) We need your name, address, and driver's license on our application 30 days in advance. Set up time is no earlier than 6:30am, and all cars must be moved after unloading. The cost to rent a booth is \$35.00...



Food:

Our community's non-profit organizations will once again be invited to submit the food vendor application. **More information on this will be available at the May 15th meeting so be sure to send your representative.** We plan on having the vendors back in the park this year so we will need folks to help construct the booths to specifications. If you have prior expertise meeting the handwashing/dishwashing/tent requirements for the "food in the park venue", please step forward. Due to insurance restrictions, we will not be able to have a Beer Garden at the clubhouse. **Reminder, there is no alcohol allowed in the park due to County regulations.**

Help us Raise Funds for the CCA: Silent Auction and Raffle Prizes Needed.

Our Silent auction was a great success last year. Do you have something wonderful to donate for our silent auction/raffle? A trip to Hawaii, a small vehicle? Okay, how about a great gift basket or gift card or a round of golf at a local course? Do you want to help coordinate this? Call 44-Crest and leave a message (for a live voice, call Jeanne Johnson at 442-4022).

Event: The clubhouse will be open displaying historical information as well as the Crest Community Association membership drive and CCA memorabilia. There will seating for conversation and eating.

Come and participate – Planning meeting May 15 - 9:00 am @ clubhouse

This is the official notification of the road closures that we normally have for the parade! The main road, La Cresta, will be closed in the morning to through traffic for approximately 45 minutes until last parade participant passes. An alternate route will be flagged to get to the South side of Crest. Of course, if there is an emergency, the volunteers will radio the command center and we will deal with it. The exact time of road closures will be posted in the next Crest Sun and on the blackboards as soon as the time is finalized.

Tony's BB-Q, Deli & Pizzeria

619-444-8132

Pizza

Create your own pizza

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

Toppings

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

Specialty

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

NEW

Salads

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

Deli Subs & Sandwiches

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

NEW

BB-Q Ribs & Chicken

Grilled fresh daily & served all week!

Ribs

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

Chicken

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

Combo Special

Half Slab Ribs & Half Chicken, with 3 Sides	\$18.99
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Family Feasts (Meat only)

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

NEW

Sides

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

Crest Foods

Prices are subject to change

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

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

NEW ITEM: QUARTER POUND ANGUS CHEESEBURGERS \$2.49
Tri-Tip Sandwich 6.99

Crest Fire Safe Council



Cert Training Comes to Crest

With the help of the San Miguel Consolidated Fire Department and a grant from the Red Cross, Crest has taken a proactive approach to prepare for disasters. Fifteen Crest residents attended a five week training class to become a member of the Community Emergency Response Team (CERT). In the event of a Declared Emergency, CERT volunteers may be activated to assist the fire department.

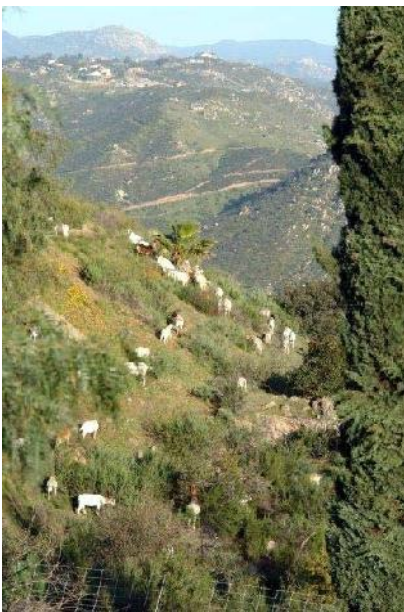
Participants received basic training from



(Barb Atkins practices during CERT training)

CFD personnel in the areas of disaster preparedness, fire suppression, first aid, light search and rescue, teambuilding, and the incident management system.

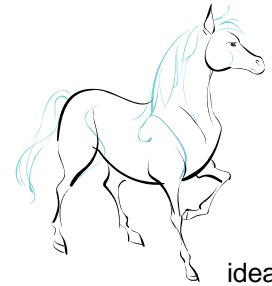
The Crest CERT Team is planning on additional classes in preparedness, first aid and looking for revenue to purchase our CERT trailer. Notices for the classes will be sent through the Crest website and our email system. There also seem to be many more residents who are interested in the CERT classes. Our team will be announcing more information about CERT training soon.



Update on the Goat Project: We are in the last stages of the project for Crest Fuel Reduction which should end in May. We would like to thank once again the great folks who allowed the goats to stay and work nearby. CFSC also wants to thank everyone for the support letters. These will help us write and hopefully receive other grants to maintain our 50% shaded fuel break around Crest. Lastly, CFSC would like to thank Johnny Gonzales, his crew and those darling goats for doing such a great job. It is Spring and the goats are giving birth on a daily basis! It is now a new Crest activity to watch the babies and their antics. If you have driven to South Lane Park lately, you will notice the goats hard at work. Thanks to Johnny Gonzales for donating the goats and the time to clean the park one more time for us. This has been a great “in-kind” donation of \$7,000-8,000 dollars for the community. Now it is up to us to work on our zone one defense which is our own yards. We need to get ready for fire season when all of this dries out! Get prepared now before it is too late.

CFSC is looking for donations for our Crest Emergency Notification Phone System. Our bill is due in June. We have been paying \$700.00 for about 10,000 calls. Each time a call goes out, 1,767 friends and family members are notified. Please do what you can. Any donation can be sent to CFSC at 384 Paloma Lane, Crest, CA 92021-4240.

E-Crest-Rian News



By Kandhy Franklin-Collins

So what are the E-Crest-Rians up too? We are trying to set up an early June clinic on horsemanship. We are looking for help and folks that would like to participate or even have ideas of what they would like to do. Contact Kandhy with your ideas at her email; kandhyfranklin@cox.net. The E-Crest-Rians are also trying their best to get you all of the up to date information on clinics, rides and camping. If you are interested in any of these, please be willing to try them. Kandhy has a 3 horse trailer and will be available to ride a ton after school is out. Jan Rosander also has a brand new 3 horse trailer and wants you to call her as well. Get up the courage to ride somewhere new. See you on the trail.

This is also a great time to check what other horse groups are doing and what rides and camping they offer. Some suggestions would be Red Shank Riders, Ramona Trails Association, Lakeside Frontier Riders, Pine Valley Mountain Riders and Backcountry Riders. Each time I get some news I will try and post it on the Crest website as well as send out an email. If you know of someone who has a horse and email, let them know to send me their email, so I can add them to the list.

RAMONA TRAILS ASSOCIATION FUND RAISER Spurs, Spokes & Sneakers – Historic Warner Ranch Great Trails, Catered Lunch, Raffle, Silent Auction & Tack Sale Saturday, May 1, 2010

Bike, Hike, Hang-out, or Ride (Camping available Friday & Saturday)

We'll explore the awesome trails, rolling sand hills, cows, and ancient oaks on this local historical treasure, from foot, horseback, or bike. This will include portions of the famous Pacific Crest Trail, with choices of varying lengths, speeds (including a group for gaited-horses), and challenges. Return to the Ranch by 12:30 to enjoy a Raffle, Silent Auction, Tack Sale, and Catered BBQ. Overnight guests will be able to enjoy the Ranch's famed Mineral Pools, Cantina and other amenities offered at this PRIVATE Resort. Your support of this event directly benefits RTA, a 501c3 organization dedicated to the development and maintenance of non-motorized trails in and around our area.

For further information or to make a donation, please contact:

Terry J. - 760 789 5185 th9749@yahoo.com Teri K. - 619-925-5008 ramonaranch@yahoo.com

Deb S. – 760-443-0809 bigshottranch@hotmail.com

KATHLEEN LINDLEY HORSEMANSHIP CLINICS- May 7-9 and May 10-12 8:30-5:00

Oakzanita Ranch, 11190 Hwy 79, Descanso

Kathleen Lindley is a lifelong equestrian, author of "In the Company of Horses, A Year on the Road with Mark Rashid". She is known for taking a fresh look at what is going on between you and your horse. For more detailed information, go to Kathleen's website: www.KathleenLindley.com

Vista Palomar Riders has reserved the group horse camp

Heart Bar Equestrian (Close to Big Bear) - FOUR DAYS OF CAMPING AND RIDING –

Thursday August 12th 2:00 p.m through Monday August 16th 1:00PM

We are limited to 45 horses, 80 people, and 50 vehicles. Truck and trailer are two vehicles. All reservation must be paid in advance. Sign-up now space is very limited don't be left out. For your \$105 (\$95 for Club Members) fee you get a horse stall, parking for vehicle and trailer. Potluck Saturday Night - Bring your own meat and a side dish or dessert to share. Saturday will be Party Night (BYOB). Sat. & Sun Continental Breakfast. (OJ, coffee and pastry). In case you've never been to Heart Bar the group camp has pipe corrals, a central camping area, hot showers. The camp is about 112 miles (2.5 -3 hours) north east of the VPR Club House. A map and additional details will be e-mailed to everyone with reservation, prior to the ride. If you have any question or want more information please call Ron Halliburton (760) 945-7830 or hallibur@flash.net.

A SPRING RIDE: to benefit rescue horses - Noble Canyon – May 8, 9:00 -12:00 – Noble Canyon

Cost \$30 will include brunch served after the ride. Raffle tickets will be sold for great prizes, and there will be a silent auction full of wonderful items such as joint supplements, equine artwork, restaurant gift certificates, wine, home décor, tack, grooming products, and so much more. What: A trail ride through beautiful Noble Canyon. The Ride will begin and end at Horse of The Sun. 28271 Old Hwy. 80, Pine Valley. Other: Lunch only option is \$10 for non-riders.

Info: Call Audrey for more info 619.247.7237 Or email audrey1@cox.net



Connie Gipson

**Selling Crest and other San Diego area
Properties for 26 years
Cell: (619) 606-2400**



**5640 Baltimore Drive
La Mesa, CA 91942**



Crest Real Estate Update



Residential

Recently Sold

212 Park	\$117,200
723 Mountain View Place	\$225,000
2219 Crest Drive	\$250,000
1237 La Cresta Blvd.	\$306,000
318 Estornino Lane	\$350,000
109 La Cresta Heights	\$549,000

Vacant Land

Recently Sold

Saxton Lane	\$85,000
Saxton Lane	\$85,000

Home Affordable Foreclosure Program (HAFA)

In 2009, the Treasury Department introduced the HAFA program to provide a viable option for homeowners who are unable to keep their homes through the existing Home Affordable Modification Program (HAMP). The HAFA program takes effect April 5, 2010 and sunsets on December 31, 2012.

HAFA Provisions

- Complements HAMP by providing a viable alternative for borrowers (the current homeowners) who are HAMP eligible but nevertheless unable to keep their home.
- Uses borrower financial and hardship information already collected in connection with consideration of a loan modification.
- Allows borrowers to receive pre-approved short sales terms before listing the property (including the minimum acceptable net proceeds)
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***Remembering our Crest Friends
In Memoriam
Cherry Silva
1956-2010***

It is with great sadness that we announce the recent passing of beloved Crest resident, Cherry Silva. Cherry was an inspiration to those who knew her, and a wonderful friend. Although she suffered from a long illness, she was never one to feel sorry for herself. Her bright smile was a reminder of her warm hearted spirit of generosity and constant consideration of others. The courage with which she faced life, her thoughtfulness, and loving attitude will be greatly missed. Our hearts go out to her family. We are forever grateful for her love and friendship.

There will be a gathering at the Crest Clubhouse
For her family and friends,
Saturday, May 15th at 2:30 in the afternoon.
Please bring something to share.

Our Backyard..

By Chris Seebold

The Crest Garden Club



The Garden Club held two fun-filled events in March and April. Kathy Fiedor brought in spring by hosting a “Flower Pounding Class” at her home in March. Peggy Caballero, Crest resident, graciously demonstrated this fun technique that uses fresh flowers and leaves as dye to create designs using fabric that can be framed or quilted. Peggy comes well qualified as she has a studio in the Spanish Village Art Center in Balboa Park called QuiltArte

The April meeting, held at the home of Joni Palashewski took on a special “garden” spin with the making of Limonchello, a flavorful Italian lemon liqueur and other fruit infused liqueurs.



Garden Club meetings are held the second Monday of each month at 10:00 am at various locations. The May 10th meeting will be held at the home of Kay Faris and project will be stepping stones. If interested in participating, call Karin Faris at 302-6957.

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1092 LACRESTA BLVD~ SOLD AND BOUGHT BY RAYNA MACK

417 WEST LANE - LISTED BY RAYNA MACK

Kids..Go green and help take care of our planet.



By Katelynn. Katelyn attends school in Cajon Valley Union School District.

How? By remembering the three R's; **Reduce** the amount of stuff you use. **Reuse** Items or find new uses for them

rather than throwing them away. **Recycle** all your used paper, aluminum, plastic and glass containers.

Do you know how to compost?

Composting turns scraps of food leaves and grass into healthy soil that helps plants and vegetable gardens grow. Ask an adult for help and try it out.

1. Fill a large flowerpot $\frac{1}{4}$ full of soil.
2. Add food scraps until the pot is halfway full & place a thin layer of soil on top.
3. Every few days stir your mixture and add water to keep moist.
4. Be patient, after several months your mixture will turn into soil that's great for gardening.
5. Plant some seeds and watch them grow!
6. Have fun!

There are lots of ways you can help our planet.

Here are some things you can do!

- If you are allowed, walk to school - its fun and less pollution from cars
- Turning off the faucet when brushing your teeth creates more water for our planet
- Unplugging electronics saves energy
- Packing your lunch in reusable containers makes less trash
- Giving away used toys and clothes to local charities is being kind and creates less trash

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little rescues.
A 3 year old
pomeranian with a
dirty matted coat.

Before: A matted messy coat



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



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Upcoming Events - May and June

May 1-2 Fiesta Cinco de Mayo - Old Town

San Diego • 619-291-4903 - Old Town goes all out for Mexico's holiday with food booths, dancing, mariachis and other live entertainment on seven stages. Activities for the kids, stagecoach rides, an equestrian show and historical reenactments
<http://www.fiestacincodemayo.com>

May 7-9 – Gater by the Bay: Zydeco Blue and Crawfish Festival, San Diego – 25 local and national bands, 8000 pounds of fresh crawfish and cajun cuisine. Spanish Landing Park Harbor Island
<http://www.sandiegofestival.com/>

Cajon Classic Cruise – Cajon Classic Cruise, the largest weekly classic car show in Southern California. The 2010 Cajon Classic commences Wednesday, June 30, from 5:00 to 8:00 pm on Main Street in the heart of historic Downtown El Cajon. Admission is free to the Cajon Classic Cruise car show. **Wednesdays June 30 – September 29, Main Street and Magnolia Avenue**
http://www.downtownelcajon.com/event_ccc.shtml

CORONADO'S SUMMER CONCERT SERIES IN SPRECKELS PARK on Sunday evenings, starting 5/30 throughout the summer. On the first and third Sunday of the month, come early and browse the work of artists from San Diego County during the Coronado Art Association's bi-monthly Art-In-The-Park event. www.coronadovisitorcenter.com

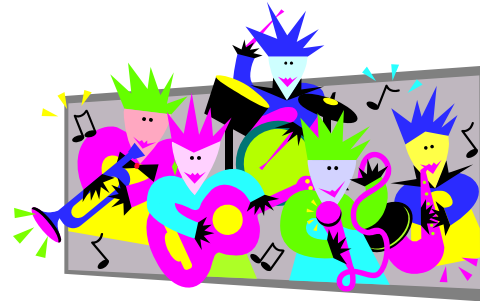
Free Concerts in Seaport Village - Every weekend, Downtown San Diego's Seaport Village May-Sept, next to the Embarcadero Oark North holds free concerts from 1 to 4pm in a variety of genres.

13th Annual Inter-Tribal Pow Wow - Head to the historic Mission San Luis Rey in Oceanside on June 12–13. Hosted by the San Luis Rey Luiseno Mission Indians, this event draws tribal members from all over the United States for contest dancing, Native American arts and crafts, games and food.
www.slmissionindians.org

Rock 'n' Roll Marathon - Listen to live bands lined along the 26.2-mile route of the Rock 'n' Roll Marathon on June 6th. The course begins in Balboa Park, runs through various popular

locations around the city and ends at the Marine Corps Recruit Depot. Visitors can also stop by the Marathon's free Health and Fitness Expo on May 29–30 at the San Diego Convention Center.
www.rnrmarathon.com

4th Annual Loews Coronado Bay Resort Surf Dog Competition. Take in the action as fun-loving canines brave the waves during the May 22 event starting at 10:00 am in Imperial Beach.
loewssurfdog.blogspot.com



The 15th El Cajon Annual Concerts on the Green, - The free weekly summer concert series featuring live music for all ages, opens Friday, June 25, 2010 from 6:00 to 8:00 pm in Downtown El Cajon. At Prescott Promenade Park, El Cajon
http://www.downtownelcajon.com/event_cotg.shtml

2010 Concerts on the Green Schedule

June 25	The Legends (Oldies)
July 2	Family Night with the School of Rock (Rock Stars of the Future)
July 9	The Stiletos (Rockabilly)
July 16	The Corvettes (Oldies)
July 23	Bill Magee (Blues)
July 30	Java (Dance)
August 6	Sue Palmer & Her Motel Swing Orchestra (Boogie Woogie)
August 13	The Cat-illacs (Rock & Roll)
August 20	The Coolrays (Beach Boys Tribute)
August 27	Diamond is Forever (Neil Diamond Tribute)
September 3	FX5 (Dance)

San Diego county Fair – June 11 – July 5th - <http://www.sdfair.com/fair/> Go to this site to get a list of performers

Out and About in SD County

PICNIC AT ORFILA VINEYARDS - Bring a full lunch or merely a few snacks to Orfila Vineyards & Winery. The stunning vineyards and landscaping make for an ideal date at no cost aside from your tasty treats, of course. 13455 San Pasqual Road, Escondido 760-738-6500, ext. 27 orfila.com

WILLIAMS-SONOMA COOKING CLASSES - Brush up on your culinary skills with free cooking classes at Williams-Sonoma. All are taught by Williams-Sonoma culinary professionals, with each class focusing on a different technique, including holiday-themed lessons during the winter months. Call ahead of time to reserve your spot for the complimentary classes, which vary by month. Sunday at 10, Wednesday at 11 at 7007 Friars Road, Mission Valley 619-295-0510 (call first to reserve – remodel in process) or 4417 La Jolla Village Drive, University City 858-597-0611
www.williams-sonoma.com/cust/storeevents

GEOCACHING - Embark on a modern-day treasure hunt throughout San Diego. Geocaching is a game played all over the world where participants log onto the official Web site and choose a geocache they want to

find. They're then given the GPS coordinates of the "mini-treasure" that has been hidden by other people. With tons of geocaches hidden all over San Diego, geocaching can be done at anytime and is great for thrill-seekers who love the outdoors. geocaching.com

LAWN BOWLING - Try bowling in an unconventional way: outdoors. The San Diego Lawn Bowling Club offers one free lesson for individuals and couples — the only catch is you need to be a San Diego resident. Different from traditional indoor bowling, lawn bowling is a team sport with a mass appeal for all ages. During the lesson the trained staff members provide an introduction to the sport, breakdown of the rules and practice. Call to schedule the time and date of your free lesson 702 El Prado 619-238-5457 sandiegolawnbowling.org

Self-Realization Fellowship Ashram Center in Encinitas - Explore the meditation gardens at the Center. It is here that Paramahansa Yogananda, one of the preeminent spiritual figures of our time, wrote his Autobiography of a Yogi. The meditation gardens are open to the public 9 a.m.–5 p.m., Tuesday through Saturday, and 11 a.m. – 5 p.m. on Sundays.
www.yogananda-srf.org/temples/encinitas

Website to Check Out

 www.spokeo.com

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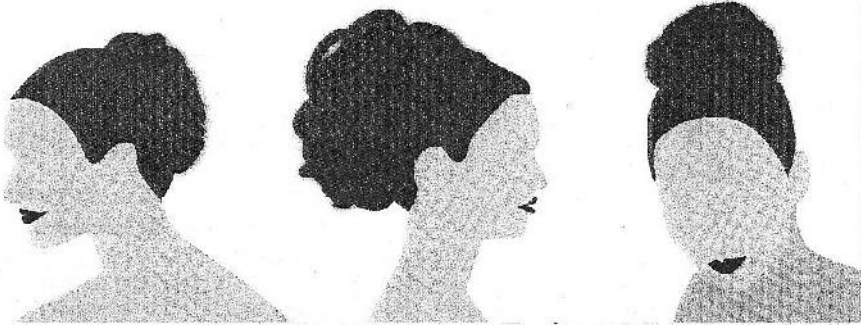
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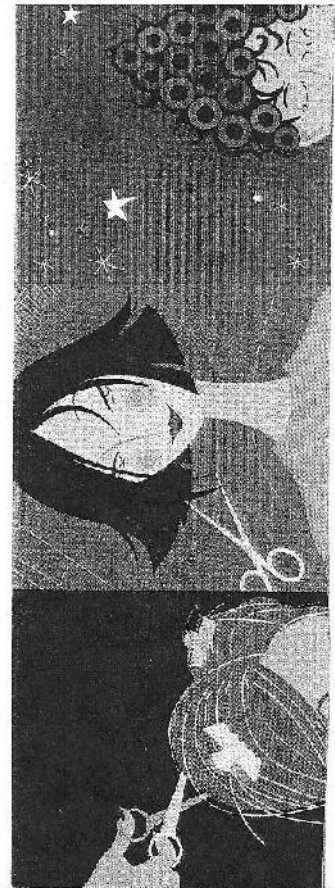
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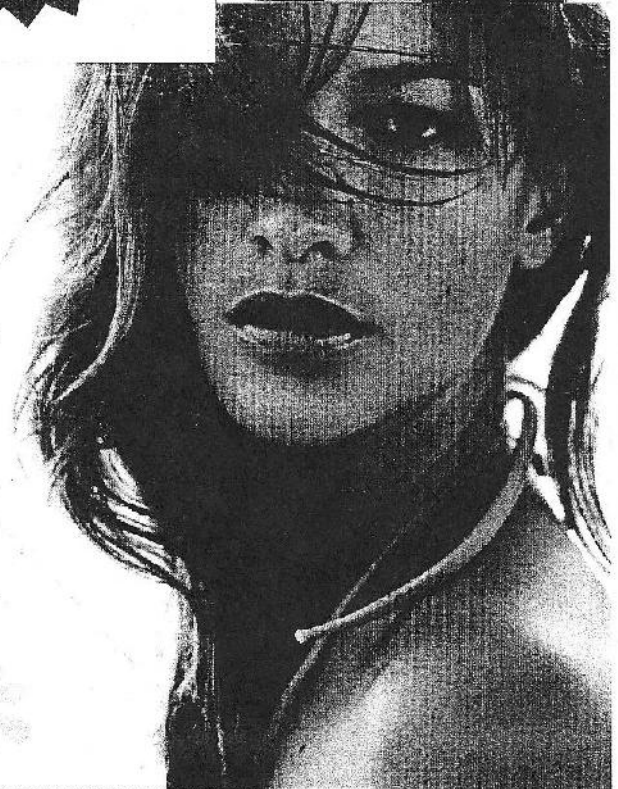


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My Special Garden..

By Linda Hjelle

While tending to my garden the other day, I thought it might be good to share my talents with all of Crest. See, my garden, which consists of many edible products, might be a bit different from yours in that it primarily consists of weeds! As I was mowing and complaining yesterday, my husband reminded me that I was cutting down a virtual plethora of edible items – not particularly tasty, but in a pinch, feasibly edible. Oh yeah, I don't actually eat these as much as I'm intrigued with the fact that I could. **In fact, you need to research this yourself if you actually have an inclination to eat your yard since there were more than a few disclaimers to be found at the websites I researched... i.e. I/ We are not responsible for indigestion or death due to eating plant parts! Many of these plants cause severe allergic reactions, convulsions and death. So my recommendation is to either research this for yourself or save this tidbit of information as trivia in the event of some catastrophic disaster.**



Dandelions - The premier star of the edible plant world was originally imported as a food crop. Young leaves are good in salads; older ones can be used in soups. Like older lettuce, they tend to get bitter as it gets bigger. Leaves raw or cooked, roasted roots used for coffee, wine from flower heads. Why then do we complain so much about this lovely plant?



Wild Radish (*Raphanus sativus*) – I've had exceptional luck with my wild radish this year. I have to admit that I've kept them around for their beauty more than their taste. They tell me, however, that the flowers are edible, and taste like..... radish! The four-petaled flowers may be yellow, lilac, white, or violet. The fruits, borne below the flower head, are narrowly oval and constricted around the 4 to 10 seeds. Note that the radish is a relative of



the edible yellow mustard plant which can also be found in abundance in this area.

Both plants are members of the broccoli family.

<http://www.5min.com/Video/How-to-Identify-edible-Grass-165864908>

<http://www.britannica.com/EBchecked/topic/643581/wild-radish>



Sow Thistle is one of the most plentiful wild plants you'll see in the area. And it's a great friend, edible from the top of its bright flowers to the bottom of its beneficial taproots. Sow thistle is a close relative of the dandelion, and the two cousins have very similar properties.

Stinging Nettle - The best-known characteristic of nettle is the burning sting that can come from touching the plant. Why then, do we even bother with it? Because it is a powerhouse of nutrition and is known for its medicinal properties as well. Stinging nettle is also reputed to be a very good source of the minerals calcium, magnesium, silicon, sulphur, copper, chromium, zinc, cobalt, potassium and phosphorus as well as containing high amounts of vitamins A,



C, D, E, and K as well as riboflavin and thiamine. Personally, I'll pass since it sounds painful!



Wood sorrel (many folks mistake this plant for clover) has a lemony taste and supposedly is a great addition to a morning salad. Because of its high oxalic content, eating large quantities is not recommended; in fact, people with certain health conditions should avoid this!



Grass – Finally, what would my garden be without fresh, clean, grass. Most grass is sweet, full of vitamins and minerals, and is edible **except you don't swallow it, you chew it** to get the beneficial properties and then spit it out. I have it good authority (my dogs) that some of the best grass can be found in my yard!

My husband (Let's call him "Mikey" because he'll eat anything), has tried most of the plants in our back yard and I'm happy to report that he is still alive and concurs with my descriptive findings. So next time you are mowing down your yard of weeds, BE PROUD – YOU GREW THESE YOURSELF!

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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 May, June, July, and August meetings will be held at the Dehesa Volunteer Fire Station, 5425 Dehesa Road, at 7:00 PM

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

The following are segments from the February 8 Minutes regarding Crest. For a full copy of the minutes, go to www.crestplanning.org:

Item 2. Announcements. Mary Manning announced:

- That the County gave final approval to the Brooks Second Dwelling project in Crest That Janet Dillard has sent a letter of resignation from her Seat 1 of the Planning Group, and at the next meeting the Group can declare Seat 1 vacant;
- That a volunteer from the Group is needed to review a newly proposed lot split in Crest (Judy Bowen agrees to review the project);
- Item 5a. Private Project Proposal. TPM 20176 RPL1, Kemerko, 4-lot split with remainder parcel, Mountain View Road. Chairman Riggs introduced Lawrence Walsh, Civil Engineer and representative for the project applicant. Mr. Walsh described some edesigns of the project in response to concerns of the County about the required wildlife corridor, and explained how the proposed changes could affect some of the neighbors' concerns about drainage and erosion, and alter concerns about the locations of septic leach fields. Chairman Riggs announced that TPM 20176 RPL1 will be an item on the agenda of the March meeting, and the Group will consider taking action then.
- Item 6a. Public Project Proposal. Priority List for Park Lands Dedication Ordinance (PLDO) Projects. Judy Bowen reported that the Crest Community Association has not yet provided its comments about the proposed PLDO projects for parks in Crest, so the list is not ready for Planning Group consideration and action. The PLDO List will be on the agenda of the March meeting

The following are segments from the February 8 Minutes regarding Crest:

- Item 3a. Open Forum. William Colburne, Crest, introduced himself as a new owner resident on South Lane opposite South Lane Park. He expressed concern about potential improvements that could attract vagrants and vandalism; and appreciation for the attractive and effective fencing, and the lack of paving and overhead night lights that provided a rural, natural atmosphere.
- Item 5a. Private Project Proposal. TPM 20716 RPL1, Kemerko, 4-lot split with remainder. Chairperson Riggs introduced Lawrence Walsh, engineer for Mr. Kemerko, who was attending the meeting to present and explain the details of the replacement map proposed for the project on Mountain View Road. He stated that the redesign of the project was intended to provide control of, and mitigation for, the impacts of storm water runoff from the project onto neighboring properties, primarily by the use of check-dams silt-fences and straw wattles to reduce peak runoff. Members of the Planning Group, and residents of adjacent properties downhill from the project, questioned the mechanisms planned for long-term management, and the effectiveness of the proposed methods, for reducing runoff impacts. Members of the public also expressed concerns about the adequacy and completeness of the biological studies submitted for the project. Chairperson Riggs reminded everyone that when a Tentative Parcel Map is approved, then many conditions must be met before a Final Map can be approved and recorded for the project; that the refinement and approval of the proposed replacement map provides future opportunities for review and comment by the Planning Group and members of the public; and that this project would be on the agenda at the next appropriate opportunity to review its progress.
- Item 5b. Private Project Proposal. TPM 21172, Davidson, 4-lot split with remainder. Judy Bowen reviewed this project for the Group, having visited the property at Montana Serena and Tracey Lane in Crest with the applicant-owner. The property is very steep, with the home pads located on hillside knolls, rather than on the ridgeline. The building sites were graded about 10 years ago. Water service will be provided by Padre Dam Water District; septic systems will be used, and leach field soils have acceptable percolation rates. Impacted schools and fire districts have provided service letters. One biological survey has been done in the past, and a new one is currently being conducted. Bowen observed that one of the access roads in the project is very steep. Wally Riggs asked if the project had been reviewed by the County Trails Coordinator for its compliance with trail requirements, such as a roadside easement or anything else. Judy Bowen moved that, based on today's information, the Planning Group recommends approval of TPM 21172 in its current state of design. The motion passed (10 yes; 0 no; 0 abstain).

(Planning Group Con't)

- Item 6a. Public Project Proposal. Park Lands Dedication Ordinance (PLDO) Projects' Priority List. Judy Bowen reported that the Crest Community Council had not provided any response to the Planning Group's request for suggestions yet, and requested continuing this item to the next meeting. Chairperson Riggs agreed.
- Item 8a. New Business. Declaration of Vacancy of Seat 1, Crest. Jack Vandover moved that the Planning Group declares Seat 1, Crest, vacant; and that it advertises the opening for a Seat 1 nominee to be elected by the Group for appointment by the Board of Supervisors. The motion passed (10 yes; 0 no; 0 abstain).

Seat number 1 representing Crest became vacant with Janet Dillard's resignation in February. Anyone who lives in the community of Crest may apply to be recommended for appointment to fill this vacancy. Contact the chairman, Wally Riggs for an application form at wrplanning@aol.com, or by phone at 619-442-4612.

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

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

Linda Hjelle – editor@thecrestsun.com or Lindahjelle@cox.net (517-9838)

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

Crest Website: www.thecrestsun.com **Webmaster:** **Karin Weiss** (579-3951)
email: webmaster@thecrestsun.com

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

Thank you for your donations that help support the printing of The Crest Sun.

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

www.thecrestsun.com

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

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

- Email us your jpeg logo and web address to thecrestsun@cox.net
- Send your check for \$20 to Friends of Crest, 120 N. Park Drive, Crest, CA 92021-4094
- Please add a note that you are advertising your link on the website.

Sincerely, Karin Weiss
TheCrestsun.Com webmaster

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1. Business Cards Go to www.Vistaprint.com for 250 free business cards. You can choose from 42 designs with preset fonts and colors. Any changes will cost \$9.99+ and to omit the Vista logo on the back of your card is an added \$5.99. Before checking out, they'll try to sell you on about 10 pages of extras- decals, t-shirts, magnets, before taking you to the checkout where my shipping costs for 250 free cards was \$5.45. They also warned that you can expect to hear pretty frequently from Vistaprint once they get a hold of your contact information. Editor's note: I ordered cards and I love them. They did talk me into a couple amenities but it was my choice and I haven't heard from them since.

2. Expert Computer Help Go to protonic.com for free online computer help. Simply register to the site and then you'll be able to ask a community of computer support technicians your question

3. Foreign Language Lessons The **BBC** offers free classes to learn the basics of Spanish, French, German, Italian, Greek, Chinese and Portuguese. For example, the beginning Spanish course, Spanish Steps, is 12 week interactive course that introduces you to the spoken Spanish language using games, videos and explanations all online and all free. If you are planning a trip abroad. Go to: <http://www.bbc.co.uk/languages/>

4. Business Classes Sign up for free business classes at SBA.gov; each are about 30 minutes and free and cover a range of topics: Retirement Planning, Accounting 101, How to Prepare a Business Plan. <http://www.sba.gov/training/index.html>

5. Credit Report At AnnualCreditReport.com you can get a free credit report. By law you are entitled to 1 free credit report each year. Be careful when you click through to make sure you are getting the *free* credit report! There are many that promise but in the small print actually sign you up for services.

6. Wi-Fi Hot Spots This is awesome! A directory of locations that offer free Wi-Fi. Go to WiFiFreeSpot.com and then select your state and then scroll down to see where there is free Wi-Fi offered in your town. Even my small town had some listings.

7. Cookbooks There are all sorts of free online recipe sites out there. WDM recommends Allrecipes.com, but I also like Epicurious.com and [Cooking Light.com](http://CookingLight.com) for great free recipes.

8. Sheet Music [The Mutopia Project](http://TheMutopiaProject) offers free access to over 1500 sheet music editions of classical music.

9. Spam Filter Try spamato.net and download their free spam filter to help keep you inbox spam-free.

10. Kids – How to Clinics -

www.homedepot.com (enter kids workshops)

The Home Depot Kids Workshops Bring out the do-it-yourselfer in your child by taking part in the free Kids Workshops at Home Depot. Workshops take place the first Saturday of each month from 9am-noon at all store locations, and even include a free orange apron for your child. Adult participation is required.

Lowe's How-To Clinics for Kids - Lowe's is another good source for free D-I-Y kids' projects. Clinics are offered on a bi-weekly basis from 10am-11am, and all building materials and tools are provided. Spend an hour with your child, and come away with a cool project that you built together. www.lowes.com

11. LibriVox.com is a sort of [Gutenberg Project](http://www.gutenberg.org) (<http://www.gutenberg.org>) for audio books.

Their mission is to make all public domain books available as free audio books. To do this they enlist volunteers to read and record chapters of books in the public domain. These audio files are then uploaded to the LibriVox catalog for anyone to search, browse and download absolutely free. The recordings can be hit or miss but the ones I listened to sounded perfectly fine.

12. San Diego Craigslist Free Stuff

Perusing the San Diego Free Stuff section of Craig's List is completely free, and so is the sometimes useful (and often bizarre) free stuff you'll find listed on the site. It's also free to post your own free things to the San Diego Craig's List free stuff section, if you don't have the time to hold that garage sale. <http://sandiego.craigslist.org/zip/>

13. More kids eat free:

- IKEA in Mission Valley (after 3pm)
- Hooley's Irish Pub & Grill in El Cajon (Wednesday nights)
- Bistro d'Asia in Coronado (Tuesday nights)

14. Daily Deals: Three websites come to mind that offer deals at great pricing.

1) www.Woot.com - Woot.com posts a deal at a super price each day – typically an electronic gadget.

2) www.Groupon.com/sandiego & www.livingsocial.com are city based sites that offers a deal a day i.e. spas, restaurants. Deals typically reflect a 50-75% savings and allow consumers to try new products and support local businesses. **Editor's note:** I've purchased \$25 tickets to Belmont Park (for \$8) and 50% off coupons to the Dinner Detective through Groupon.com.

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Cajon Valley Union School District

Crest School & Los Cochese Creek School Schedule 2009-2010

2009-2010 Schedule			
08/24/09	First Day of School	01/18/10	Martin Luther King Holiday
09/07/09	Labor Day	02/08/10	President's Day (Lincoln)
11/11/09	Veterans Day	02/15/10	President's Day (Washington)
11/25-11/27	Thanksgiving Holidays	03/29-4/11	Spring Break
12/21-01/10	Winter 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	1/29/10	Faculty Workday only
11/11/09	Veterans Day	02/08/10	President's Day (Lincoln)
11/23-11/27	Thanksgiving Holiday	02/15/10	President's Day (Washington)
12/21 – 01/03	Winter Break	03/29-04/02	Spring Break
01/18/10	Martin Luther King Holiday	05/31/10	Memorial Day
		06/22/10	Last Day of School

Crest Community Worship



St Louise de Marillac Catholic Church

Year Founded: 1944

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

Summer Weekend Services (JUN-AUG):

Saturday..... 5:30 PM /

Sunday..... 9:00 AM

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



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**

St. Louise de Marillac Church Celebrates 60 Years

St. Louise de Marillac Church will be commemorating the 60th anniversary of the construction of the present church begun August 27, 1950 and dedicated upon its completion at the Christmas Midnight Mass, 1950.

The members of St Louise de Marillac Parish will be celebrating the anniversary with a parish potluck/barbecue following the 9AM Mass on June 13.

We are keeping the special intentions and needs of all our friends and neighbors in Crest in our prayers.

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 May is May 10 with pickup on May 22 and for June is June 14th with pickup on the 26th. 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 April 26. For other information or questions that you may have, you may also call Joetta Shipley at 619-447-5659.



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2010 Census

If you did not return your 2010 Census Form you may soon be getting a knock on your door. A census taker is a person from your community who is hired by the Census Bureau to make sure that your neighborhood gets represented as accurately as possible. The census taker's primary responsibility is to collect census information from residences. If no one answers at a particular residence, a census taker will visit a home up to three times and attempt to reach the household by phone three times as well as leaving a Notice of Visit on your door. Your participation in the 2010 Census is vital and required by law, ([Section 221, of Title 13 of the U.S. Code](#)). Please help out by completing the form and sending it in.



Crest Kiwanis Happenings

What's new this spring?



Special Olympics

Crest Kiwanis has given a donation of \$200 to the Special Olympics on March 13th at West Hills High School and is proud to be able to award \$100 to support Mark Saser's Eagle Scout Project



(Mr. Geisel and Class)

Kiwanis Helps Crest School

- After many years of wear and tear Crest Kiwanis replaces the Crest School Flags!
- New broadcast camera for Crest School



Easter Egg Hunt - Boy Scouts pose with Easter prizes after hiding all the Easter eggs for the Crest Kiwanis Easter Egg hunt.

Serving the Children of our community



Breakfast Buffet dates to remember

8:30-10:30 am at CCA Clubhouse:

- **Saturday May- 22nd**
- **Saturday June 26th**

You are invited to the 12th Annual

All Fore R.E.C. Golf Tournament

When: Sept. 17, 2010

Where: Sycuan Resort

Time: 12:00 Shotgun start

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

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Crime Log in Crest

Date	Loc	Street/Block	Incident
2/19	CR	2000 BL Crest Dr	Grand theft
2/24	CR	400 BL La Cresta Dr	Arson; Property
3/02	CR	200 BI Alta Lan	Burglary Vehicle
3/11	CR	100 BI Wilkie Way	Vehicle Theft
3/14	CR	200 BL Cerro Sereno	Battery on Person
3/18	HC	1800 BI Harbison Canyon	Vehicle Theft/Recovery
3/20	CR	1100 BI La Cresta Blvd	Battery w/ serious bodily injury
3/20	CR	200 BI La Cresta Blvd	Obstruct/resist executive officer
3/24	CR	900 BI La Cresta Blvd	Grand theft
3/24	CR	800 BI Via La Cresta	personate to get money/property
3/31	HC	900 BI Harbison Canyon	Vehicle theft w/o owners consent
4/01	CR	100 BI Highline Trail	Vandalism (\$400 or less)
4/09	CR	1700 BI La Cresta Blvd	Battery with Serious Bodily Injury
04/09	CR	400 BI Mt View Rd	Simple Battery
4/11	CR	2100 BI Eucalypus Dr	Arson of property
4/11	CR	2100 BI Crest Dr	Arson – Travel Trailer
4/13	CR	110 BI La Cresta Blv	Vehicle Theft

Info obtained from www.crimemapping.com



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For more information, contact Crime Prevention Specialist Paula Dickenson, 619 659-2608 SHERIFF'S DEPARTMENT CONTACT INFORMATION:
EMERGENCY 9-1-1 Non-Emergency 858-565-5200

Griselda's Corner

By Griselda Layman

SUN DRIED TOMATO JAM

Thanks to Kathy Scott of
Grants Pass, Ore for the great
recipe



Combine in food processor:

1 (8 ounce) jar oil packed sun dried tomatoes, drained, reserve oil

1/2 sweet onion, rough chopped

2 cloves garlic

2 T. sugar

1/4 C. balsamic vinegar (can use red wine vinegar but it's not as rich)

1 t. fresh rosemary or thyme/tarragon blend (Only Fresh Herbs will do. I've tried it with dry and it just doesn't have the flavor)

*Pulse until mixture is semi-smooth but still has texture

In medium sauce pan, combine above and add

2 C. organic vegetable broth

1/2 t. salt

1/2 t. ground black pepper

*Bring to a boil then reduce to simmer about 1 1/2 - 2 hours.

Watch last half hour to assure it's not sticking ... add 2 T.

reserved oil if needed.

Set aside to cool

I use this on crostini with goat cheese, on pizza instead of sauce, with mayo on sandwiches, in pasta with roasted veggies and as a base for soups and stews..

You can omit the sugar if needed and it's still quite good. I also make up a double batch and can it.

Enjoy,
Griselda

MOTHERS ARE SPECIAL

I REMEMBER YOU

When my heart leans toward
discouragement,

I think of your hope.

When my hands tire of giving,

I remember your generosity.

When my life turns to surrender,

I think of your persistence.

And the battles you've fought,
and the victories you've won,

The example you've set.....

And I'm encouraged to try again.

By Vania Anderson



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ART SHOW

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at Crest Community Center in Crest, CA
from 11:00 am to 4:00 pm.
FREE ENTRANCE

*This is our first art show
so come and help us to become a tradition!*

KNOW Your Neighbor: Rebeca Cordova & Jesús Piris

By Suzanne Mullins
With excerpts by R. Cordova

*The production is the opera, Carmen. The scene has the heroine's lover, Jose', played by **Jesús Piris**, on horseback, approaching a group of seated ballerinas. The horse, Bohorquez, chooses his partner by placing his extended hoof to Carmen's breast. Walking backwards, he leads her to where they begin their passionate pas de deux. Jose' and Carmen each hold a corner of her handkerchief as Bohorquez encircles her in a canter pirouette, then danced piaffe and passage in perfect union with her, to the mesmerizing rhythm of the music.*

This is but one of several interesting anecdotes I came across while composing this issue's **Know Your Neighbor** column.

North Crest residents, **Rebeca Cordova** and **Jesús. Piris** share a passion for horses. Residing on 2 acres at the end of La Cresta Boulevard, **Rebeca**, Monte Vista Class of '82, has lived in Crest for 17 years. She works for the City of San Diego in the Equal Employment Opportunity Department by day and after work and on weekends she is helping **Jesús** establish an independent horse training business here in San Diego County.

Jesús was born in Ceuta, a Spanish territory on the northern coast of Africa near Morocco and his family moved to Sevilla, Spain when he was eleven. He found his way to the United States via his remarkable ability to train horses for performing. He specializes in Dressage, however, he is very knowledgeable in Western and English riding styles too.

When he was fifteen, he was accepted to the Royal Andalusian Riding School of Jerez, Spain. Jesús remembers the great white stallions, the grace and majesty of the riders who danced with them, the finery and splendor of the facility. After only two years he attained the title of Jinete (Rider) and Instructor, teaching students and training the horses not only in the upper level movements of



*competition style dressage but also the ancient and incredibly demanding "airs above the ground" or "school leaps," such as the capriole, levade, and courbette. **Jesús** toiled hard, holding several jobs at a time including teaching at riding stables, and schooling young horses over jumps of up to two meters.*

*In Spain, **Jesús** was recruited by the well-known theater director Salvador Távora to play the mounted role of the rejoneador José, the heroine's lover in the opera Carmen. Before spending two years touring across Europe in that role, he was tasked with selecting the Spanish stallion he would ride in the production, and given just six months to train him to do a "buen galope" (good canter) and the upper level movements such as piaffe, passage and pirouettes.*

***Jesús** recalls the theater in Lérida where the only route to the stage was via an ancient, clanking freight elevator which had no walls or railings! To give his horse, Bohorquez, a sense of security, **Jesús** had posts installed in the elevator car and they hung curtains around it to simulate walls. During the breathtakingly terrifying moments it took to ride that elevator, minutes which felt eternal, **Jesús** would stand in that tiny space with his chest pressed against Bohorquez' forehead, keeping him still, knowing that one false move would send them plunging to their deaths. When asked how he had found such a calm horse for this dangerous role, he replied in a puzzled tone that Bohorquez was not calm, he was just "domado" (trained). In Spain a horse that is domado is completely obedient under all circumstances, scary or not, following its rider's guidance unquestioningly and with total trust. This is the level of education to which **Jesús** aspires with every horse in his charge, and if given adequate time he achieves it.*

Rebeca says, "Horses are drawn to **Jesús**. He has an uncanny ability to communicate with them in a manner that is crisp, clear, and leaves no room for confusion or misunderstanding. This and his strength of leadership provide a great sense of security for the animals. He is well known for taking aggressive or severely withdrawn horses and turning them into willing, gentle, personable and obedient mounts."

See **Jesús'** entire story at:

<http://sites.google.com/site/JesusPirisDressage/home/gallery>

JESÚS PIRIS

Former Instructor of the Royal Riding School of Spain



Photo credit: Sierra Boeckel

Jesús Piris IS NOW BASED IN CREST!
(and is also available for travel to your facility)

- Are you an **ADVANCED** rider needing coaching with **tempi changes, piaffe, etc.?**
- Are you a **BEGINNER**, or just new to dressage, & want to learn **correctly?**
- OR do you simply have a lifetime of **bad riding habits to overcome** in order to **make the most of your horse?**

Would you like to have your horse trained by a Master Trainer?

<http://sites.google.com/site/jesuspirdressage>

Contact: Rebeca Córdova 619-846-6742 or CaballoPRE@cox.net
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Crestridge Ecological Reserve

Crestridge Ecological Reserve

The Crestridge Ecological Reserve was the site of an Earth Day Spring Festival on Saturday, April 24th celebrating Art and Kids. The weather couldn't have been better for this outstanding event. Dianne Jacob was on hand to dedicate the new Crestridge sign made by our own resident artist, Glen Weischedel. A second presentation during the event included the dedication of the "Graham Smith Memorial Bench", created by artists Todd Stands and Alma. Graham was a dedicated volunteer to the Crestridge Educational program. Graham's wife Darlene, and daughter and son, Heather and Alex were present to help place the mosaic tiles on this unique lizard bench.

Festivities also included music, art, kid's projects, tours and a native plant sale. Proceeds from the sale of art and food will go to help support the educational program through the Earth Discovery Institute at Crestridge Reserve.



Meet the Acorn Woodpeckers of South Crest

(Photo by Linda Hjelle)



Acorn Woodpeckers have a complicated social structure. They live in family groups of up to a dozen or more individuals and drill small holes in dead snags. Each group of Acorn Woodpeckers has 1 to 7 breeding males and 1 to 3 breeding females. The rest of the group do not breed but help raise the young. All eggs are laid in a single nest, which is excavated by both breeders and helpers. Each female lays about 5 eggs, but clutches with more than one laying female can have up to 17 eggs. Incubation lasts about 11 days. All group members help brood and feed the young. The young leave the nest after 30 to 32 days, although fledglings return to the nest to roost and feed. Acorn Woodpeckers typically raise one or two broods each year. In the fall, they store acorns or other nuts in these holes to provide food for the winter. They work on these 'granaries' over the years, and trees may have up to 50,000 holes! All members of the group defend their granaries, which would be valuable food sources for many animals. Groups typically have a primary granary and one or more secondary ones.

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Make Your Facebook Account Private

In December 2009 Facebook changed its default privacy settings which resulted in making most user data public. Facebook users were asked to verify their privacy settings that recommended some default settings. Oddly, the suggested defaults made most profile settings, photo uploads, status updates and application settings viewable by everyone on the internet. This means the whole world could see everything Facebook users post if they didn't change the defaults.

You can control the content that Facebook shares by following these instructions:

1. The privacy settings are located at the upper right corner of your Facebook page by clicking the "Account" menu and selecting Privacy Settings. On the privacy settings page, you'll see five categories: Profile, Contact Information, Applications and Websites, Search and Block List.
2. Start at the top with Profile information and change all the options to "Friends." This will stop people you don't know from accessing any of your personal data. Do the same for your contact information. Note each setting has a "customize" option which allows you to, for example, set your information to "visible only to friends" but also block certain "friends" (like your mom, so she won't see the drunken, late night rants you post on your Wall).
3. What you post to Facebook doesn't just show up on Facebook anymore. Your status updates and photos go out over a vast network of connected websites and applications, all linked together through Facebook Connect and Facebook's App Platform. This is one area that many people overlook, but it has perhaps the greatest potential to unwittingly leak information about you. Head to the "Applications and Websites" area of Privacy Settings and adjust the settings to "Friends Only." But there's more. Click the "Edit Settings" button for the "What your friends can share about you" section and uncheck anything you aren't comfortable seeing leak out of Facebook. (read: <http://specials.about.com/service/newsletters/todays/1272301200.htm>)
4. Finally, head to the "Search" section of your Privacy Settings and uncheck the box that allows search engines to index your posts. That way, when people search for your name on the internet, they only see public content, and not anything you wrote to your friends on Facebook. Likewise, when people run image searches for you on web search engines, they won't see any Facebook photos. **Thanks to www.howto.wired.com/wiki/ for sharing this valuable information on how to make your facebook account private.**

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May at your Crest County Library

Children's Programs

KATHY'S PJ STORYTIME Tuesday, May 18, 6:30 p.m.

KATHY'S BABY STORYTIME Wed. May 19, 10:30 a.m.

Teen Programs

VIDEO GAME FUN ALL MONTH! ~ Play
Station 3 & Wii

**ROSI'S MAKE IT AND TAKE IT CRAFTS - EVERY
FRIDAY**

Adult Programs

FREE COMPUTER CLASSES Every Thursday

Basic 11:00 a.m. Intermediate 11:30 a.m.

call Rosi for appointment - phone 619-442-7083

Club de lectura 'Leyendo Juntos' El tercer grado por
James Patterson_Viernes, 7^o de mayo, 11 a.m.

Mystery Book Club Third Degree

by James Patterson Friday, May 7, 3 p.m. Join our book club
by submitting your comments on our blog;

<http://crestlibrarymysterybookclub.blogspot.com>

Celebrate Older American Month!

Learn Scandinavian Naalbinding

by Terry Andrews Saturday, May 15 11:00 a.m.

Picasa 3 Basics by Linda Hjelle - May 25, 6:30 p.m.

Saturday Family Craft Program 11:00 a.m.

Knitting May 1 - Ribbon Jewelry May 8

Memory Album Scrapbooking May 22

Wire Sculpture May 29

Please visit our Japanese Toy Exhibit!

All library programs are subject to change or cancellation without notice.

Todos los programas de la biblioteca son sujeto a cambio o cancelación sin aviso

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Critters in Crest

Crows

by Shelton Stanley

This past year, I got an inquiry from a male reader I'll call "Ray". That's not his real name, but his initials are R-A-Y, and coincidentally, those initials spell out his first name.

Reader 'Ray' wrote and asked me about a flock of birds he had observed for some years that would fly out in front of his house while he was watching the evening news. The flock looked like black birds, smaller than crows, and always flew in the same general direction, southwest to northeast at the same general time each evening, at approximately the same altitude with varying numbers in the flock.

When he wrote me about them, *I had no idea what kind of birds they were*. I tried writing the bird expert at the Natural History Museum, but he didn't return my email. I even tried to watch for them at that same time of the evening for several evenings, but without success... until, a time when I wasn't trying to look for them! Isn't that always the case?

After that, I saw them several times. They must've moved their flight path a little farther towards my house, which isn't that far from Ray's house! They were... Crows! But, when you see them from a distance, they might not look like crows. Their black coloration makes them look thinner. (Isn't that why women wear black clothes?) I think that was what happened to reader Ray. They were far enough away that he didn't recognize them as "crows". He was also viewing them from (approximately) east to west, which is *almost* into the sun during the evening news hour(s).

I couldn't find much about "crows" on the Internet, my main source of information! What I *did* find out though, was that they are called American Crow, and/or Common Crow. Using those names, I came up with a lot more information using Google. (I Google just about everything. Google, the search engine, is so popular, it has become a verb!)

The common crow is a social bird that flocks, roosts and feeds together in groups, except in the spring and early summer when they are more interested in raising a family. Crows usually mate for life. They lay 4 to 6 eggs in a clutch.

They tend to pick a tree, or trees to roost in at night, in a group. In the morning, they fly somewhere to feed, in a group, and in the evening they fly back to their roost in a group. They aren't always consistent and therefore the numbers aren't always the same. Though they usually all roost together, they often splinter off into sub-groups for feeding, depending on what they find.

Crows will eat just about anything from bugs, worms, road-kill, mice, berries, corn, and a variety of other tasty things. An adult crow needs 11 ounces of food each day.

The American Crow, *Corvus brachyrhynchos*, when fully grown is up to 21" long (from tip of bill to tip of tail) and they weigh approximately one pound. There is no positive way to tell the sexes apart though the male is normally slightly larger than the female. In the wild, crows live about ten years. Crows are extremely intelligent. Possibly the most intelligent of wild birds.

What is the difference between a crow and a raven? The Common raven, *Corvus corax*, is a larger, heavier bird than the crow, but is easily mistaken for a crow at a distance when there is no frame of reference for size. It has a stockier body, a larger and heavier bill, and a wedge shaped tail. Ravens tend to be solitary birds of the wilderness and seldom occur near intensely developed areas. Crows on the other hand are highly social (as noted above) and seem to thrive in association with humans.

Crows and ravens are largely responsible for the decline in the numbers of desert tortoises during the past 15 to 20 years. The baby tortoises are a delicacy too tempting to pass up. The birds beaks easily peck through the tortoise' thin shell which is about the thickness of the human fingernail..

How have crows and ravens vectored into the desert to affect the tortoise population? People. Where there are people, there is water, garbage and road-kill. That's an overly simplified explanation, but tells the story in a nut shell.

I once watched a crow go from tree to tree in a line of Hollywood Junipers raiding nests of other birds, eating their eggs. Another time, in that same row of trees, a crow was trapped by some string wrapped around it's leg and tangled in the tree. It was exhausted trying to escape the string. I put on some gloves, anticipating that it might attempt to peck me, and grabbed the crow while a friend cut the string. I let the crow go, but it just lay there on the ground for several minutes, apparently still exhausted and in shock. After resting a while, it flew away.



The Crest Sun wants to wish Stan a speedy recovery from his not so recent appendectomy. Get well soon, Stan....

About Crest...

Meet our Crest Merchants...

Can you imagine Crest with no restaurants or convenience stores? think we sometimes underestimate the service that our local merchants provide to Crest residents. If we had to run down the hill every time we needed a fast food fix or ran out of bread or a bottle of wine, we would soon realize the service our three stores/restaurants provide. Not to mention, where would you pick up your copy of The Crest Sun? In the next couple issues, I'd like to introduce you to the owners of our wonderful Crest stores and restaurants. Remember, times are tight for everyone. Support our local merchants, they provide an outstanding service to our community!



11



Meet Sam and Aieda of Lenardo's Pizzeria

By Griselda Layman

Did you know that we have a great family run Pizzeria in our Crest neighborhood? Have you tried the best Greek Pizza in San Diego or the delicious Philly Steak Combo?

Sam is the owner of Lenardo's Pizzeria. He was born in Alqush, a quaint little town surrounded by mountains and ideal climate located North of Babylon; where Aramaic is spoken. He was 11 years old when his restaurateur training began by helping with family business back in Babylon. By the time he was 17 years old, he owned 3 businesses. Where did Sam get his food expertise besides the family run business? Before arriving in the U.S.A., he and his wife Aieda, also from Babylon, had trained in Italy and Greece in the Pizza restaurant business. Sam and Aieda moved to the United States 33 years ago. They owned and worked in Pizza Restaurants in New York, Virginia, Maryland, Delaware and Michigan before moving to California. Their restaurant expertise in California includes restaurants in Chula Vista and Rancho San Diego before opening Lenardo's Pizzeria in Crest nine years ago. Sam chose the name Lenardo's for his restaurant to honor his two children Lena and Lenardo.

Sam believes the success to his great food can be found in homemade ingredients, using the best products in the market including meats, cheeses, vegetables, etc. His hand tossed pizza, and delicious combinations make a great take home dinner occasion. He is especially known for his very own original Greek pizza. The San Diego Union Tribune wrote an article about Sam's Pizza, elevating him to one of the best pizza makers in San Diego.

Sam and Aieda feel a part of the Crest community and have a great rapport with their customers. If you stop by at the right time, you might get to taste one of Aieda's homemade bakery treats made from recipes from different parts of the world.

If you haven't had the opportunity to do so, stop by and introduce yourself to Sam, Aieda, and the kids. Better yet, try one of their tasty pizzas or sandwiches while supporting your local merchants! Lenardo's menu can be found on page 42.



Lenardo Pizzeria & Restaurant

1330 La Cresta Blvd, Crest 92021
 Call 444-1389 or 444-0992



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

Subs & Sandwiches

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