



A Newsletter for Crest

Volume 15

May- June 2013

Number 3

As I start working on the paper this morning, I look out the window at the glorious sight of this little bird and it reminds me one more time how lucky we are to live in Crest.



I hope you had an opportunity to attend one of the many community events over the past couple months. The CCA spaghetti dinner was delicious with the added bonus of having Dave Jones entertaining us with his guitar during the meal. The kids were so excited to participate in the Kiwanis annual Easter egg hunt and pancake breakfast. David Silva once again put on a great music night at the Clubhouse. And to top it all off, two great informative hikes were held at the Crestridge reserve.



The Crest Community Association officially kicked off the planning for the 67<sup>th</sup> Annual Crest July 4<sup>th</sup> Event at its monthly CCA meeting in April. Want to

participate? See pages 5 and 6 for more information on volunteering, vendors, and other important event information. This year's event promises to be better than ever. Our very own Cathryn Beeks and Jeff Berkley from the Homegrown Hour at 102.1 KPRI will MC the event and bring great music to the stage. Bands performing are "Talk Like June" (the singer just won

Nashville's vocalist of the year award) and Cathryn will be performing with her band, "Garbo" (Americana). "Calamity", an all-girl acoustic bluegrass pop group, and Jeffrey Jo Morin will also be playing solo oldies as the activities kick off before the parade starts. Judging for the parade will take place at the park this year. So start decorating those floats, golf carts, horses and kids; It's a parade and everyone is invited to participate. Watch the board and the July Crest Sun issue for times and last minute information.

So what's coming up?

This month's CCA dinner features tacos, rice and beans. Check out the details on page 5.



The Crest Fire Safe Council has scheduled a June 4 meeting and invites interested folks to become involved.(see page 7.)

The Crest Historical Society is working on a book on Crest History. They are always looking for old photos and stories for their files. Email editor@thecrestsun.com and we will put you in touch with the right folks.

Read page 2 to find about the many Crest Library activities scheduled. Mark your calendars for May 21 for a great presentation regarding the USS Midway.

Marie's Painters is having its 4th annual art show in the clubhouse on May 18. (page 12). It's free and open to the public. Stop by and meet our local artists.

**PARADE ROAD CLOSURES- JULY 4**

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



# **@ CREST LIBRARY MAY & JUNE 2013**

## **CHILDREN’S PROGRAMS**

**Baby Story-time** Fridays at 10:30am

## **TEEN PROGRAMS**

**Video Game Fun!** PlayStation & Wii, Afterschool **Teen Craft** Fridays

**Family Movie** Fridays at 2:30 pm

## **ADULT PROGRAMS**

**BASIC COMPUTER CLASSES** THURSDAYS FROM 11:00-12:00

Call 619-442-7083 for an appointment

## **Adult Book Club**

May book of the Month : **Seven-up by Janet Evanovich**

June book of the Month: **Dream Catcher by Stephen King**

Submit your comments on the book at the Library or online

At: <http://crestlibrarymysterybookclub.blogspot.com>

## **CLUB DE LECTURA**

Participa comunicando tú opinión en nuestro blog acerca del libro

Mayo: **Corazón Congelado por Janet Evanovich**

Junio: **El Cazador de Sueños por Stephen King**

## **Family Crafts Saturdays at 11am**

**May 4th Balloon Animals**

**May 11th Beeswax Candles**

**May 18th Ribbon Jewelry**

**May 25th Button Maker**

**June 1st Shrinky Dink**

**June 8th Candy making**

**June 15th Carnival games**

**June 22nd Beeswax Candles**

**June 29th Wire Sculpting**

**Celebrate Older Americans Month** May 21st, at 6pm with a

**Presentation on: The USS Midway**

Kick-Off Summer Reading with “Free Spirit” the Clown

on June 18th, at 4pm **Face painting, Balloon Animals &**

June 25th at 5pm for an “**Incredible Eatable Science**” Program



# Crest Contacts

<b>Crest Community Contacts</b>		
Crest Community Assn. ljjohnson@ucsd.edu	Lori Johnson	588-8806
New Seasons Church - Crest nscrest@gmail.com	Kerri Lambert (email)	442-3736
Crest Black Board (Call Mary if you do not get callback from Kathy in 24 hours)	Kathy	440-6097
	Mary	447-7199
Clubhouse Rentals <a href="mailto:rentals@thecrestsun.com">rentals@thecrestsun.com</a> Jackie – 442-1018	Lori Johnson (email)	588-8806
Crest Fire Safe Council crestfiresafecouncil@yahoo.com	Kandhy Franklin (email)	444-4996
Crest Garden Club <a href="mailto:Rold@sbcglobal.net">Rold@sbcglobal.net</a>	Arlene Palmer Marsha	441-0187
Crest Historical Scty.	Dorothy Miller	444-0968
Crest Kiwanis <a href="mailto:denplunkett@yahoo.com">denplunkett@yahoo.com</a>	Dennis Plunkett	335-7401
Crest Library <a href="mailto:paula.soltero@sdcounty.ca.gov">paula.soltero@sdcounty.ca.gov</a>	Paula	442-7083
Crestridge Reserve	Cathy Chadwick	447-4715
Crest School www.cajonvalley.net	Office (website)	588-3128
Crest Sun Newsletter <a href="mailto:editor@thecrestsun.com">editor@thecrestsun.com</a> Information <a href="mailto:winters72@hotmail.com">winters72@hotmail.com</a>	Linda Hjelle (email)	440-8540 517-9838
	Chris Seebold	447-5826
The Crest Sun website webmaster@thecrestsun.com	Karin Weiss (email)	579-3951
E-Crest-rians	Kandhy Franklin	444-4996
St Louise Church	Father Burnia	444-3076
Sub-Regional Planning. crestplanning.org	Judy Bowen (website)	440-0783
<b>Help Lines</b>		
Child Abuse Hot line	(800)	344-6000
Highway Patrol: Traffic Related Abandoned Vehicles	(858)	637-3800
	(619)	441-4264
Sheriff (non-emergency) Alpine Station Licensing Division	Dispatch (858)	565-5200
	(619)	659-2600
	(858)	974-2020
San Miguel Fire Dst Crest Fire Office Fire Marshal Public Info Officer Fire Chief www.smgfire.org	Business office.	670-0500
	Burn Permits	588-8112
	Marsha Larsen	660-5356
	Leonard Villarreal	660-5359
	(website)	660-5351
Adult Protective Svs	(800)	510-2020
Child Abuse Hot Line	(800)	344-6000
Animal Control	(760)	438-2312
Auto Repair, Bureau	(800)	952-5210

Border Patrol	(619)	662-7321
CALTRANS	(619)	688-6785
Code Enforcement	(858)	694-2705
Contractor's Board	(Fraud) (800)	321-2752
Crime Stoppers	(619)	531-1547
FBI (telephone scam)	(858)	565-1255
Fish & Game	(951)	443-2944
Illegal Dumping	(858)	495-5143
Noise Abatement (dogs), abandoned vehicles, solid waste complaints	(858)	694-3741
Planning & Land Use	(858)	694-3741
Poison Control	(800)	876-4766
Postal Police (mail)	MailFraud(877)	876-2455
Real Estate fraud/info	(619)	525-4192
Road Conditions	(800)	427-7623
Secret Service -Fraud	Currency/Credit	557-5640
Social Services	(619)	401-6000
SD Regional Center	(858)	576-2938
US Forest Service	(619)	445-6235

## Stores and Restaurants

Crest Foods	Kevin pg 22	444-8132
Rainbow Farms Mrkt	Mark –pg 8	444-7504
Sonora Mexican Food	Jim Pg 18	444-1389

## Advertisers

Fetch Pet Care	Pg 10	287-Pets
I & E Holistic	Ily Pg 16	889-4620
Kathy Kuts	Kathy – pg 7	447-1945
Knox Reprographics	pg 27	230-6300
Marvelous Organizing	Risa – pg 24	231-1113
Real Estate & Loans SD Homes	Rayna –pg 21	922-2524
Soho Bookkeeping	Denise pg -11	(360)770-0483

## Other

SchoolVolunteerAward.org	Pg12	
El Cajon Christian Schl	Pg 28	442-6544

**July 4<sup>th</sup> Event: Parade, vendors, food and fun In the park from 9:30 to 2:00 p.m. Watch for the July Crest Sun and the Board for last minute news on the Crest parade and park festivities.**



MAY 2013						
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19	20	21	22	23	24	26
27	27	28	29	30	31	

JUNE 2013						
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

## Calendar of Events May-June 2013

05/1/13	5-7 pm Wed	CCA Dinner –
05/07/13	1:00 Tuesday	Historical Society Meeting– Crest Library
05/08/13	5:30 pm Wed	San Miguel Fire Protection District Board Meeting - 2850 Orange Way – Spring Valley <a href="http://www.smgfire.org/">http://www.smgfire.org/</a> for agenda
05/9/13	9-12 am	Marie's Painters – CCA Clubhouse
05/13/13	11:00 am	Garden Club Meeting - Call Marsha for details 440-1167 (Member Garden Tour)
05/13/13	7:00 pm	Sub Regional Planning Group – Dehesa
5/13/13		Kiwanis Board Meeting - clubhouse
05/18/13	10 – 3 pm	Marie's Painters Art Show – CCA Clubhouse – Public Invited
05/20/13	6:00 pm	Kiwanis Membership General Meeting @ Clubhouse – All Invited
05/21/13	5:30 - Tues 7:00 pm Tues	CCA Board Meeting CCA General Meeting (Crest Community Association) – Clubhouse (Public invited)
05/21/13	6:00 pm	Library Presentation on: USS Midway
05/23/13	9-12 am	Marie's Painters – CCA Clubhouse
05/25/13	8:00-10:00	Kiwanis Breakfast – Clubhouse – all invited
06/04/13	7-8 pm	Crest Fire Safe Council Community Meeting – CCA Clubhouse – all invited
06/04/13	1:00 pm- TU	Historical Society Mtg – Library
06/05/13	5-7 pm	CCA dinner
06/10/13	9:30 – Mon	Crest Garden Club --Call Marsha for Details 440-1167
06/10/13	7:00	Sub Regional Planning Group – Dehesa Elementary
06/10/13		Kiwanis Board Meeting – CCA Clubhouse
06/18/13	6:00 pm	Kiwanis General Membership Meeting – visitors welcome – Clubhouse
06/18/13	5:30 - Tues 7:00 pm Tues	CCA Board Meeting CCA General Meeting (Crest Community Association) – Clubhouse (Public invited)
06/22/13	8-10:00	Kiwanis Breakfast – Clubhouse – all invited.
06/25/13	5:00 pm	Library Program: Incredible Edible Science
07/04/13		
Saturdays May/June: Family Craft Saturdays @ 11:00 am (See page 2 for details)		





# Crest Community Association

## CCA Dinner – Wednesday, May 1 5-7 pm

113 North Park Drive – CCA Clubhouse

Join Us – Meet your Neighbors and enjoy a great dinner while Supporting your community!

### Featuring:

**SHREDDED BEEF TACOS, RICE AND BEANS - \$6**  
**(includes beverage) Dessert for \$1 donation**  
**(Watch the chalkboard. Dinners are the first Wednesday of the month)**

## Are you interested in being a vendor at the park on July 4<sup>th</sup> ?

There are limited spots for vendors on July 4<sup>th</sup> in Nancy Jane Park. If interested in participating as a vendor, contact Lori Johnson @ [ljjarentals@gmail.com](mailto:ljjarentals@gmail.com) or call 588-8806. The cost for a vendor slot is \$35 if you get your paperwork in before June 15 and \$50 after that date.



## Can You Donate a Gift Basket or Item for the July 4 Super Raffle?

- Make it a family project to help out the Crest CCA. Just pick a theme: (movies, the beach, sports, pets, travel, food/wine gardening, golf, etc.). Purchase some unique gifts, put them in basket and give us a call.
  - Want to help by adding an item or two? That works too – do you have some spare movie tickets, gift cards, gift certificate for services, a round of golf. or a new car? (One can wish, right?) We will use your gift to create a basket or enhance another.
  - New items only please
  - Email, Linda Hjelle [editor@thecrestsun.com](mailto:editor@thecrestsun.com) or call 619-517-9838.



**How does the Super Raffle work?** On July 4<sup>th</sup> all donations and baskets will be on display under the gazebo in the park for you to view. Place your purchased tickets in the container associated with the basket you want, and winning tickets will be drawn and posted toward the end of the event. You do not need to be present to win. Just think... you could win that car for only a buck!

## CCA Welcome Wagon

Are you new to Crest or do you know someone new to Crest? The CCA is starting a committee to welcome new neighbors to Crest and to provide them with a small gift and information regarding Crest. Send information to Jen

Coates at [cmksmommy@gmail.com](mailto:cmksmommy@gmail.com) or leave a message at 44-CREST (speak slowly and clearly please). We aren't selling anything or trying to talk you into anything. It is just a warm and heartfelt welcome to Crest and to share information regarding our small community.



# Crest's 67th July 4th Event

## Volunteer Sign Up

We would like to make this year's event the the greatest parade and park event in Crest ever! Thanks to all of you who stepped up last year to help. We hope you are with us again this year!

Thank you Cathryn Beeks for heading up the music, Grant Klinger for heading up the barricade and sign group, Lori Johnson and Kevin Nelson working with the application requirements and submitting the application. Linda Hjelle will be overseeing the super raffle. The Kiwanis and CCA will be providing food for your enjoyment. Lori Johnson and Cheri Winters will be working with vendors

Now all we need are lots of volunteers to pull it all together. Even if you aren't sure if you are going to be around on the 4th, just indicate below, and as we get closer to the date, we will be able to contact you to see if you are still interested. We know plans change and you are volunteering so don't be afraid to indicate an interest. Going to be out of town? How about volunteering a gift card, gift basket, or gift certificate for the super raffle. Even a simple \$10 gift card allows us to put together lots of great baskets.

Here are a few of the volunteer opportunities needed. Check any and all areas of interest below and return it to [lindahjelle@cox.net](mailto:lindahjelle@cox.net) or drop it in the mail box at 113 No Park Dr (in front of the clubhouse)

\_\_\_\_\_ I can volunteer during setup on July 3 (Wednesday –after work) \_\_\_\_\_ I wish to volunteer July 4th (Thursday) \_\_\_\_\_ Heck, call me I'll volunteer either or both

\_\_\_\_\_ Set up the day before – decorate and set up the clubhouse, help set up the music stage, help stage the park for the parade kick off.

\_\_\_\_\_ Sell raffle tickets or soda in the park, help oversee the super raffle during the event

\_\_\_\_\_ Help organize the parade. Do you know any fun groups, old car groups, lawn chair brigades, music groups, bands that could join the parade to make it lively? We need your help. You do know that everyone and anyone can be in the parade. Dress up that horse, golf cart or trailer and you might win a ribbon/prize.

\_\_\_\_\_ Help get the groups organized in the park for parade kick off.

Vendors:

\_\_\_\_\_ Help with getting vendors to participate before the event

\_\_\_\_\_ Help check in vendors the day of the event

\_\_\_\_\_ Donate something to the super raffle; they are set up into baskets and folks buy tickets to take a chance at winning. There are so many things I'd buy tickets for: Gift cards, theme baskets (movies, food, candy, pet supplies. And if I'm thinking big: baseball tickets, play tickets; zoo or sea world tickets; a free haircut or hair products; a timeshare vacation; money. Email or call Linda Hjelle at 517-9838, I'd love to talk to you.

***If you donate to the super raffle before the next edition at the end of June, we will include your name and company. A little free advertising and a big thank you!***

\_\_\_\_\_ Park maintenance and clean up - help empty trash, recycle, keep the park clean during and after the event. Help clean up the clubhouse.

\_\_\_\_\_ Street Patrol: We are hoping the County Sheriff's Senior Volunteer patrol will be taking on this duty. However, we don't have a confirmation yet, so please check if you are willing to take on a corner during the parade, just in case something happens. It entails watching your corner and pulling the barricade in place during the parade and watching the intersection. We may also need additional help with setting out and picking up the signs during the parade.

\_\_\_\_\_ Kids' activities in the park. Are you a good organizer to make this a super day for the kids and keep them entertained with games for an hour or two? We need your help

\_\_\_\_\_ I don't know what I want to do but call me and I'll help with most anything.

\_\_\_\_\_ I'm not positive I'm going to be in town for the 4<sup>th</sup>, but keep me in the loop.

Thanks for your help. I look forward to talking with you soon. You can: Mail or drop this form in the mailbox marked CCA to the right of the clubhouse on 113 No Park (make sure it drops to the bottom of the box) or

E-mail [lindahjelle@cox.net](mailto:lindahjelle@cox.net) with your information.

**Name:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

# Crest Fire Safe Council

**We want YOU to be on FIRE**, not our community; so get involved, and come to the **next Crest Fire Safe Council (CFSC) meeting Tuesday, June 4<sup>th</sup>, at 7 pm** at the clubhouse. We will be having elections, setting committees and an agenda to keep moving toward the Crest community's goals. CFSC will also discuss grant opportunities and how to continue our Crest Emergency Call system. If you cannot make it to the meeting but would like to help, send an email to Kandhy Franklin at: [kandhyfranklin@cox.net](mailto:kandhyfranklin@cox.net) to let her know what you would like to do to help.

**Emergency Call System:** The emergency call system is set up to call Crest residents in the event of an emergency. All Crest residents can be a part of this system for free and can submit up to three phone numbers and an email to be on the contact list. Our call system is constantly maintained by Kathy Fiedor, and Debbie Milligan-Fox and we are functioning at 93% completion rate. Remember to make sure we have **your correct phone numbers.** Any changes please email them to [Kandhyfranklin@cox.net](mailto:Kandhyfranklin@cox.net) to the above address. Ask your neighbors to be a part of the system. Remember, when you get the One Call Now it will show up as 44-CREST (442-7378) on your phone. If you want to add or be opted out, you may call your CFSC or the company, One Call Now at 877-698-3262. Our group number is 138144.

Since we are coming into the summer and brush is dry, **we will need donations** for the CFSC to continue our call system. Anything will help. As of now we have 1,700+ calls that we make to you, costing about \$.06 a call. We have banked 10,000 calls that are prepaid that we can make. But as you know that goes fast in an emergency. You can mail a donation to the CFSC using the clubhouse's address; 113 N. Park Drive, El Cajon, CA 92021.

**Emergency Fire Siren:** CFSC will once again be working on improving the fire siren. Please watch for the sign board for the announcement for an upcoming siren test. Local authorities will also be notified.

We need a small grant to order a "warbler" which will change the intensity and pitch of the sound of the siren. In this way, more residents will hear the siren in the event of an emergency. While this will improve the system, there may still be issues in part because of new building codes requiring dual-paned glass windows.

**Firewise Community.** We are hoping to have Faith Berry of "Firewise" visit us at this meeting and explain the benefits of being a "Firewise" community.

**Working to keep us safe and educated is everyone's responsibility. Our collective actions will keep us safer and more prepared! SEE YOU AT THE MEETING!!**



Kathy Kaderabek  
339 Lila Lane  
El Cajon, CA 92021  
619-447-1945

**Full Service Specialties**  
**Hair Cutting /Trimming**  
**Hair Styling**  
**Appointments and Walk-in's Welcome**  
**Call for your appointment today**

**Looking to Exercise**  
**But don't want to leave**  
**"The Hill"?**

Meet with the girls on \*Wednesday  
afternoons from 5:30 to 6:30  
at the clubhouse  
It's casual, Zumba-like videos,  
just for fun!

Cost \$1 donation to help pay for utilities  
(\*No class the first Wednesday due to CCA dinner)





1335 La Cresta Blvd, Crest, CA

619-444-7504

## Rainbow Market

*Your Neighborhood Store*

*Serving the Community of Crest Since 1999*

Check our Lower Prices and Compare Milk,

Eggs, Cereal, Groceries, Beer, Wine

We beat...We match on the Hill prices

**Hours: 8:00 am to 9:00 pm (Sun-Thursday- Weekends till 10:00)**

ASK ABOUT OUR FREE ICE / FREE LARGE PIZZA DEAL

(With purchase)

We accept EBT, Visa, and ATM



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



## Fun Outings with my Friends

Whether you are 20 or 60, here are a couple fun things I found to do around San Diego County”

### **Gourd Classes - Black Horse Gourds – Mary Moreau 619-787-3023 – [www.blackhorsegourds.com](http://www.blackhorsegourds.com)**

I had a recent opportunity to join with a few of my friends and attend a gourd class. Located in Dehesa, our class was held under the old oak tree in full view of the wild turkeys and grazing horses, while roosters and chickens roamed the property. Mary was terrific at allowing us to bring our own talent to the table in a fun and casual setting. We all came home with beautiful creations and had a great afternoon. Mary also teaches gourd classes at Foothills Adult School and has classes at Summers Past Farms. Check out her website for more information.

### **Wine & Canvas –/www.wineandcanvas.com/san-diego-ca.html 207-9431**

Wine and Canvas sends local artists to restaurants and comfortable bars to guide students through featured paintings from the studio's monthly calendar. As instructors offer step-by-step instructions, pupils mimic the motions of their brush to re-create scenes inspired by nature and Impressionist masters. Alcoholic libations and appetizers were available at reasonable prices while we painted. After the night has ended, students carry their finished masterpieces home to hang proudly on their walls. Well, maybe not. Mine is hanging in the back of my closet, but it was very fun. Cost is approximately \$35 for an evening, but we found a Group-on two-for-one coupon.

## HAVE YOU SEEN THE NEW CREST ONLINE CALENDAR?

Have you checked out the new online calendar attached to the Crest website at [www.thecrestsun.com](http://www.thecrestsun.com) Go to the website and click on the calendar icon on the right top of the page to check on upcoming events. In addition, if you want to rent the clubhouse for your next event, you can now see the available dates (those dates marked “busy” are rentals that have already been reserved.)



### **Welcome to our New Crest CCA Members:**

Robert and Sandra Kostyrka

Lisa Sosey

Tracy & Mark Robello

Grant and Pam Mitchell

Diane Brehm

Sylvia Calvins

Steve & Lorna Goldberg

Jan Burrell

Donald & Veronica Dunning

Bob and Gwen Saravese

### **CCA Membership Drive - July 1, 2013- June 30, 2014**

Dear Present and Future Members,

July is almost here again; time to renew your memberships in the CCA for the 2013-14 year. The CCA and the Clubhouse is the hub for the community meetings and events. They also sponsor the July 4th event each year. Therefore, it is more important than ever that we receive your continued membership as well as participation to help ensure these future community events. Please consider asking your neighbors to support as well. CCA memberships are the primary funds used to pay the clubhouse maintenance and utilities. Below is the membership form for 2013-14. You can mail it, drop it in the mailbox in front of the clubhouse, or bring your check to the July 4th picnic and look for the CCA membership table.

## JOIN THE CCA AND SUPORT YOUR COMMUNITY CLUBHOUSE

Send this form in with your check made out to the Crest Community Association (CCA) or bring it to the park on the 4th. Mailing Address: CCA 113 No Park Dr. El Cajon, CA 92021

Membership Levels

Lifetime \$500  Business \$50  Family \$35  Individual \$25  Senior \$12 (65+)

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ Email: \_\_\_\_\_

Interested in volunteering a little or a lot? Check area of interest:

July 4th Event  CCA Dinners  Music Nights  Gardening  Bunco

## Crest Tidbits:

Linda Hjelle



Many of you may have had the opportunity to meet April at some of the CCA events during this past year or perhaps chat with her on the road while she was walking Wiley. Always ready with a smile, April has

been a guest of Suzanne and Roger Mullins this past year, while participating in an exchange program. April has been volunteering at Montgomery Middle School assisting and completing her research. What a great experience this has been for April and also for the students who have been able to meet April and learn about China.

This is April's second year in California; she volunteered last year in Riverside at an elementary school. Suzanne, a school board member for the Cajon Valley School District, graciously offered to host April this year while she volunteered in the District. April's program will end in June, and she will be soon returning home.

April admits she is anxious to be returning to her home town of Changsha, China. Changsha, is the capital city of Hunan, in south-central China. Wikipedia tells me its municipality covers an area of 4,563 sq mi and, according to the 2010 Census, has a population of 7,044,118 inhabitants. Surprisingly, April describes her city as quite small in comparison to other cities in China.

April will be returning home to finish up her Master's Degree in education and to start looking for a job. She is not certain what type of job she wants at this time; perhaps working with adults, for the government, or even for a private company are all possibilities. While her degree is in teaching, the English proficiency she has acquired while being in the United States may open other possibilities for her.

I asked April if she enjoyed her stay in Crest, "Yes, Crest is amazing, a very beautiful and peaceful community, and the people are very nice. Riverside was a much larger city, and I didn't have

as much opportunity to be out and about in the community. In Crest, everyone is friendly and there were community events I was able to attend." When I asked April about some memories she will take back with her, she explained, "I liked to go to the (CCA) dinners and meeting people. The (Kiwani) Easter Egg Hunt and Christmas with Roger and Suzanne's family are good memories as well as the birthday party Suzanne gave me. I want to thank Roger and Suzanne for the great experience."

Editor's note: I wish I had been able to spend more time visiting with April to hear and share more about her family and life in China. April, or should I say Hou Du, (April's proper name), we wish you well and hope to see you again!



### Lenardo's Pizzeria Reopens in El Cajon

Leonardo's Pizzeria, our Crest neighbor for many years has reopened in El Cajon located between Outback Restaurant and CVS at the shopping center at 740 Jamacha Rd. Thanks to Tim Trudeau for giving us the scoop!

Lenardo Pizzeria  
740 Jamacha Road  
El Cajon, CA 92020  
(619) 441-9222

### OOPS- MY BAD! – SORRY CREST FOODS

If you have been calling the Crest Foods guys by the wrong names, I'm to blame from my blurb in the last edition. Next time you drop in, greet them properly: Kamil is the pizza guru, and Mark and Lee are the behind-the-counter guys. And of course, you can always greet Kevin, the owner when you see him. Sorry for the mix up guys! Linda

**FETCH! Pet Care**  
San Diego Inland  
619-287-PETS  
sdinland@fetchpetcare.com

**Professional Pet Sitting & Dog Walking Services:**

- private dog walks
- doggie playgroups
- vacation daily visits
- in-home overnight sitting
- private pet boarding
- pet taxi

**FETCH! PET CARE**  
We've got your tail covered.™

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

Nationwide Service. Locally Owned & Operated. Bonded. Insured. References. Guaranteed.

# Coyote Country – Remember when...

by Linda Hjelle

In 1998, a couple years after my husband and I moved to Crest, we noticed the opening of a new coffeehouse across the street from what is now the Rainbow Market on La Cresta Blvd. At first, it was a place for us to stop for a cinnamon roll and a cup of coffee on the way to work. Before long, it became a place to gather on the weekends to hear local music and have a nice, relaxing casual dinner.



Before this unique little café entered our lives, there was no gathering place to hang out and get acquainted, and consequently, we knew few folks in Crest. That soon changed and it was during this time we met so many of our long-time Crest friends. Coyote Country soon came alive with music as local groups started visiting the Crest stage with an amazing variety of talent. The Granddaddy-o's, David Silva, and Don Halte, were a few of the local talent that frequented the cafe. It was a great place to take our "off the hill" friends as well as our out-of-town company. Coffeehouse owner, Willa Winters, Chris Seebold and staff, worked hard to provide the kind of establishment where folks would feel welcomed and cherished.

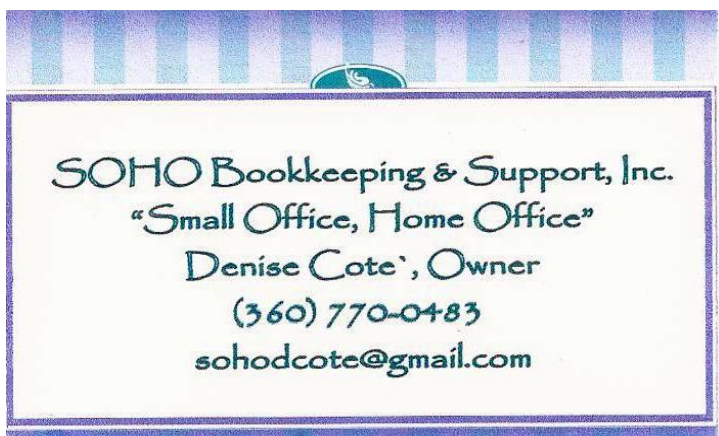


But with only 3,000 people in the town, business was not as brisk as it needed to be. The little coffeehouse struggled to stay on its feet. In September, 2001, the darling little coffee shop was forced to close its doors.

We think fondly of this little coffeehouse and hope that someday someone else will share this dream for a beautiful little building in this lovely, funky little hamlet of Crest.

## Remembering our Crest Friends:

Larry Johnson was the owner of the Coyote Country property and worked along with Willa and her family to create this dream for Crest. It is with sadness that we share the news of Larry's passing on April 2. He will be greatly missed by family and friends.



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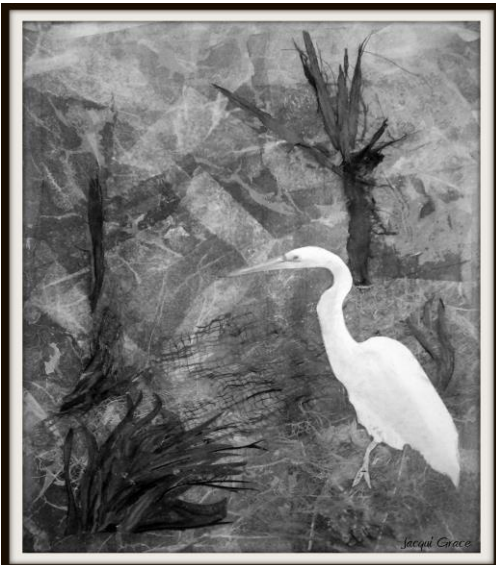
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*Come and enjoy local artists' works and you might just find something that you would love to purchase for your home*

## **Visit the 4th Annual Marie's Painters Art Show**

**May 18<sup>th</sup> 10 - 3 pm  
at the  
Crest Clubhouse**

A portion of the price of your purchase will go toward the support of our CCA clubhouse.

This event is free to the public

Do you enjoy painting? Marie's Painters invite Crest residents to join them on every other Thursday morning from 9-12 a.m. While it is not an art class, participants help and learn from each other. The cost is \$5 per person per class to pay for CCA utilities. Check the CCA calendar at [www.thecrestsun.com](http://www.thecrestsun.com) for dates of classes. We hope to see you.

# Out and About in San Diego County

By Denise Cote

Here is a list of some fun, inexpensive, or free things to do during the next couple months in gorgeous San Diego County:



First off, on June 2<sup>nd</sup> you can listen to live bands lined along a 26.2 mile route of the “Rock ‘n’ Roll Marathon. You can be a runner, a walker, or a spectator. If you choose to participate you can do the full marathon or a ½ marathon. The course begins in Balboa Park at 6<sup>th</sup> Ave and Quince, runs through various popular locations around the city and ends up at Petco Park with a rock concert headlined this year by the Psychedelic Furs. Visitors can also stop by the marathon’s free Health and Fitness Expo at the San Diego Convention Center. This marathon will benefit the Leukemia and Lymphoma Society.

Another fun and free thing to do is to shop at the many Farmer’s Markets, now all in full bloom around San Diego County. You may be surprised to learn that this region is home to more than 6,500 working farms. In fact, San Diego County has more small farms than any other county in the nation! San Diego is the top producer of avocados and second in terms of acreage devoted to guavas, pomegranates, limes, and macadamias. San Diego also is number three in honey production, number five in lemons, number nine in **strawberries** and ranked tenth in number of egg-laying hens. Here in East County we have 2 farmer’s markets in our immediate area: In Santee on Wednesdays from 3pm till 7pm at 10445 Mission Gorge Rd and in Rancho San Diego on Saturdays from 9am to 2pm at Cuyamaca College at Fury Lane and Rancho San Diego Parkway. For more choices visit [SanDiego.org](http://SanDiego.org) for listings all over the county.



Just opened in February is the “Off Broadway Live” theater in Santee. This cabaret style theater is located at 9490 Cuyamaca St. They offer a variety of situations such and coffee and desserts, or Sunday brunch theater. Tables seat groups of 4 so bring friends and make a night of it! Tickets are reasonably priced “so as to allow virtually any resident of San Diego County to become a supporter of local community arts and theater”, say co-owners Steve Rolfe and Bob Schulze.

On June 22 will be the 34<sup>th</sup> Annual Ocean Beach Street Fair & Chili Cook-off. Join more than 70,000 visitors throughout the day for tasty festival foods, art, beachfront entertainment, shopping and more. The chili competition will feature more than two dozen tastings from amateur entrants competing for the titles of Hottest Chili, Judges’ Award and Grand Prize People’s Choice Award. Attendees of all ages can take part in creating the annual Street Fair mural or playing outdoor laser tag. With more than 200 vendors, local artists, and entertainment on several different stages, this will be one fun filled day!



If crowded street areas are not your style, visit the beautiful Anza Borrego Desert. A kaleidoscope of colorful wildflowers splash bold colors across the desert dunes, creating a spectacular floral display. The [annual desert spring wildflowers](#) come in a variety of species from tiny flowers - mere sparkling bits of color no larger than the head of a pin - to the majestic ocotillo - with its fiery spines of scarlet that pierce the skyline. The desert resort community of Borrego Springs offers a variety

of bed and breakfasts as well as many resorts. You may spot some golden eagles, big horn sheep, desert iguanas, or a plump little chuckwalla!



# SAFE DRIVING FOR ALL AGES

By Dori Guzman

How many accidents do you think there were on La Cresta Road in 2012? According to Officer Segal of the California Highway Patrol (El Cajon branch), there were 14 accidents and one fatality. So far in 2013, the CHP has responded to two major traffic collisions on the busy road leading up to Crest. The main factor in most of those accidents was excessive speed. How can we keep ourselves and our loved ones safe as we travel up and down the hill? The California Highway Patrol offers an array of classes, videos, and downloadable materials to help everyone be a better driver.

## For TEEN DRIVERS:

**SMART START** – Inexperience can be deadly. For a teen driver, the first year behind the wheel can be the most dangerous time of their life! Car accidents are the leading cause of death among 16 -19 year olds. This program is designed for newly licensed teens and their parents. The free two hour class gives valuable collision avoidance techniques, and stresses the responsibilities of the new driver. This program is offered at many local high schools. Website: [www.chp.ca.gov/community/startsmart.html](http://www.chp.ca.gov/community/startsmart.html)

**IMPACT TEEN DRIVERS** – Did you know that 75% of teen accidents have nothing to do with drugs and/or alcohol? *Distracted driving kills between 7 – 10 teenagers every day.* The IMPACT TEEN DRIVERS program is designed to educate teens about the dangers of distracted driving. This interactive website is filled with great videos and information for students, lesson ideas for teachers, and a Memorial Wall to remember friends lost to accidents. Website: [www.impactteendrivers.org](http://www.impactteendrivers.org)

**MAKE THE RIGHT TURN** – Okay, this one isn't for drivers. It's a program for youth ages 11 -14. Check out this website that helps young people make good choices about alcohol/drug use, and not giving in to peer pressure. Website: [www.maketherightturn.org](http://www.maketherightturn.org)

## For SENIOR DRIVERS:

Today's seniors are an active bunch – they are the fastest growing group of drivers in California!

**AGE WELL, DRIVE SMART** – The program is a great way for seniors to educate themselves, evaluate their driving abilities, and improve their driving skills. This two hour class is offered at local CHP offices, as well as many senior centers. Website: [www.chp.ca.gov/community/seniorservices.html](http://www.chp.ca.gov/community/seniorservices.html)

**SENIOR VOLUNTEER PROGRAM** – You have experience and wisdom – and the CHP wants you! Through the Senior Volunteer program you can be a positive influence in the community.

Website: [www.chp.ca.gov/community/svp.html](http://www.chp.ca.gov/community/svp.html)

## For ALL DRIVERS:

**DISTRACTED DRIVING** - Did you know April was "Distracted Driving Awareness" month? Maybe you saw the television ads with the zombies. Cell phone conversations can cause such a reduction in brain function that good drivers are transformed into inattentive "zombies" behind the wheel. Last year, the DMV reported nearly 450,000 cell phone/texting violations. The fine for a first time ticket is \$159, with subsequent tickets costing \$279. Definitely not worth it! Websites: [www.distraction.gov](http://www.distraction.gov) and [www.ots.ca.gov](http://www.ots.ca.gov)

**DRUNK DRIVING** – Impaired drivers destroy thousands of lives every year by simply getting behind the wheel of a vehicle. Drivers making responsible decisions can prevent needless tragedies. Always:

- Before drinking, please designate a driver
- If you are impaired, use a taxi, or call a sober friend or family member
- Take advantage of the sober ride programs offered on many festive holidays – St. Patrick's Day, New Year's Eve, Super Bowl, etc.
- If you suspect an impaired driver is on the road, call 9-1-1
- Website: [www.chp.ca.gov/community/impaired\\_driving.html](http://www.chp.ca.gov/community/impaired_driving.html)

No matter how many times a day you travel on La Cresta Road, remember to stay focused and slow down! You never know what could be around the next curve- a stalled car, a bicyclist, or a wounded animal. Allow plenty of time to react to the unexpected. It might just save your life.



## COUNTY SUPERVISORS BACK BIPARTISAN BILLS TO SAVE RAMONA AIRPORT TRAFFIC CONTROL TOWER

### Congressional legislation aims to halt June 15 closure of FAA tower

The county Board of Supervisors on Tuesday (4/23) urged federal lawmakers to approve pending legislation in Congress that would save the Ramona Airport traffic control tower. The board, on a 5-0 vote, endorsed a pair of bipartisan bills that would halt the June 15 closure of the East County facility, along with nearly 150 other towers funded by the Federal Aviation Administration. The FAA announced the closures earlier this year, citing sequestration. Supervisors Dianne Jacob and Ron Roberts are leading local opposition to the move, stressing that the Ramona tower is critical to public safety. Air traffic controllers coordinate the movement of Cal Fire tankers and other firefighting aircraft based at the airstrip. "San Diego County is wildfire country so it's critical that the tower remains open," said Jacob, the board vice-chairwoman. "I urge Congressional lawmakers to right this wrong and to keep the public safe." "It is vital we align with federal leaders who support halting the politically-orchestrated closure of airport control towers," said Supervisor Ron Roberts. "Clearly, the FAA needs to continue staffing the Ramona Airport control tower, especially as San Diego County approaches the heart of fire season following a period of low rainfall." The control tower was established in response to a 1995 incident in the San Diego County backcountry, in which three people died in an aerial collision involving federal firefighting aircraft.

The board backed two bills – H.R. 1432 and S. 687 – that would keep open 149 towers targeted under federal sequestration. The legislation was introduced on April 9 and enjoys broad support from Democrats and Republicans. Senate bill 687 would prohibit the closures during the 2013 and 2014 fiscal years. House bill 1432 would transfer money within the FAA to keep the facilities in operation.

The Cal Fire air base at the Ramona airport responds to more than 400 calls a year. During major wildfires, up to 18 firefighting aircraft can operate out of the airfield. In addition, the airport handles more than 155,000 general aviation operations annually. Other prominent officials who have raised concerns about the closure include Dave Hanneman, chief of the Chula Vista Fire Department and president of the San Diego County Fire Chiefs' Association, and Ray Chaney, air operations division chief with Cal Fire.



## Wellness Tip from Ily & Ernie

*Thanks to Ily and Ernie for this informative article. The Scelia's are Crest residents and live in south Crest. Ily has lived in Crest her whole life and Ernie is a one-year transplant from New Jersey (and loves it here). Ily's first child was even born in Crest at home! Ily and Ernie are expecting a new little Crest tyke! See page 16 for more information on their El Cajon based business.*

### Myofascial Release; Deep Tissue's Other Half.

All over our body is a connective tissue called fascia. It is connected from the feet to the head and all the way to the tips of our fingers. When we are younger our fascia is new and releases or "melts" freely because it's always stretched and moved from playing, running around and constant movement. Yet as we age our fascia becomes tight, stiff and when over worked and not stretched it can lead to knots, sore spots and what we sometimes think is tight muscles. Fascial tissue covers all our muscles when it becomes tight it can put strain creating them to be compact and stuck.

The myofascial release approach is a form of massage therapy used to treat pain and restriction of motion. It is a treatment described by Andrew Taylor Still, founder of osteopathy/osteopathic medicine, to achieve release of myofascial tissues through continual palpatory feedback. This is said to be accomplished by relaxing contracted muscles, increasing circulation and lymphatic drainage, and stimulating the stretch reflex of muscles and overlying fascia.

When we receive a massage with myofascial techniques this helps loosen our tissue when it has gotten past the point of being able to be stretched on our own. Deep tissue techniques are great with the muscles that are underneath our fascia yet the fascia cannot release with deep tissue. It needs a broad firm pull and stretch unlike deep tissue where we sink our weight into deep layers of muscles passing the fascia. Along with a deep tissue session, when myofascial is performed first, the benefits have been shown to last longer and heal faster! It's amazing how due to fascia, we could have a tight pain in our leg and the culprit is fascial tissue bind up in our backs. Even pains in our backs can be stemming from bound up tissue in our feet.

Try a myofascial approach accompanied with a deep tissue massage to better address those tension spots and watch how you will have better pain or discomfort management and feel amazing. Remember that the healing process takes time and maintenance. Multiple sessions are a common practice to help keep the body from returning to its discomfort stage, and the healing process can also be a slight roller coaster till the issue has finally healed. If you are keeping up with the stretching advice and other health advice your therapist shares with you, you will find yourself maintaining your comfort on your own! We are here when you need that extra support and jump start along with healthy monthly maintenance.

Ily Scelia H.H.P., L.M.T., Doula

Ernie Scelia H.H.P., L.M.T



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&  
**Joel's Holistic Center**  
**(Massage & Acupuncture Clinic)**  
**1149 North 2nd Street**  
**El Cajon, California 92021**

### ***Ily's experience and training include:***

*Fertility, Pregnancy and Postpartum Massage, Deep Tissue, Shiatsu, Tui Na, Thai Massage, Neuromuscular Therapy, Myofascial Release, Nutrition, Herbology, Massage for special populations (vision impaired, geriatric, amputee, hospice), Swedish Massage, TCM Point Location (Acupressure) & Certificate of Reiki Master in the Usui method of Reiki by Mary Sotelo Reiki Master Teacher.*

### ***Ernie's experience and training include:***

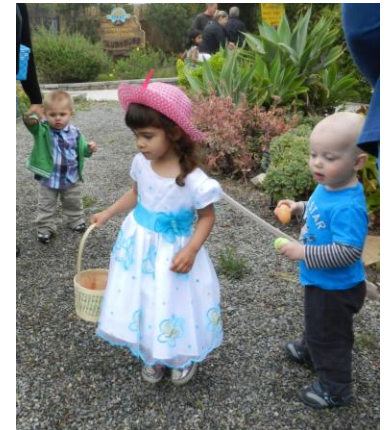
*Sports Massage, Deep Tissue, Shiatsu, Tui Na, Thai Massage, Synergistic Massage, Chair Massage, Neuromuscular Therapy, Myofascial Release, Nutrition, Herbology, Swedish Massage & TCM Point Location (Acupressure), Certificate of Reiki Practitioner in the Usui Method of Reiki by Mary Sotelo Reiki Master Teacher.*



# CREST KIWANIS

## **Pancake Breakfast and Egg Hunt in Crest**

The weather was foggy with drizzle, but that didn't dampen the service provided by Crest Kiwanis and K Kids on Saturday, March 30<sup>th</sup>. While the pancakes were flipping, the K Kids from Crest school hid plastic eggs for the toddler/preschool hunt. Adult volunteers roamed Nancy Jane Park polka dotting the landscape with eggs filled with candy. The Easter Bunny played host to the hungry breakfast patrons. Upon completing the hunt, all children returning their eggs received two tickets for the prize raffle. All who entered the raffle "won" a small gift. The second ticket was for special Easter baskets. Approximately 75 children attended with their parents.



## **Kiwanis One Day Community Service Project**

On Saturday, April 27<sup>th</sup>, Crest School K Kids and Crest Kiwanis are teaming up to install a canine waste station (aka doggie poop bags /drop box) It will be located outside the fence on the South/West corner of the lower field. K Kids came up with this idea after realizing dog owners were not cleaning up after their canines while using the lower field. This addition will provide a healthy, poop-free field for Crest kids to learn and play.



## **El Cajon's ALL FORE Rec Golf Tournament Friday, September 20, 2013 Sycuan Golf Resort**

Proceeds benefit underprivileged East County children and teens by providing scholarships for recreation department classes and sport leagues

### ***Sponsors needed***

Contact [suemullins@cox.net](mailto:suemullins@cox.net)

## **Kiwanis Members Wanted**

No confusion, no muss or fuss-we are here to serve our community and support our kids no matter what needs to be done. If you also would like to have a hand in serving this community, please join the Crest Kiwanis team. We welcome parents, grandparents, aunts, uncles and friends, business people and retired folks. Please come and join us at our next monthly community breakfasts and speak to a member about joining.

**\$5.00 Community Breakfasts April 27 May 25 June 22 8:00-10:00 am**

Submitted by Suzanne Mullins, Crest Kiwanis





1331 LA CRESTA BLVD El Cajon, CA 92021

PHONE (619)444-1389

<p><b>BREAKFAST BURRITOS</b></p> <p><b>ULTIMATE BREAKFAST BURRITO 4.39</b> Filled with scrambled eggs, cheese and potatoes with Choice of bacon, ham, sausage or chorizo</p> <p><b>STEAK AND EGGS BURRITO 4.89</b> Marinated grilled steak with scrambled eggs, cheese and potatoes</p> <p><b>VEGETARIAN BREAKFAST BURRITO 4.39</b> Scrambled eggs with cheese, potatoes, bell peppers and onions.</p> <p><b>FAMOUS BREAKFAST BURRITO 4.99</b> Scrambled eggs, beans, ham, cheese and Sour cream</p> <p><b>CALIFORNIA BREAKFAST BURRITO 4.79</b> Filled with scrambled eggs, cheese potatoes, ham and onion</p>	<p><b>TACOS</b> (Served on two corn tortilla topped with salsa fresca and guacamole)</p> <p><b>CARNE ASADA TACO 2.89</b> Grilled marinated steak</p> <p><b>ADOBADA TACO 2.89</b> Marinated pork slow cooked with pineapple</p> <p><b>FISH TACO 2.89</b> Breaded Tilapia fillet chipotle sauce and cabbage.</p> <p><b>BIRRIA TACO 2.89</b> Beef shoulder marinated in red chile sauce</p> <p><b>CARNITAS TACO 2.89</b> SUCCULENT SHREDDED PORK</p> <p><b>POLLO TACO 2.79</b> Marinated chicken grilled with peppers AND ONIONS</p> <p><b>SHRIMP TACO 2.89</b> Shrimp in ranchero sauce</p> <p><b>VEGETARIAN TACO 2.39</b> Beans, cheese, pico de gallo and guacamole</p>	<p><b>HOUSE SPECIALS</b></p> <p><b>CARNE ASADA CHIPS \$6.49</b> Tortilla chips topped with grilled steak, salsa fresca, cheese guacamole and sour cream.</p> <p><b>CARNE ASADA FRIES \$5.59</b> Fries topped with grilled steak, cheese, guacamole and Sour crême.</p>
<p><b>BREAKFAST PLATTERS</b></p> <p><b>MACHACA PLATTER 6.49</b> Tender shredded beef with tomatoes, bell peppers, onions and eggs. Served with beans and tortillas</p> <p><b>HAM AND EGGS PLATTER 6.49</b> Two scrambled eggs with lean chopped ham. Served with rice, beans, Tortillas</p> <p><b>HUEVOS POBLANO 5.99</b> Two eggs of your choice on a corn tortilla topped with mole sauce w/ rice, beans and tortilla</p> <p><b>CHORIZO PLATTER 6.39</b> Mexican sausage with eggs. Served with rice, beans and tortilla</p>	<p><b>ROLLED TACOS</b> (Chicken or beef w/guacamole, chees, lettuce and salsa fresca)</p> <p><b>3 ROLLED TACO 3.59</b></p> <p><b>6 ROLLED TACOS 4.49</b></p>	<p><b>TOSTADA</b></p> <p><b>BEAN TOSTADA 2.99</b> Refried beans with lettuce, cheese and tomatoes</p> <p><b>CHICKEN TOSTADA 3.49</b> Tender shredded chicken with beans ,lettuce Cheese and tomatoes</p> <p><b>CEVICHE TOSTADA 3.79</b> Marinated shrimp in lime juice with salsa fresca and diced cucumbers</p> <p><b>BEEF TOSTADA 3.29</b> Tender shredded beef with beans lettuce, Cheese and tomatoes</p>
<p><b>SALADS</b> (Served with vinaigrette or Italian dressing)</p> <p><b>SONORA SPECIAL 5.69</b> Your choice of grilled steak or chicken with romaine lettuce, tomato, cheese and tortilla chips.</p> <p><b>GRILLED SHRIMP SALAD 7.99</b> Grilled shrimp with romaine lettuce, tomatoes cheese and tortilla chips.</p> <p><b>TACO SALAD 5.69</b> Served with fine marinated grilled steak or chicken with beans, lettuce, tomato, cheese, guacamole and sour cream.</p>	<p><b>BURRITOS</b> (Served flour tortilla topped with salsa fresca and guacamole)</p> <p><b>CARNE ASADO BURRITO 4.99</b> (Grilled marinated steak)</p> <p><b>FISH BURRITO 4.99</b> Fish with tartar sauce and cabbage</p> <p><b>POLLO BURRITO 4.99</b> Marinated chicken grilled with peppers and onions</p> <p><b>ADOBABA BURRITO 4.99</b> Marinated pork slow cooked with pineapple</p> <p><b>CARNITAS BURRITO 4.99</b> Shredded pork</p> <p><b>CABEZA BURRITO (Tender beef cheeks) 4.99</b></p> <p><b>VEGETARIAN BURRITO 4.39</b> Beans, cheese pico de gallo and guaco</p> <p><b>CALIFORNIA BURRITO 5.99</b> Marinated grilled steak with cheese, fries and sour cream served on flour tortilla topped with sala fresca and guacamole.</p>	<p><b>QUESADILLA</b></p> <p><b>CHICKEN QUESADILLA 3.59</b> Grilled cheddar and jack cheese, flour tortilla Guacamole and sour cream</p> <p><b>POLLO ASADA 5.59</b> Grilled marinated chicken with cheddar, jack Cheese, flour tortillas, guacamole and sour cream</p> <p><b>CARNE ASADA QUESADILLA 5.59</b> Grilled marinated steak with cheddar, jack Cheese, flour tortillas, guacamole and sour cream</p>
<p><b>TORTAS</b> (Mexican sandwich served on telera bread)</p> <p><b>MILANESA TORTA (Steak w/bread crumbs, beans, lettuce tomato &amp; guacamole) 3.49</b></p> <p><b>CHICKEN TORTA 3.29</b> Marinated chicken w/ beans, lettuce tomato &amp; guaco</p> <p><b>CARNITAS TORTA 3.49</b> Shredded port w/ beans, lettuce, cheese &amp; tomatoes</p> <p><b>CHORIZO TORTA (Mexican sausage with eggs, beans, lettuce, tomato &amp; guacamole) 3.49</b></p> <p><b>CARNE ASADA TORTA 3.49</b> Marinated steak with beans, lettuce, tomato &amp; guaco</p> <p><b>MACHACA TORTA 3.19</b> Shredded beef with bell peppers, onions, eggs beans, lettuce, tomato, and guacamole</p> <p><b>HAM AND CHEESE TORTA 4.39</b> Lean ham with cheese, beans, lettuce, tomato and guacamole</p> <p><b>SAUSAGE TORTA 3.99</b> Sausage, Guacamole and onions</p>	<p><b>TOSTADA</b></p> <p><b>BEAN TOSADA 2.99</b> Refried beans with lettuce, cheese and tomatoes</p> <p><b>CHICKEN TOSTADA 3.49</b> Tender shredded chicken with beans, lettuce, cheese and tomatoes</p> <p><b>CHVICHE TOSTADA 3.79</b> Marinated shrimp in lime juice with salsa fresca And diced cucumbers</p> <p><b>BEEF TOSTADA 3.29</b> Tender shredded beef with beans, lettuce, cheese And tomatoes</p> <p><b>MEXICAN STYLE PIZZA</b></p> <p><b>16" Pizza Carnitas, Chicken or Carne 11.99</b></p>	<p><b>ENCHILADAS</b></p> <p><b>CHICKEN ENCHILADA 4.49</b> Chicken topped with red sauce, lettuce, cheese Salsa fresca and sour cream</p> <p><b>CHEESE ENCHILADA 4.39</b> Cheddar and jack cheese, lettuce, salsa fresca And sour cream.</p> <p><b>BEEF ENCHILADA 4.49</b> Shredded beef topped with red sauce, lettuce Cheese, salsa fresca and sour cream</p> <p><b>CHIMICHANGAS:</b></p> <p><b>Carne Asada Chicken 5.99</b></p> <p><b>COMBINATION PLATES</b> (served with rice and beans)</p> <p><b>CARNE ASADA PLATE 6.99</b></p> <p><b>POLLA ASADA PLATE 6.99</b></p> <p><b>BURRITO PLATE 6.79</b></p> <p><b>CARNITA'S PLATE 6.79</b></p> <p><b>CAMARONES RANCHEROS PLATE 7.49</b></p> <p><b>CHEESEBURGER 3.49</b></p> <p><b>HAMBURGER COMBO w/ Fries and soda 5.99</b></p> <p><b>SIDES</b></p> <p><b>BEANS (1/2 PINT) 1.69</b></p> <p><b>GUACOMOLE (4 OZ) 3.99</b></p> <p><b>RICE (1/2 PINT) 1.69</b></p> <p><b>Prices May Change without Notice (rev.4/23/13)</b></p>



## CREST-DEHESA-GRANITE HILLS-HARBISON CANYON SUB-REGIONAL PLANNING GROUP

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

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

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

Meetings are held the 2<sup>nd</sup> Monday of each month at 7:00 pm. Locations rotate between the Dehesa School, The Crest Community Center, and the Harbison Canyon Community Center. Meeting agendas, minutes, locations, and planning commission documents may be found on their website at [www.crestplanning.org](http://www.crestplanning.org). The website can also be accessed by going to the [www.thecrestsun.com](http://www.thecrestsun.com) website and clicking on planning group or organizations. **The May, June, July and August regular meeting of the Group would be held at Dehesa School.**

**The following are segments from the February 11, 2013 minutes regarding Crest. For a full copy of the minutes go to [www.crestplanning.org](http://www.crestplanning.org)**

### **F. ACTION ITEMS. Presentation by Advocates for Safe Airport Policy in reference to expansion of Gillespie Field.**

Chairman Wally Riggs welcomed several citizens including representatives of Advocates for Safe Airport Policy (ASAP), and invited them to address the Planning Group concerning potential expansion of Gillespie Field. Sue Strom explained that ASAP speaks for hundreds of residents of El Cajon, Lakeside and Santee who oppose the proliferation of flying school training operations based from Gillespie Field, which has virtually no regulations (i.e., curfew hours, noise abatement, etc.) controlling this use. Betty Chafetz described the County Board of Supervisors' approval of an Economic Development Council grant to develop Gillespie Field and Brown Field into Regional Airtropolis Land that would be intended for hotels, corporate offices and facilities for businesses that are airport dependent. She warned that flight training is a major business at Gillespie Field, that increased training operations results in the spread of more flights over larger local areas, and in the increase of engine emissions producing more smog and lead pollution that is a health hazard to children and adults exposed to these (and other) airport impacts. Ed Blitz questioned the need for a Regional Airtropolis project at Gillespie Field, stating that currently there are 700,000 square feet of available business space within 2 blocks of Gillespie Field, and that some of the existing airport facilities are rented and sublet for non-airport industry uses such as storage of personal belongings, recreational vehicles, motorcycles, etc. Robert Durman also stated that some aviation hangers at Gillespie Field are rented for non-aviation purposes, that general aviation is a dying industry that has declined 21% in the past 20 years except for the flight training sector, and that flight training has concentrated already at Gillespie Field because of its lack of noise and other regulations, and its unrestricted operations as a base for night flying training. The ASAP speakers distributed handouts about various aspects of the Gillespie Field issue to Planning Group members. 2 Planning Group members discussed the impacts to Subregional residents that are the unmitigated results of Gillespie Field operations and business arrangements, including negative impacts to property values located in the airport's flight paths as well as noise impacts, health and stress impacts, air pollution and community lead exposure, etc. Pat Ulm moved that the Planning Group sends a letter to Supervisor Diane Jacob and the other County Supervisors, requesting the County's help in setting parameters for various Gillespie Field operations (i.e., control of flight paths for low flying aircraft; ground tower control for night hours of operation; noise abatement; mitigation for air quality impacts and community lead exposure; security checks for Gillespie Field personnel and users; crash and hazard abatement efforts; etc.) that impact health, safety and property values of current residents of the Planning Group Subregion. (Copies of this letter will be sent to the Gillespie Field Airport Authority, Federal Aviation Administration, Duncan Hunter, Susan Davis and Juan Vargas). The motion did not pass (6 yes; 1 no: Hertel; 1 abstain: Myrick). Chairman Riggs stated that he could write a letter affirming that a majority of the Group members present, although not a Group quorum, favored County help in addressing current and potential future impacts of Gillespie Field operations. Jeff Myrick supported such a letter to Supervisor Jacob, asking if her staff could help inform the Planning Group about the issues of Gillespie Field's current and future operations.

**1. Announcements and correspondence** Lory Walls announced she attended a County Trails meeting sponsored by Supervisor Jacob, where it was announced that the State Department of Fish and Wildlife (formerly State Department of Fish and Game) might shut down and close off certain elements of the **California Hiking and Riding Trail**.

**Discussion and group action items.** Authorization of payment for use of the Crest Community Association meeting room. Pat Ulm reported that the Crest Community Association proposes a use charge of \$15 per hour for a minimum of 4 hours, totaling a minimum charge of \$60 per meeting for the CCA meeting room. Chairman Riggs said the agenda of the March meeting would include discussion and approval of the proposed CCA use charges for Planning Group meetings held in Crest. Riggs also said the Superintendent of Dehesa School assured him the Group would be able to meet at the school, and that the May meeting would occur there (and be chaired by Jason Harris, Planning Group Vice-chairman).

**3d. Discussion and group action items. Declaration of vacant seats 4, 14 and 15.** the Group will advertise simultaneously for candidates for three Group vacancies: one Crest seat (No. 4) and two Granite Hills seats (No. 14 and No. 15).

**4. Subcommittee reports. PLDO (Bowen). Judy Bowen, the Park Lands Dedication Ordinance (PLDO) Ad Hoc Subcommittee of one, reported that the Department of Parks and Recreation has prepared a preliminary draft proposal for the South Lane Park Fitness Trail Project.** The available PLDO funds could construct a short trail with 2 to 3 fitness stations, as well as providing a picnic table and the required ADA parking. Judy said she contacted the Crest Sun newsletter to publish an article the first of March about the County's Fitness Trail Project plan for South Lane Park, and to solicit community input prior to having the PLDO issue included on the



Group's agenda for its April meeting. she also mentioned that there was no new specific information about a Maintenance Entity that would be responsible for South Lane Park maintenance of improvements.

**The following are segments from the March 11, 2013 minutes regarding Crest.**

**ROLL CALL.** Roll call was not conducted, due to a lack of Group quorum.

**The following are segments from the April 8, 2013 minutes regarding Crest.**

**TPM 21080 Bongiovanni Montana Serena Project.** Chairman Riggs introduced this project, a Minor Subdivision of 16.76 acres into four residential lots, located at 15030 Montana Serena, explaining that County has announced its intent to adopt a Negative Declaration, pursuant to Section 15183 of the California Environmental Quality Act. He reminded the Group that on 10 May 2011 it recommended approval of the project by a vote of 10 yes, 1 no, and 0 abstain. There was no further discussion of the project, and there was no Group action.

**b. Authorization of payment for use of CCA room.** The cost for using the Crest Community Association meeting hall for the Group's regular meetings in January, February, March and April is \$60 per night, for a total of \$240 for the four meetings. Phil Hertel moved the Planning Group approves payment by the County of \$240 to the CCA for the use of its facility for the Group's regular monthly public meetings. The motion passed (10 yes; 0 no; 0 abstain).

**c. Declaration of Seat 4 (Crest) vacancy.** Chairman Riggs informed the Group that Ryan Darcy sent him an email resignation notice concerning his Seat 4 position on the Planning Group. Jack Vandover moved the Planning Group declares Seat 4 (Crest) vacant. The motion passed (10 yes; 0 no; 0 abstain). Chairman Riggs stated that Seat 4, Seat 14 and Seat 15 would all be advertised as vacant, and that candidates interested in nomination for appointment to these vacant seats will be invited to apply to the Group.

**4. Subcommittee reports – PLDO.** Judy Bowen reported she had received some emails and comments from several Crest residents concerning use of Park Land Dedication Ordinance funds for the South Lane Park exercise trail proposal. The community wants more trees, other native plant landscaping, and two bridges crossing the drainage way that can support horses crossing them. She reminded everyone that PLDO funds couldn't be used for landscaping vegetation. Chairman Riggs said the PLDO project priorities would be included on the agenda of the May meeting of the Group.



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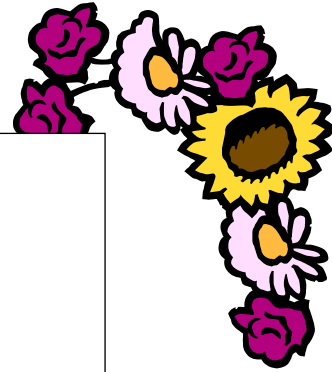
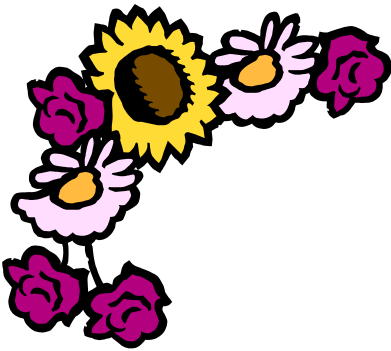
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**Crest Real Estate Activity for January 1<sup>st</sup> 2013-February 20th 2013**

MLS	Status	Address	Bedrooms	Baths	SF	Year Built	List Price	List Date	Sale Price	Sale Date
130018864	ACT	148 La Cresta Rd	3	3	2895	1951	435,000	4/15/2013		
130007939	ACT	1205 La Cresta Blvd	4	3	1920	1977	\$459,000	2/2/2013		
130000841	ACT	2405 Suncrest Blvd	3	3	2450	1979	\$440,000 - \$485,876	1/5/2013		
130017395	ACT	2898 La Cresta Rd,	3	3	2582	2006	\$540,000	4/7/2013		
130018027	ACT	152 Sierra Vista Dr	4	4	2897	2006	\$600,000	4/10/2013		
130011491	CONT	1120 Hamlet Dr	2	1	960	1958	\$169,900	3/5/2013		
120057203	CONT	1093 La Cresta Blvd,	2	1	1468	1952	\$199,900	11/14/2012		
120043529	CONT	352 Sunnybrook Ln,	3	3	2462	1994	\$460,000	8/27/2012		
130014192	PEND	240 Loma Vista Pl	3	1	804	1950	\$265,000	3/21/2013		
130017263	PEND	119 Albatross Pl,	3	1	1224	1971	\$285,000	3/6/2013		
130018270	PEND	1743 La Cresta Blvd,	3	2	1368	1988	\$312,000,	4/10/2013		
130014242	PEND	2223 Suncrest Blvd,	3	2	1452	1955	\$339,900	3/14/2013		
130009149	PEND	435 LA CRESTA Rd	3	3	1680	1970	\$379,000 - \$399,000	2/22/2013		
130012113	PEND	206 Lento Ln	3	3	2415	1992	\$430,000	3/10/2013		
130012267	PEND	376 Sunnybrook Ln	4	3	2507	1995	\$430,000	3/11/2013		
130001681	PEND	2091 Old Bend Rd	3	2	1900	1969	\$443,900	1/9/2013		
130011143	PEND	310 Sunnybrook Ln	4	2	2462	1995	\$460,000	3/5/2013		
120039287	SOLD	277 Lilac Dr	1	1	866	1935	\$202,000	7/31/2012	\$ 202,000	3/13/2013
130000887	SOLD	337 Lento Ln	3	2	1704	1954	\$235,000	1/3/2013	\$ 229,000	3/5/2013
120049758	SOLD	2026 West Dr	3	2	1676	1972	\$255,000	9/24/2012	\$ 265,000	3/5/2013
130007548	SOLD	2147 Eucalyptus Dr	3	2	1600	1976	\$279,000 - \$299,000	2/11/2013	\$ 299,000	3/18/2013
130009350	SOLD	630 La Cresta Heights Rd	2	2	1387	1957	\$310,000	2/23/2013	\$ 310,000	4/9/2013
130003021	SOLD	2156 West Dr	3	3	2010	1973	\$410,000	1/16/2013	\$ 410,000	3/8/2013
120053256	SOLD	214 Kens Rd	4	3	2274	1958	\$399,000 - \$420,000	10/22/2012	\$ 425,000	3/29/2013

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## Recollections from Gilbert Mastri About Crest in the 1960s to 1980s

By Linda Hjelle

Conversations with long-time Crest residents often open the door to a better understanding of community history. This was especially true when I asked Gilbert Mastri to tell me about his volunteer efforts with the Crest community during the 1960's through the 1980s.

Gilbert was born in Bell, CA in 1935 in his grandmother's home by a midwife. His childhood years were a series of moves between cities and schools throughout San Diego County. As a result, by the time he was 17,

Gilbert was out of school, living on his own, working as a truck driver and even married for a very short time. One of his favorite jobs was to drive a mail truck for Star Route; part of his job was to ride the Coronado ferry three times a day delivering mail. At 19 Gilbert joined the Air Force with a friend hoping to learn to fly. After his three and a half year stint, Gilbert left the service (never did learn to fly), married, and continued his career as a truck driver and warehouse supervisor in a variety of companies mostly in the San Diego area.

In 1968 Gilbert's moved his family to Crest after driving through the area, and instantly liking the community and school. They rented a house on La Cresta Road and eventually bought a house on Jarrett Lane where he and his wife raised his two children, Tamy and Gib. The kids attended Crest Elementary, Greenfield Junior High and graduated from Granite Hills High School.

Gilbert first became involved in the community activities around 1969 when he bought horses and joined the E-Crest-trians, a local horse group. It was a great group and he and his family had many fun outings. There were also two other local groups he soon became acquainted with, the Crest Civic Group and the La Cresta Women's Club.

While Gilbert doesn't remember the exact circumstances, there was an argument going on at that time between the E-Crest-trians and the Crest Civic Group. Gilbert's first introduction to the Crest Civic Group was when he and several of the horse club members went to the Crest Civic group to make their feelings known. Apparently, things must have eventually worked out since Gilbert and several other horse group members eventually joined the Civic Group. Later he became treasurer and then president of the Civic Group for two years.

During his tenure as president, the Crest Civic Group was approached by the La Cresta Women's Club and asked if they would take over the responsibility of the La Cresta Clubhouse. The La Cresta Women's Club had been responsible for the clubhouse since the 1930's. The clubhouse property had been donated by the Cornelius family to the community in 1933, and a few years later, residents of the community built the clubhouse. The women's group members were growing older and tired of the responsibility of having to raise funds to pay for insurance and taxes on the building.

The Civic Group agreed and the building was signed over to the Crest Civic Group. (Several years later, the group changed the name from The Crest Civic Group to what is now known as Crest Community Association.)

The Crest Civic Group now needed to raise funds to support their new obligation. Because many E-crestrian members were now also Crest Civic Group members, their solution was to put on a series of fun shows. These horse shows were a big deal for the community. It was an opportunity for kids to be involved in a horse shows without the high cost.

It was also during this reign that the little building located behind the clubhouse that was used as the library for many years was relocated to South Lane Park as an announcer's booth at the South Lane Park horse arena. Unfortunately, the building burned in the 2003 fire.

The 1970 Laguna Fire had a profound effect on the Crest community. One hundred and eighteen homes were lost and Gilbert describes his first impression of his return to the hill as a devastating moonscape scene. Since Gilbert was president of Civic Group, he became chairman of Crest Fire Disaster Committee. The committee consisted of the Civic Group board and leaders of the three Crest churches. PSA Airlines had given the community \$1500 and this committee was charged with monitoring the funds. The remaining \$150 left after distributing the money was given to Skip Conard to build a sign board at the top of the hill. The signboard was rebuilt in recent years by the Boy Scouts; however, the original PSA "Thank you" inscription remains on the bottom of the board.

After Gilbert completed his term on the Civic Group, his priorities changed, and he started concentrating his volunteer efforts toward the volunteer fire department which had roots back to 1947.

His first encounter with the fire department was in 1969. The Fire Department brought the Little Jimmy fire truck to the July 4th festivities and hooked up to fire hydrant in Nancy Jane Park. "I was one selected to dress up in fire gear and have a water fight with volunteer Joe Nilles. It was great fun. The fire department always participated in the July 4th festivities; just like it does now."

Gilbert was recruited into the department by Chief Jim Duffy and Gary Smith because of his many years' experience as a semi-truck driver. During the 1970's the fire department only had one paid position, the chief, the only member who attended the fire academy. The rest of the fire department members were trained volunteers. It was a well-known fact that the pay as chief was minimal, making it a labor of love. Under Jim's training, Gilbert learned to be a volunteer fire fighter and trained each Thursday night. He would volunteer during the days since he worked nights. There were about 30 volunteers in all, many juniors (high school kids who would volunteer after school) and seniors. The station was



manned only in the day when they would maintain equipment. If there was an emergency, there was a special call number and they would set off the siren and everyone would come running to assist with the fire or medical event.

Gilbert moved up through the volunteer ranks from engineer to lieutenant to captain and finally senior captain and assistant chief by 1975. During his time in the department the chief position changed several times because it was difficult to live on the low wages. Gilbert even served for a few months as an interim chief in 1989 and found first-hand how difficult it was live on the small amount they could offer to pay.

The district had a small working budget available through county funds, but they relied heavily on grant writing and fund raisers to purchase needed equipment and other necessities. This is where the Crest Smoke Eaters came into play. The men's Smoke Eaters Group and Women's Fire Auxiliary worked to raise money for the department. Some of Gilbert's fondest memories of Crest are participating in this organization. Gilbert remembers, "We would help elderly people that needed weed abatement for free. Mother's Day pancake breakfasts, cookouts, and organizational parties with other groups were a few of the enjoyable activities during this time. It was a very active and rewarding group."

What ever happened to the Smoke Eaters? As time went on, federal and state grants/programs became available allowing the department to start hiring full time fire fighters (still at low wages); starting with typically one paid man per shift. Once there were paid folks and different shifts and they merged with the Bostonia Fire Department to create the East County Fire Protection District, there wasn't as great a need for volunteers or fund raising. Plus many of the fire fighters weren't Crest folk any more. Eventually the organization just died off.

Gilbert moved off the hill for a few years but eventually returned to Crest with his new wife Kathleen Clark Mastri, whom he married in 1991. Kathleen's Dad, Jake Darsey, was the fire captain on the little Jimmy fire truck during the 1970 fire in Crest.

Thank you Gilbert for your many years of volunteer service to the Crest Community. Gilbert is still active with the Crest Historical Society which meets the first Tuesday of each month at the Crest Library at 1:00 pm.

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# Community Worship in Crest



**New Season's Church- Crest**  
 2198 Suncrest Blvd,  
 Phone: (619)-442-3736  
 Pastor Tony Lambert

**CHURCH SCHEDULE:**

Prayer time: 9:00 AM  
 Worship Service: 10:45 AM  
 Monday Evenings: Ladies Bible Study @ 6:30 PM  
 Tuesday Evenings: Men's Bible Study @ 6:30 PM  
 Wednesday Evening: AWANA @ 6:30 PM (Last day for this school year is June 5th)  
 Thursday Evening: Home Fellowship in Santee 6:30 PM  
 Friday Evening: Home Fellowship in Crest 6:30 PM

**Please keep an eye out for our July VBS!!!!**  
**"Go Tell It On The Mountain" It will be towards the end of the month.**






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 2005 Crest Drive –  
 Phone: (619) 444-3076,  
 Fax: (619) 440-1325  
 Fr. Burnia

**Regular Weekend Services:**

Saturday..... 5:30 PM  
 Sunday..... 8:00 AM and 10:30 AM  
 Daily Mass: 8:00 AM (Monday-Saturday)

1/1/2013 to 2/20/2013 Crest Crime Report

Obtained from [www.crimemapping.com](http://www.crimemapping.com) website

<u>Type:</u>	<u>Description:</u>	<u>Location:</u>	<u>Agency:</u>	<u>Date:</u>
	NARCOTIC ADDICT POSSESS/PURCHASE/USE/ETC TEARGAS/TEARGAS (M)	5000 BLOCK DEHESA ROAD	San Diego County Sheriff	4/6/2013 2:27:00 AM
	RESIDENTIAL BURGLARY	600 BLOCK CALLE DE LA SIERRA	San Diego County Sheriff	4/18/2013 7:00:00 AM
	VANDALISM (\$400 OR MORE) (F) -	2500 BLOCK EUCALYPTUS DRIVE	San Diego County Sheriff	3/3/2013 1:30:00 AM
	RESIDENTIAL BURGLARY -	200 BLOCK LA CRESTA HEIGHTS ROAD	San Diego County Sheriff	2/13/2013 5:00:00 PM

## Next Crest Sun Deadline: June 20, 2013

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

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The Crest Sun is available at: Crest Foods, Rainbow Market, Sonora Mexican Restaurant, and Crest Library or online at [www.thecrestsun.com](http://www.thecrestsun.com)

**Don't forget to check our terrific web site: [www.thecrestsun.com](http://www.thecrestsun.com)**

See website for info on how to advertise on the Crest web site or contact Karin Weiss, [webmaster@thecrestsun.com](mailto:webmaster@thecrestsun.com)



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