



## A Newsletter for Crest

Volume 11

November-December 2009

Number 6



As we move into the holiday season, activities abound for both Crest and San Diego County.

**(This big boy was spotted in Crest, getting ready to pull Santa's sleigh?)**

This issue of Crest Sun is full of activities you won't want to miss, so pull out your calendar and make some plans. Santa will once again return to the Clubhouse to visit with Crest children on December 16<sup>th</sup> at 6:30. Take this opportunity to drop by and wish your Crest neighbors a happy holiday. Bring a dessert to share and remember Santa arrives at 6:45. See pages 5-6 for additional CCA activities scheduled. Check out pages 27-33 for the many activities sponsored by the schools, library and the county.

### **Asian Citrus Psyllid (ACP) Detected and Treated in Crest**

A meeting was held September 10 at the CCA clubhouse by the CA Department of Agriculture to inform the Crest Community of a serious new insect pest that has been found in Crest. Limited ground treatment began on September 14<sup>th</sup> in areas of South Crest. A treatment with a formulation of a pyrethroid was applied to the foliage of citrus trees and imidacioprid insecticide was applied to the soil beneath the citrus trees for ongoing protection. The area continues to be monitored but at this point they have not found any additional pests. They did state that they

have found the psyllid in Alpine and Dehesa and will continue to treat this dangerous pest.

The Asian Citrus Psyllid is a tiny, flying insect that transmits a bacterial disease called Huanglongbing (HLB) to citrus trees. Trees infected with the HLB disease produce bitter and misshapen fruit. The HLB disease is fatal to citrus trees. The ACP was first found in California on August 27, 2008 in San Diego County. The official publication on this pest can be found at <http://ucanr.org/freepubs/docs/8205.pdf>

If you wish additional information, you can contact the California Department of Food and Agriculture toll free PEST HOTLINE at (800) 491-1899 for further assistance.

### **New Programs Start in Crest**

The Crest Community Church has been working to improve our community by starting two new programs in Crest. The church has signed up to be a Host Site for the Golden Share Foods program, a program which has a goal to provide quality food at a savings of 30-50%. They have also started a new Awana program in Crest on Wednesday nights which is a Christian-based weekly program for kids from age 2 to grade 6. See page 17 for additional information.

### **Goat Project**

You may have noticed the goats recently returned to South Lane Park in mid-October and helped out by munching back the weeds and grass. See Page 40 for an update on the Fire Safe Council Goat Project. **If you are one of the many who signed up for an estimate for ELM to send goats, hand crews to your acreage, now is the time to contact Johnny Gonzales at 619-234-4555.** Now that the company is here in Crest, there will be a savings to residents needing this service.



# Connie Gipson

Crest Specialist for 25 Years

Cell: (619) 606-2400



5640 Baltimore Drive  
La Mesa, CA 91942



## Crest Real Estate Update



### Residential

#### Now on the Market

225 Lento Lane	\$185,000
429 West Lane	\$219,000-\$249,000
103-105 Juanita Lane	\$223,000 Reduced Price!
119 North Lane	\$269,900
2027 Old Bend Road	\$340,000
140 Sierra Vista Way	\$349,000
417 West Lane	\$399,000-\$440,000
133 La Cresta Hts. Road	\$405,000
2112 Crest Drive	\$475,000
2706 Suncrest Blvd.	\$545,000
2810 La Cresta Road	\$549,900
1378 Ryan Ridge Road	\$675,000

#### Contingent Sales

112 Park	\$245,000
2103 Suncrest Blvd.	\$225,000-\$265,000
2400 Eucalyptus Drive	\$285,000
126 Burdett Way	\$325,000
15183 Picturesque Point	\$550,000

#### Pending in Escrow

118 Wall Place	\$175,000
262 South Lane	\$216,900
2093 Old Bend Road	\$275,000
420 Mountain View Road	\$349,000
220 Highline Trail	\$399,900
1555 Vista De Montemar	\$469,900
1390 Ryan Ridge Road	\$549,000
408 Alta Lane	\$645,000-\$695,000
252 Sunnybrook Lane	\$699,777-\$724,777
1198 Mountain Top	\$998,756
14910 Montana Serena	\$999,000-\$1,150,000

#### Recently Sold

318 Estomino Lane	\$165,000
113 Burdett Way	\$228,000
1857 Eucalyptus Drive	\$257,397
345 Alta Lane	\$285,000
522 Mountain View Road	\$349,000
171 Tasha View	\$369,000

### Vacant Land

#### Now on the Market

152 Bonita Place	\$99,900
Senda Lane	\$175,000
222 Lilac Drive	\$175,000
2737 La Cresta	\$199,000
South Park Place	\$219,000
2223 Crest Drive	\$265,000
260 East Lane	\$269,000
140 Alamo Way	\$359,900
La Cresta Road	\$450,000

#### Contingent Sales

Saxton Lane	\$79,900
Saxton Lane	\$79,900

#### Pending in Escrow

No listings are now in escrow

#### Recently Sold

No vacant lots have recently sold

## Connie Gipson

Century 21 Award

(619) 606-2400

California Real Estate License # 00862838

Data from Sandicor, Inc. and the San Diego Recorder's Office effective October 14, 2009 represents properties listed or sold by various brokers. While believed to be reliable, it cannot be guaranteed. If your property is currently listed, this is not meant as a solicitation.

# Crest Contacts

<b>Crest Community Contacts</b>		
Crest Community Assn. LindaHjelle@cox.net	Linda Hjelle (email)	517-9838
Community Church crestchurch@sbcglobal.net	Anna Johnston (email)	442-3736
Crest Black Board	Friends of Crest Kandhy	44-Crest 444-4996
Clubhouse Rentals rentals@thecressun.com	Rick Bradt (email)	44-Crest 444-2641
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	Don Halte	246-4300
Crest Library	Rosi Mejia	442-7083
Crestridge Reserve	Cathy Chadwick	749-5767
Crest School www.cajonvalley.net	Office (website)	588-3128
Crest Sun Newsletter <a href="mailto:editor@thecrestsun.com">editor@thecrestsun.com</a>	Linda Hjelle (email)	440-8540 517-9838
Information <a href="mailto:winters72@hotmail.com">winters72@hotmail.com</a>	Chris Seebold	447-5826
The Crest Sun website webmaster@thecrestsun.com	Karin Weiss (email)	579-3951
E-Crest-rians	Kandhy Franklin	444-4996
Friends of Crest	Message	44-Crest 246-4300
St Louise Church	Father Languille	444-3076
Sub-Regional Planning. crestplanning.org	Judy Bowen (website)	440-0783
<b>HELP LINES</b>		
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 Fire Marshal Public Info Officer Fire Chief www.smgfire.org	Business Ofce. Marsha Larsen  Leonard Villarreal August Ghio (website)	670-0500 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	(619)	441-4264

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

## Stores and Restaurants

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

## Advertisers

Bowlby Electric	George	440-3051
Century 21 Award	Connie Gipson	606-2400
Central Air & Heating	Charles Collins	444-9955
Holiday Horse Care	Robin	922-1388
Just 2 Chicks House Cleaning	Ily Maize(619)	889-4620
Kathy Kuts Kathy@kathyKuts.com	Kathy Kaderabek (email)	447-1945
Knox Reprographics Knoxservices.com	Mary Bauer website	230-6300
Mane Teaze Salon	Alpha	561-8014
Marvelous Organizing marvelousorganizing.com	Risa Goldberg email	231-1113
Notary on the Spot	Betty	820-3062
Nu Skin	Pat Goulart	442-4879
Office Tech	Karin	249-4469
Healthy Chocolate beelady@aol.com	Pat Goulart	442-4879
Pu Products		334-1913
Scrapbook Designs	Ily	889-4620
Terminator Svc		442-8726
TNT Carpet Care www.tntcarpet.com	Troy	208-2708
Xango xango@justanounce.net	Marie (email)	328-1157

## Miscellaneous - Services

Free Firewood		579-4956
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S	M	T	W	TH	F	S	S	M	T	W	TH	F	S
NOVEMBER							DECEMBER						
1	2	3	4	5	6	7			1	2	3	4	5
8	9	10	11	12	13	14	6	7	8	9	10	11	12
15	16	17	18	19	20	21	13	14	15	16	17	18	19
22	23	24	25	26	27	28	20	21	22	23	24	25	26
29	30						27	28	29	30	31		

## Calendar of Events November-December 2009

11/03/09	1:00 Tuesday	Historical Society Meeting – Library
11/04/09	5-7 pm – Wed	CCA Community Dinner – Spaghetti, Bread, Salad \$5 - Ice cream - \$1
11/10/09	5:45 – Tuesday	Crest Community Association – Board Meeting - Clubhouse
11/14/09	7:30 am – Sat	Kiwanis General Meeting – Visitors Welcome – Location: Clubhouse
11/09/09		Crest Garden Club
11/09/09	7:00 PM	Sub Regional Planning Group – Harbison Canyon
11/17/09	7:00 PM Tues	Crest Community Association General Meeting – Clubhouse - all invited
11/12/09	7:00 pm -Thurs	San Miguel Fire Protection District Board Meeting - 2850 Orange Way – Spring Valley
11/24/09	6:30 pm	Pounded Flower Art – Library
11/21/09	8:00-10:30	<b>Community Breakfast</b> by Kiwanis at the Clubhouse
11/16/09	6:00 pm – Mon	Kiwanis Meeting – Board Meeting Clubhouse
12/01/09	1:00 pm- Tues	Historical Society Mtg – Library
12/02/09	5-7:00 – Wed	<b>CCA Dinner</b> – Clubhouse
12/08/09	5:45 – Tuesday	CCA Board Meeting – Clubhouse – Board Meets
12/12/09	7:30 am – Sat	Kiwanis Meeting –General Meeting – Visitors Welcome. Clubhouse
12/14/09		Crest Garden Club – Call Arlene for Details 441-0187
12/14/09	7:00 pm Mon.	Sub Regional Planning Group
12/15/09	6:30 pm	Christmas Puppet Show - Library
12/16/09	6:30 pm	Crest Community Holiday Party – Santa arrives at 6:45
12/21/09	6:00 pm – Mon	Kiwanis Meeting – Board Meeting
12/15/09	7:00 pm – Tues	CCA Meeting Clubhouse – Community Meeting
12/19/09	5:00 pm	<b>Deadline for Crest Sun Submissions</b>
12/26/09	8:00-10:30 Sat	<b>Community Breakfast cancelled</b>

### Crest Elementary School

DATE	DAY	EVENT	LOCATION/Time
11/4	Wed	PTA Mtg.	Library 8:30
11/11	Wed	Holiday - Veterans Day	
11/13-24	Fri-Tue	Parent / Teacher Conferences	Minimum Days 2:00 dismissal
11/25-27	W,Th,F	Thanksgiving Break	
12/3	Thurs	Winter Social Movie	Coyote Hall 6:00
12/7-11	M-F	Santa Secret Shop	Room 12
12/9	Wed	SSC	Library – 3:15
12/18	Fri	Academic Exc. Assembly	Coyote Hall 9:30

### Los Coches Creek Middle

DATE	DAY	EVENT	LOCATION/TIME
11/13	Fri	Movie Night	5:30 – 8:30
12/9	Wed	Chili Barnes & Noble	LCC
12/15	Tues	Viejas Ice Skating	5-10 pm

**HAPPY HOLIDAYS FROM  
THE CREST SUN!**



# Crest Community Association

President: Linda Hjelle  
[LindaHjelle@cox.net](mailto:LindaHjelle@cox.net) 517-9838  
44-Crest (Message)

## CCA News:

Have you renewed your membership dues yet? Membership is down by almost 50%. If you have forgotten to join the CCA, please drop your check in the mail today - we need your help. Have you never been a member? Perhaps now would be a good time to let you know what the Crest Community Association brings to the community.

- A place for town hall meetings to discuss community issues with our local politicians.
- A gathering place in the event of a disaster. The center is equipped with Wi-Fi, cable TV, phones, maps and people trained to help during such an event.
- A beautiful and reasonably priced activity center available to rent for your next wedding, anniversary, or family gathering. Special rates apply to CCA members.
- A home for our local boy scouts, girl scouts, Kiwanis organization and Yoga classes.
- A community gathering place for monthly CCA dinners, Kiwanis breakfasts, occasional Bunco tournaments, fall festivals and Christmas parties. The CCA sponsors Crest's great July 4th activities.



Not only is this beautiful clubhouse centrally located in Crest, but it was built by community volunteers. We are so proud.

While the Association holds monthly events to raise money to maintain this building, your membership money pays a great percentage of the bills including insurance, utilities, and taxes amounting to almost \$8,000 a year. As a member, you can vote on club policy and improvements. Become a member and continue to bring our Crest Community closer together.

## Join the CCA and Win....

As an incentive, all members that have paid their dues by November 30th, will be entered into a drawing for a free evening (or daytime) rental of the clubhouse valued at \$175. Have a party at the clubhouse on us if you win. The drawing will take place at the December 15<sup>th</sup> general meeting. Renew your dues today! (Application on page 6.)

## Community dinner –



We apologize to the folks that arrived at our October community dinner only to find we had sold out of tamales. We thought we had plenty of food (in fact we had increased our serving count from the last tamale dinner). We had no idea Crest was ready for Mexican food! Don't give up on us! We promise to have lots of Spaghetti at the upcoming dinner on November 4<sup>th</sup>.

## Help out this Holiday Season

The CCA wants to give back this holiday season so we have decided to help out by collecting canned goods and toys for those San Diego County residents that are less fortunate this year. We will soon have boxes available for food which will be collected for the San Diego Food Bank. Bring a canned item or unwrapped toy to any of the upcoming CCA events. We will make sure the food bank and fire department gets these items for their collection. Let's make Crest proud.

## Holiday Santa Party

The CCA will be holding its annual holiday gathering on Wednesday, December 16<sup>th</sup> at 6:30. Santa will arrive at 6:45 so come on by. This is a potluck dessert (meaning bring a dessert to share). Drinks will be provided along with a lot of holiday spirit!

**Nominating Committee** – We are looking for CCA members willing to serve on the nominating committee for the CCA. We are also looking for folks who might be interested in serving on the Board. Please call 440-8540 or email [editor@thecrestsun.com](mailto:editor@thecrestsun.com) if interested.

# Just Because...

by Judy Becker

During a recent CCA event, a discussion took place about starting a gathering at the Crest Community Center and calling it

"JUST BECAUSE"..

I know there are times when it would be nice to get together and talk with people with no particular subject or to go over something on your mind. I firmly believe in the power of just sharing. You never know, the person who you are talking to may have gone thru a similar experience and would be willing to share. I think it's the sharing that helps to bring us closer.

Issues might include health, finances, family, or where to get a car fixed. It might be as simple as someone having a positive house painting experience to share. Do you have questions regarding the local churches or schools or perhaps you'd just like sit and listen over a cup of coffee.

Feel free to respond to my email and we can set a date. Email: [judy.becker@hotmail.com](mailto:judy.becker@hotmail.com) or cell 619-820-4463.

# Crest Connection

By Kathy Sawaya

Several months ago I wrote an article regarding the possibility of starting a "Senior Connection" here on the hill. After discussions with Crest residents, we have modified the concept and decided to look into starting a Community

Connection rather than just a Senior Connection. Folks of all ages who may have a need can contact the connection by an email address or by calling 44-Crest and the Crest Connection group will try to meet that need by coordinating with another community member. It may be as simple as picking up medication, or just a check up phone call. In order for this to work, we obviously would need others in the Community to step forward to help make that connection.

As a first step, check the bulletin board in January for an announcement for a Bingo/ potluck dinner as a "Kick Off" event. We hope this type of event will encourage others to invite folks who don't ordinarily have an opportunity to attend community events. We can coordinate transportation if necessary. Look for additional information in the next Crest Sun. Think this is a good idea? Want to help or have a need? Email your contact information to [editor@thecrestsun.com](mailto:editor@thecrestsun.com) or call 44-Crest and your message will be forwarded on to Kathy.



**(Join by November 30<sup>th</sup> to be in the Drawing for a Free Clubhouse Rental)**  
**Join the CCA and Support Your Community**  
**Crest Community Association**

**Send this form in with your check made out to the Crest Community Association (CCA)**

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: \_\_\_\_\_

**Questions: Call 44-Crest and leave a message**

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

Gardening    Senior Support    July 4<sup>th</sup> Event    CCA Dinners  
 Music Nights    Clubhouse maintenance    Bunco Event



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

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

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

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

Meetings are held the 2<sup>nd</sup> Monday of each month at 7:00 pm. Locations rotate between the Dehesa Fire Station, The Crest Community Center, and the Harbison Canyon Community Center. The next meeting of the planning commission is November 9, 2009 at the Harbison Canyon Community Center.

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

**The following are segments from the June 8<sup>th</sup> & July 9<sup>th</sup> Minutes regarding Crest. For a full copy of the minutes go to [www.crestplanning.org](http://www.crestplanning.org).**

**Excerpts from Aug 10<sup>th</sup> minutes:**

**Item 2.** Announcements. Mary Manning announced that:

The Registrar of Voters has approved the Planning Group's proposed map of adjusted community boundaries between Granite Hills and Crest.

**Item 7d.** Public Project Proposal. PLDO List. Judy Bowen and Wally Riggs reviewed the current status and recent history of the Park Lands Dedication Ordinance fund program. Group discussion resulted in consensus that an updated PLDO project list can be distributed to and edited by the Group using email before submitting an updated list to the County.

# About Crest...

## **HELP NEEDED FROM OUR CREST READERS.....**

**Artist: Florence Lockwood McCune**

**By Bonnie Weischedel**

I am in hope of finding residents of Crest who would have any recollections of an artist who lived in Crest named Florence Lockwood McCune. I am most interested in finding people's recollections, and things remembered which may seem insignificant, but will help me to unravel the mystery of this artist. Dot Miller, our Crest Historian, remembers that she wore turquoise jewelry and gabardine pants when it was not the usual habit to do so. My quest beset me months ago when I originally wrote a letter out of state to a woman who donated an oil painting that hangs in our Crest library. Some old timers may still remember that Crest had its own little 'artists enclave'. I am hoping to write an article for the next issue regarding this wonderful artist. So far my quest has yielded surprising results from a neighbor that I had never met before. The cabin that she bought with her husband in 1969 burned in the 1970 fire, along with an oil painting and painted lamp shade done by Florence. Thanks for your help. Contact Bonnie Weischedel at : [redsunsetonly4you@yahoo.com](mailto:redsunsetonly4you@yahoo.com)



## HAPPY HOLIDAYS

Gift giving can be a challenge – what better than wonderful skin care that makes a person look and feel good.

**NU SKIN ENTERPRISES** – is now the largest direct selling company in the world.

We have a catalog full of every thing one would want – young and old (oops – mature!!) – including men. We can remove/reduce lines; wrinkles; cellulite; scars; “drooping” skin; stretch marks; acne - **WITHOUT** injections or surgery (we leave no scars!) Treat your loved one to the - **GALVANIC SPA** for Xmas; Birthday or Anniversary.

Forbes Investment just declared, for a second time in 2009 – Nu Skin Enterprises is one of the best companies to invest in. Has a rating with Dun and Bradstreet of 5 A-1 (it does not get any better!!)

Nu Skin will be launching several new products ready for market in 2010. They celebrated their 25<sup>th</sup> year of successful business late October, 2009. I will have lots of information in the next Crest news. In 2008 they marketed the Galvanic Spa (refer above). What a great gift.

Call for a presentation and free demo. Give a facial party for the holidays and earn from product sold. There is **NO MEMBERSHIP FEE.** Your opportunities are tremendous.

*Wishing you and yours a healthy and prosperous 2010*

Pat Goulart  
(619) 442-4879 or Cell: (619) 890-4879

**[www.spabeautyathome.com](http://www.spabeautyathome.com)**



# Our Backyard..

*by Christina Seebold*

## **UNDERGROUND POWER - A POTENTIAL FUTURE SOLUTION TO POWER SHUTDOWNS?**

At the October meeting of the local planning group, a request was made for a recommendation to the County Board of Supervisors that they look into the potential for undergrounding certain power lines in Crest. The board agreed to make the recommendation that strategic undergrounding be considered for the back country communities it represents, beginning with Crest. The following arguments were made....

SDGE officials said they launched their campaign to turn off power in the windiest, fire prone areas of the county, because power-line-ignited blazes have accounted for 20% of the land burned in Southern California wildfires. State investigations concluded that three of the 2007 wildfires (some of the largest wildfires in state history) were started by SDGE power lines. Some Crest residents feel that undergrounding strategic power lines is another, better, alternative.

An article in the July Jacob Journal highlights the removal of the power poles and lines along Main St. in Julian, and their relocation underground. The city achieved this by going before their planning group, and partnering with other community groups and cable and utility companies. There is a plan to have all of the power lines in the city of San Diego underground by 2067. There is no confirmed plan for the backcountry of the county, but since the PUC turned down SDGE's proposal for cutting power to certain communities during high winds, they have begun to place power lines underground in the outlying areas of Escondido and Valley Center.

Stephanie Donovan, a spokeswoman for SDGE has said "We do believe that undergrounding in strategic areas of the backcountry, where it can be done at a reasonable cost, is definitely something worth considering."

Crest is located in a windy, fire prone, interface between steep canyons and open spaces to the east, north and south, and the urban areas to the west. We are in the direct path of Santa Ana winds, with a fuel load of vegetation at our door. Our community has been severely impacted by extensive losses in two of the most disastrous fires in state history, the 1970 Laguna Fire, (started by downed power lines) as well as the 2003 Cedar fire. We are the last line of defense before a wildfire reaches the more heavily inhabited areas of El Cajon. If Crest's strategic power lines were located underground, we would not have the same danger of sparking or downed wires. We would have more confidence that we would have water in times of high fire danger, as the supply to the south part of Crest is dependant on water that is pumped from the valley. This critical need for water was interrupted early during the 2003 Cedar fire and likely led to the loss of many structures. Crest could be considered a "strategic" area by nature of its site and by the structure of its water system. At the very least, residents should have access to water in a fire emergency.

The process could be decades away, but hopefully, when assessing fire danger in the backcountry, Sempra/SDGE will take a look at Crest and consider underground power in the future, for increased fire safety, and the betterment of the community.

# Lenardo Pizzeria & Restaurant

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



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

## Subs & Sandwiches

Ham & Cheese .....	\$5.49
Turkey & Cheese .....	\$5.49
BLT .....	\$5.49
Vegetarian Sub .....	\$5.49
Italian Sub (Ham, Salami, & cheese) .....	\$5.99
Club Sub (Turkey, Bacon & Cheese) .....	\$5.99
Roast Beef Sub .....	\$5.99
BBQ Sandwich .....	\$5.99
Meat Ball Sub .....	\$5.99
Italian Sausage Sub .....	\$5.99
Gyros Sandwich .....	\$5.99
Ham, Turkey & Cheese .....	\$6.99
Lenardo's Special Sub (Roast Beef, Turkey, & Cheese).....	\$6.99

ALL SUBS SERVED W/LETTUCE, TOMATO, ONION, PEPPERONCINE, & ITALIAN DRESSING

### Salads:

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

### Pasta: (All served with Breadsticks)

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

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

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



HELPFUL INFORMATION:

WHAT DO YOU HAVE?

Symptoms to consider when making your own preliminary diagnosis:

**Influenza**

Antiviral medications can help people feel better if taken within 48 hours of onset of symptoms

- Headache
- High fever
- Dry cough
- Chest pains
- Chills
- Severe fatigue
- Severe aches

NOTE: H1N1 virus also causes some gastrointestinal distress

**Cold**

Colds are caused by a different virus; symptoms are less severe — and they come on more gradually than flu

- Sneezing
- Stuffy nose
- Hacking cough
- Mild sore throat
- Mild fatigue

**Strep throat**

A sore throat, but no stuffy nose, may mean it's a streptococcal bacterial infection — antibiotics can help

- High fever
- Pus on tonsils
- Very sore throat

**Stomach flu**

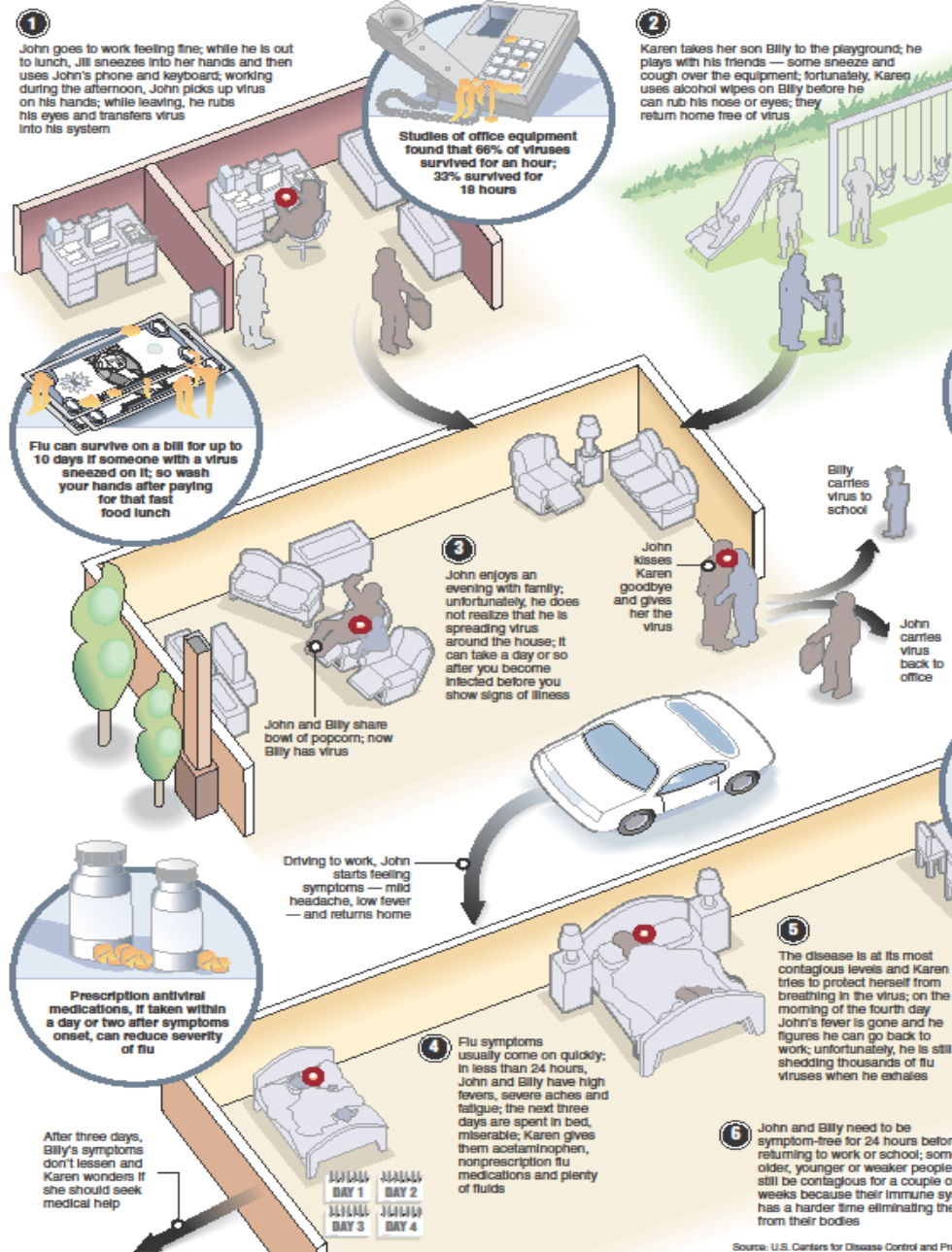
Virus enters via mouth and multiplies in small intestine; symptoms can appear in a few hours, but usually take a day; food poisoning typically is a bacterial infection, such as E. coli

- Headache
- Vomiting
- Fatigue
- Diarrhea

FOLLOWING AN INFECTION

# FLU TRAVELS

Flu viruses constantly mutate, making it tough for our immune defenses to recognize the virus and combat it. Since the current strain of the H1N1 virus (known as swine flu) is relatively new, it may be more contagious than seasonal flu, although it seems no more virulent and most cases should be resolved without significant medical intervention. Here is a look at how flu infections spread:



**1** John goes to work feeling fine; while he is out to lunch, Jill sneezes into her hands and then uses John's phone and keyboard; working during the afternoon, John picks up virus on his hands; while leaving, he rubs his eyes and transfers virus into his system

**2** Karen takes her son Billy to the playground; he plays with his friends — some sneeze and cough over the equipment; fortunately, Karen uses alcohol wipes on Billy before he can rub his nose or eyes; they return home free of virus

Studies of office equipment found that 66% of viruses survived for an hour; 33% survived for 18 hours

Flu can survive on a bill for up to 10 days if someone with a virus sneezed on it; so wash your hands after paying for that fast food lunch

**3** John enjoys an evening with family; unfortunately, he does not realize that he is spreading virus around the house; it can take a day or so after you become infected before you show signs of illness

John and Billy share bowl of popcorn; now Billy has virus

Driving to work, John starts feeling symptoms — mild headache, low fever — and returns home

Prescription antiviral medications, if taken within a day or two after symptoms onset, can reduce severity of flu

After three days, Billy's symptoms don't lessen and Karen wonders if she should seek medical help

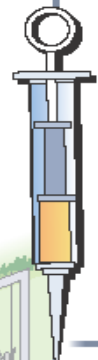
**4** Flu symptoms usually come on quickly; in less than 24 hours, John and Billy have high fevers, severe aches and fatigue; the next three days are spent in bed, miserable; Karen gives them acetaminophen, nonprescription flu medications and plenty of fluids

**5** The disease is at its most contagious levels and Karen tries to protect herself from breathing in the virus; on the morning of the fourth day John's fever is gone and he figures he can go back to work; unfortunately, he is still shedding thousands of flu viruses when he exhales

**6** John and Billy need to be symptom-free for 24 hours before returning to work or school; some older, younger or weaker people can still be contagious for a couple of weeks because their immune system has a harder time eliminating the virus from their bodies

WAYS TO AVOID FLU

Health officials recommend most people get a flu shot — including for the H1N1 virus



**Vaccination**

- Vaccination provides up to 90% protection
- Swine flu shots should be ready by October
- It takes about two weeks before protection begins
- H1N1 vaccination will be in two doses, a couple weeks apart; healthy adults may only need one H1N1 vaccination
- Seasonal flu vaccination is one shot, but for children under 9 they may need two seasonal flu shots, bringing the total to four

**Wash hands**

Wash hands five times a day for at least 20 seconds; this is what it takes to prevent the spread of germs and viruses; less than half the people wash this long and this often



**Wear mask**

Masks can be worn by sick people so any droplets they expel do not easily land on objects or people; most masks are not as effective if worn by people who are well trying to avoid breathing in a virus



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**Scam Alert - Jury Duty Vishing Scam**

Method of Delivery: Phone call from an alleged court officer

Scam Characteristics: A caller identifies him/herself as an officer of the court and notifies the victim that a warrant has been issued for their arrest for a failure to report for jury duty. If the victim protests they have never received a summons for jury duty, the scammer asks for a Social Security number and date of birth to verify the victim's identity and cancel the arrest warrant. This fraud is spreading quickly and has been reported in 11 states so far.

These vishing scams (a combination of the words "voice" and "phishing" are designed to get you to provide criminals with your personal and financial information. Most organizations will not ask you to provide your sensitive information during an unsolicited phone call, so any caller that does should immediately send up a red flag. Never Provide Your Sensitive Information to Unsolicited Callers. Sensitive information includes your Social Security number, your credit card or debit card numbers, your birth date or birthplace, your vehicle registration plate number, and any other information you wish to keep private.

As an added precaution, contact the court in question to determine the legitimacy of the call

(Thanks Jeanne Johnson for submitting this article)



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 All credit cards accepted





## Fun New Websites to Explore:

[www.Yardsaletreasuremap.com](http://www.Yardsaletreasuremap.com) –Using maps by google and yardsales by craigslist (in addition to your addresses) this website maps yard sales. It will also map out for the best route providing accurate directions.

[www.Alice.com](http://www.Alice.com) – Alice provides you a better way to manage all of your household essentials online. You tell Alice what you buy—choosing from great deals on 1000's of products—and Alice goes to work. We organize all of your products, find coupons and deals for you, remind you when you might be running low, and help you order just the items you need so you can avoid that trip to the corner drugstore or the big-box store. And all this convenience comes direct to your door with free shipping included. (20-30% off)

[www.Giftelephant.com](http://www.Giftelephant.com) – This website keeps track of gifts you have received, reminds you of special dates as well as who you owe a gift to. It will also send out thank you notes.

[www.Task.fm](http://www.Task.fm) –task.fm is the worlds fastest productivity tool. It creates smart reminders right from your email - type in appointments by category in laymen's terms and sends message by email text message or phone call.

[www.A.placebetween.us](http://www.A.placebetween.us) – Type in two addresses, what type of location you'd like to meet (restaurant, department store, coffee) and it will provide locations for you to meet in between.

## Cooking Tip....

Do you love to make potato salad but hate to peel those potatoes? Try this trick:

Score each potato around middle. Boil for 15 minutes. Take from boiling water and drop in ice water for 10 seconds. The skins will peel right off with a towel.

*(Thanks to Linda Chase)*

## Free Composting and Manure Management Workshop!

Manure is a valuable resource. Don't trash it! Compost it!

During this free workshop learn about:

- Manure management and composting basics
- The benefits of composting
- Applying compost to gardens and landscapes
- Land use regulations
- Protecting local water sources

**Saturday, November 7<sup>th</sup> - 1:00 – 3:00 pm**

Lakeside Polo Club - 10631 Ashwood Street Lakeside, 92040

Pre registration required. Please register online at [www.solanacenter.org](http://www.solanacenter.org) or by phone 760-436-7986x222

For more information, Contact: Carlie Peck (760) 436-7986 x 217

[carlie@solanacenter.org](mailto:carlie@solanacenter.org)

[www.solanacenter.org](http://www.solanacenter.org)

## 5th Annual East County Homeownership Fair – Save the Date!

**Saturday, January 16, 2010, 9:30 am – 2:00 pm**

**Ronald Reagan Community Center (195 East Douglas Avenue)**

Mark your calendars! The 5th Annual East County Homeownership Fair is coming up on Saturday, January 16, 2009. This event is sponsored by U.S. Bank, and presented by El Cajon Community Development Corporation, City of El Cajon, and Housing Opportunities Collaborative as well as others. The fair will offer services and information for both prospective and current homeowners seeking guidance and counseling regarding foreclosure prevention.

Event exhibitors will be on hand from the real estate, lending, homeownership counseling, foreclosure prevention, and counseling professions. Multiple workshops will be offered on down payment assistance, foreclosure prevention, home buying and financial literacy, and much more - all here to help you learn what you need to know about homeownership! One-on-one confidential counseling will also be available, as will some fun activities for the kids.

Admission, parking and children's activities are free! For more information or to become a vendor, presenter, or sponsor contact [Kathryn Courter](mailto:Kathryn.Courter@elcajon.com), Promotion and Events Manager, at (619) 401-8858

[http://www.downtownelcajon.com/home\\_buyers.shtml](http://www.downtownelcajon.com/home_buyers.shtml)



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## ***My first night in Crest.....June 1, 2009***

***By Lucy Cafiero***

I had been unpacking all day. In fact, this was my 2nd full day of unpacking, organizing, finding a place for some of the things that really make up the comforts in my life. Could I live without most of this stuff? Definitely; did I want to? No..

My latest room was the office. It was important for me to get this room done almost immediately, even before my bedroom. I really wanted to get back to writing. I mean, that was the main reason I moved up here; to start my writing career; so it was very important for me to make this as comfortable a room as possible. I surrounded my self with speakers, and music; music that had always inspired me to write.

I stopped "working" around 9:20 that night. I set up the new microwave so I could finally eat. I had bought brown rice bowls and grilled chicken breast strips at Costco and a sweet teriyaki sauce at Vons. I needed the microwave to heat these things up. It was low fat and healthy and it would be close to 10:00 pm before I ate.

I took a frozen glass out of the freezer and poured myself a Corona Light. Yes, it tasted good. My lower back was really screaming at me, and I was exhausted; happy, but exhausted.

I checked the guide on Cox and I saw it was the season finale of Medium. Cool. Glad I'm taping it, just in case I fall asleep. I started to feel very relaxed.

My dinner is ready so I grab a kitchen bowl, chop sticks and head for the couch. I watch a little of "How I Met Your Mother" because I'm waiting for Medium to have recorded at least 30 minutes before actually playing it back. I hate commercials. I believe commercials are the reason people are overweight, smoke, drink, gamble, are anorexic, obsessive/compulsive, body conscience; need I go on? I finish watching my show and I watch a little of the news and fall asleep on the couch. I guess I just dozed off because I woke up to the sound of the TV and in the distance, a dog barking.

I told myself to get off the couch, brush my teeth and get into bed. As I crawled into the cool sheets and placed my head on my Memory Foam pillow, I can still hear a dog barking. I roll onto my side, burying my face deeper into my pillow, dog barking. I closed my eyes, thinking about nothing really; settling into my bed, trying to get comfortable; dog barking. My lower back is screaming at me and I think about taking some Advil; dog barking. I roll onto my other side, thinking this will help my back and what the hell? DOG BARKING, DOG BARKING, DOG BARKING, BARK, BARK, BARK, BARK, BARK, BARK, BARK, BARK, BARK, BARK....Get the picture?

No matter what I do or what position I roll myself into, I can't get comfortable because there is a dog barking right next door. I get up and close the bathroom window. BARK, BARK, BARK, BARK,

Ok, think about something beautiful and peaceful. BARK, BARK, BARK, BARK, BARK, BARK.

Hey wait a minute; I moved up here to get away from the city noise. And I traded yelling at humans (who 9 times out of 10 always complied) to yelling at a dog (who 10 times out of 10 never complies). My new, forever home started feeling like a nightmare and I wasn't too happy.

I really started thinking I had made a mistake. I was so excited about living in Crest and now my future life was flashing before my eyes.

Bull.... I got up, put my flip flops on, grabbed my car keys, walked to the front door, and got into my car. Mind you, I did hesitate on the front step for a moment to see if I heard or saw anything out of the ordinary that would cause this dog to bark continuously for almost 3 hours now. But what did I know about ordinary in this new home of mine. Not a way I wanted to meet my new neighbors either! My vision of neighborly love was with a nice bottle of wine not complaining about their dog barking at 2:30 in the morning!

I backed out of my driveway, onto my dirt road and jerked the car out of reverse into drive. I knew where this dog lived and I was going to see what the problem was.

I pull up to the house and the dog is sitting by the fence, barking. I get out of my car and walk up the driveway. Security lights come on. I open the gate to the front yard. I can see a light from the window of the front door. It's beveled glass; I see two dogs in the house. My neighbor has three dogs and the one outside is barking, probably because he wants to come into the house.

I knock on the door. The two dogs inside the house start barking. A few minutes later, a young woman presses her face against the beveled glass. I tell her I'm her new neighbor. She opens the door and sticks her head out. I tell her the dog in the yard has been barking since 11:30, probably the time she went to bed. It's now 2:30 am and I have to work in the morning. I'm thinking I can't believe she doesn't hear him and I am emphasizing: 11:30 and 2:30 AM. She apologizes and says she will handle it. I thank her and walk back to my car. We didn't even exchange names! I go back from where I came.

I crawl between the cool sheets. I press my face into my Memory foam pillow, again. And there is complete silence. Now, this is why I moved here. I look at the clock, 2:40 am. I close my eyes and doze off.

I'm awakened with a start. What was that? I sit up to listen and then I hear it....a rooster crowing. I glance at the clock...3:00 AM. I've been asleep for 20 minutes. The rooster crows again and I start laughing hysterically! Ah, my first night in Crest!

The next morning, I headed straight to Home Depot for ear plugs!

FROM OUR HOUSE TO YOURS . . . . .



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We will soon be adding a **High Energy Drink** available in November. It does not contain cocoa for the chocolate taste but is made from the Cocoa Butter. I am anxious to taste this one.

Plan a **CHOCOLATE PARTY** Call for a presentation & oh so good - **SAMPLES**

#### PLEASE CALL

Pat Goulart: (T) 619-442-4879 or (Cell) 619-890-4879

Sally Bruner: (T) 619-579-9862 or (Cell) 619-990-7079

Roseanna Sutton: (Cell) 619-398-5071



# Crest Community Worship



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

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

## Crest Community Church

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

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



## Is Your Shoe Box Ready? - Operation Christmas Child



Crest Church is inviting the Community to help with Operation Christmas Child by packing a shoe box to bring hope to impoverished children in the U.S. and around the world at Christmas time. In some cases, the "shoe box" and items inside, become their only possessions. A family simply fills a plastic shoe box with a variety of simple gifts that would delight a boy or girl of a designated age group (2-4, 5-9, 10-14.) WalMart and the dollar Stores are great places to shop for inexpensive items and plastic boxes. This project is sponsored by Samaritans Purse, an international nondenominational Christian organization that was one of the first to respond to our Community during the 2003 Cedar fires. They had a trailer in Crest for

three months, assisting our community through the three local churches. Now it's our opportunity to give back. Drop your box(es) off at the Crest Community Church by November 15 along with a check for \$7 for shipping for each box. These boxes will be shipped all over the world to needy children. For hints on how to pack a box, pick up a flyer at our local stores or go to <http://www.samaritanspurse.org> and click on Operation Christmas Child. Additional Questions? Call 442-3736 Tuesday, Thursday and Friday between 1 and 4 pm.

## Share Program Starting in Crest

Beginning in November, Crest Community Church will be 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 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 November is, Monday Nov. 9, and for December it is Monday the 7th. Pick-up dates are the 21st and 19th respectively. 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](http://www.goldensharefoods.com). When you order you will be asked which host site and you can tell them Crest Community Church and on your pick-up day we will have your order. Hours of distribution will be between 9am and 11am in the church fellowship hall. Please see the flyers for the menus of packages offered and for other info or questions that you may have. You may also call Joetta Shipley at 619-447-5659 with questions

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#### Create your own pizza

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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

#### 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



**Alpine Sheriff's Station  
Covering Alpine and East County Rural  
619 659-2608**

**Sheriff Log for Crest Area  
09/06/09 – 09/28/09**

**HC= Harbison Canyon                      CR= Crest**

<b>Date</b>	<b>Loc</b>	<b>Time</b>	<b>Location</b>	<b>Incident</b>
09/06	CR	18:44	La Cresta Blvd	Disorderly conduct
09/06	CR	16:20	Estornino St	Violation of Protective order
09/12	CR	12:39	Via La Cresta	Child Abuse
09/12	CR	16:57	North Lane	Felony –Inflict Corp In. on Spouse
09/17	CR	12:00	Rios Canyon	Fraud – Credit ID theft
09/24	CR	18:00	Suncrest Blvd	Assault w/ deadly weapon.
10/02	CR	1:55	Estornino St	Hot Prowl – Burglary – Violation of Domestic Court Order
10/08	CR	18:45	Estornino St	Violation of Domestic Relation Court Order
10/09	CR	21:13	Ranch Gate Road	Verbal Gang/ Terrorist Threat
10/12	CR	15:00	N. Park Dr	Found Narcotics – Marijuana
10/20	CR	20:02	Alamo Way	Vehicle theft – unauthorized



***Holiday Home Tour Dec 6<sup>th</sup>***

The Alpine Woman's Club will hold its Fifth Annual "Christmas in Alpine" on Sunday December 6th from 10am to 4pm. You will have an opportunity to stroll through five stunning country estates plus three historic buildings, including the Alpine Museum buildings and the Town Hall.

There will be a \$500 opportunity drawing and other raffle items. Winners for all drawings need not be present to win. Tickets for the tour are \$25 per ticket. To order please mail a check to the Alpine Woman's Club P.O. Box 231, Alpine, CA 91903. Tickets can also be purchased the day of the event at the Woman's Club 2156 Alpine Blvd. Proceeds benefit the preservation of the historic Town Hall which was built in 1899. For further information please call Michelle Albee 619-722-1032.



***Money Saving Hints:***

**Trying to save on Groceries?** Use a gift card. Grocery stores now offer gift cards. Set a goal to spend so much for groceries (say \$400) for the month. Buy a card in that amount and use it as you would a debit or credit card. This way can track how much you are actually spending and it will help you stay on budget as you track your balance.

**Do your kids nickel and dime (or maybe now its \$5 and \$10) you to death when you are out and about?** Put a specified amount of money in an envelope per child and use that when the kids are "persuading" you into yet another treat. When the money is gone for the week, treats will have to wait until the next envelop installment.

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# E-Crest-rians

By Kandhy Franklin-Collins

We have busy with rides off the hill and watching the park being groomed by the goats of Environmental Land Management. Johnny Gonzales and his goat herders and bushwhackers did a great job. What a difference! The county will help in locating the water spigots as they possibly got covered when they graded the extra dirt we brought in from a huge donation by Luna Construction. There is one permanent spigot at the far end of the large arena. If people are responsible, and just water their animals as needed, the water will stay turned on. Water rates have tripled and there isn't enough money in our till to waste, but we think this is a great community service for the animals. Please let me know your opinion. I was just sent a picture from a previous resident of Crest. Here is her comment and picture.

"I just came across "The Crest Sun" this evening and have enjoyed a long trip down memory lane. Attached you'll see an old photo taken in 1957 in front of the corner house on Juanita Lane (just down from Scheutenhelm's Suncrest Market). We teenagers got together every chance we could and rode to our hearts content without a care in the world. The times have certainly changed.

Paula Cernius  
AKA: Paula Marsh" Try to recognize others on the hill. Enjoy!!



## Visit New Horse Info on the Web

We are very excited to announce there will be a Horse Corner on the Crest Sun Website. Karin Weiss has set up a page for us. Please send in your photos and articles, info about upcoming health clinics, classes, organized rides, and events that might be interesting to the horse riders of Crest and their friends. The site is [www.thecrestsun.com](http://www.thecrestsun.com) and click on the Horse Corner link.

There is a poker ride being put on by Ramona Trails Association in November, a "Anti freeze" ride the last of December in Cuyamaca (non-sponsored for safety of course!), and the best news of all is that the one loop of Green Valley Falls campground is starting their work to make that loop for overnight or week camping for families and individuals. This will be much more affordable than having to pay \$4,000 for the whole Los Vaqueros. Please send in your email address to Kandhy Franklin as she will be sending out the news of events in the county. Her email is: [kandhyfranklin@cox.net](mailto:kandhyfranklin@cox.net)

## Two Abandoned Horses In Need of a Miracle

When Beckett was abandoned in Crest, the investigation led to us. The owner had told a friend that she had placed him with us. The owner has now admitted to abandoning him, but undiagnosed lameness makes him unadoptable.

During our discussions about Beckett, Animal Services told us they also had a mare in need. The details are sketchy, her owner is in prison, and she was abandoned on a private property. She is a Thoroughbred between 20 and 25 years of age. Although we can no longer read her lip tattoo, we know her name is Omega, which ties her to a rich history of Thoroughbred race horses. "Meg," is emaciated. Prior to being abandoned, she had been given very little, if anything, to eat.

The hardest part of the work we do at Horses of Tir Na Nog is looking into the eyes of horses that people have let down. Meg has the softest eyes that I have ever seen on a horse. She has so much love to give. Beckett's eyes smile at everyone who walks by his pen. Neither of these horses deserve what has happened to them. Neither horse deserves to be facing euthanasia because people have failed them.

Beckett  
20 years old,  
abandoned in Crest



Omega, "Meg"  
20 - 25 year old,  
abandoned, emaciated  
Thoroughbred



### How do you choose?

When our vet evaluated the two horses at the animal shelter, I asked the heart-wrenching question, "if we can only take one, which do we take?"

"Meg needs you more," he said.

Animal Services then explained that while Beckett is at a fair weight, with his lameness, he would not be a candidate for adoption. All that our vet could offer was "Well, Beckett will live longer."

*How do you choose?*

So, today (10/17/09), our wonderful transport volunteer, Paige, will once again head her rig to the County of San Diego Department of Animal Services South Shelter, but this time, she will be bringing home two precious packages, Beckett and Meg.

While we can promise both of these beautiful horses the miracle they need, we need all of you to help us make our promise their reality. Each horse will need a sponsor, at \$2,000 for a year. Beckett will require \$250 in X-rays, and we need to raise an additional \$500 for the special feeds that will be required to return Meg to a healthy weight. As always, gifts of any size are deeply appreciated. Our herd has grown by five since July. We are stretching every penny as far as we can, but we need your help to stretch for two more.

Please help us show both of these horses that our community cares about abandoned horses.

Amy Pat Rigney  
Horses of Tir Na Nog

An Official County of San Diego Animal Services Adoption Partner

Help us give these horses a future filled with love and care.

Please send donations to:  
Horses of Tir Na Nog  
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# Crest Kiwanis

By Linda Chase



Kiwanis Installation dinner a big success! Thank you to our Kiwanis Team, guests, officers and our wonderful Crest caterer, Wildflower Catering, for making our Installation Dinner the best ever with excellent food, speedy service provided by our family volunteers, camaraderie and fabulous decorations, supplied by members of the club and guests. Each table was decorated by a different person, using themes that reflect the Seasons and Crest Community.



Andy Knutson was our emcee for the evening, presenting awards and recognition for all of the hard work our members have given to our projects this last year.

A "Distinguished Service Award" was given to Tony and Patty Shammass and family for outstanding support to our community. Stop by their store and take a look at it!

Dennis Plunkett received Kiwanian of the Year Award for dedicating his time and energy to making our club a success and his extraordinary effort to contribute to the success of a number of other community organizations. Dick Sutton was given the "Stepping up to the plate" award for taking on the job of president for 2008-2009. Don Halte followed up with the annual Twinkie awards.

Special guest Gary Gander, Division 31, past Lieutenant Governor, was heard to say that this was the best installation dinner he had ever attended, with the most elegant setting and the best food. He should know he has already attended 16 installation dinners.

A special thanks to our 2008-2009 officers and board members. President: Dick Sutton, Vice President: Linda Chase, Secretary: Mary McLellan, Treasurer: Barbara Halte. Board members: Andy Knutson, Don Halte, Rosemary Michelson, Dennis Plunkett and Karen Nelson.

Best of luck and Welcome, to our new officers who were installed by Lieutenant Governor, Tom Buchenau: President: Linda Chase, Vice President: Karen Nelson, Secretary: Andy Knutson. Treasurer: Barbara Halte. New Board members: Patrick Bunsold, Mary McLellan, Dennis Plunkett and Neal Smith.

Decorations were provided by the following artists: Sylvia Cavins, Kandhy Franklin, Karen Nelson, Susan Lee Cook, Nancy Fitzpatrick, Linda Chase and Noelle Carranza.

Thanks one and all for celebrating with us and throwing a great party!

### Our projects for the past year include support for the following:

- \$2000 donated to the Crest School for DocuCams.
- Volunteer drivers for Meals on Wheels,
- Greenfield and Los Coches Creek Builder's Clubs, encouraging service leadership training and opportunities at the middle schools.
- Earth Discovery Institute- the science program, at our very own Crestridge Reserve, for over 3000 school students, county-wide.



- Crest Library, reading to children.
- Special Olympics
- Miracle Mile of Quarters: Supporting Children's Hospital
- Service projects with the Boy Scouts

And last but not least: Thanks to all the community members who have supported our Community breakfasts all year long. It has been a labor of love and good food.

It is wonderful to see new faces and old friends every month at our breakfast. And we welcome guests at any time to our meetings! We meet on the 2<sup>nd</sup> Saturday of the month at 7:30 a.m. at the Crest clubhouse. See additional photos on page 24.





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 Ilysuesscrapbooks@gmail.com

**Here's a thought....**

By Kandhy Franklin

After reading an article in a recent Sunday paper about Jimmy Johnson, I discovering there isn't even a street named after him. Perhaps Crest should put out a survey about community interest to find out if there is a street that we could change to Jimmy Johnson Ave. Ct or Lane after our "Home Town Hero." Any interest out there? E-mail [KandhyFrankline@cox.net](mailto:KandhyFrankline@cox.net)





# South Lane Park

By Kandhy Franklin-Collins

If you haven't driven passed the park lately, go and take a peek. Environmental Land Management, the "goat" company has been in the park the last weeks of October. What a difference! Even though there is no park maintenance money, the E-Crest-Rians and CFSC have worked to try to add amenities to the park. Thank you to all the neighbors who helped with extra water and food for both the animals and the workers in the park. It was much appreciated. It seemed that many residents enjoyed a walk to the park to see the goats with the whole family. There was a problem at first with people walking their dogs in the park and not staying far enough away from the goats. Since Clifford and Sammy are working dogs, it is their job to stand and bark if they feel the herd is threatened. If they were to charge the electrified fence, they could start the goats to follow as well. The goats would have gone through the fence and we would have goats everywhere. CFSC put out an email and put up signs to please change the dog walk path until the goats had finished their job. Most folks complied and CFSC is very grateful. Maybe next time, if we get a chance to use the goats again, more people will understand the possible danger and not continue to walk their dogs so close to the goats.

We now have water spigots, electricity to the park, and it looks as well. Next for South Lane is to locate more spigots and get the fencing started that was promised months ago. Just a reminder; if you wanted to see the cement split rail fence that is scheduled to be installed, visit Old Ironsides Park as it has that type of fencing.

Please if you notice anyone leaving their trash, dumping or doing malicious harm, please call 44-CREST.

## Animal Evacuation Instructions

In the event of an emergency.....

Location: We will go either to Granite Hills or to Gillespie Field

Before your horses leave your home or stables, please:

- Make sure your horses have **halters, lead ropes and water buckets.**
- Make sure the **horses are identified.** If your horse does not have their name on its halter, put duct tape on it with its name and your phone number. We've seen phone numbers painted on the sides and hooves of horses as well.
- If you have time, please **load some hay** on your trailers. While I can order hay while providing shelter, its delivery can be delayed if highways are closed due to the fires.
- Pack **general first aid supplies**, such as antiseptic ointments and bandaging materials.

When your horses arrive at the facility, the driver of each vehicle hauling horses will be given a form to fill out for each horse.

[http://www.sdfair.com/pdf/evacuation\\_horse\\_info\\_form.pdf](http://www.sdfair.com/pdf/evacuation_horse_info_form.pdf), in case you wish to print it and fill in your information before your horses are evacuated. Please note this form is for Del Mar but we will be using it for us.

Our staff of volunteers will do their best to get the trailers into the barn areas quickly, get the animals unloaded and into stalls. Passenger vehicles may be diverted to be parked in another area. This will be done to facilitate the sheltering of your animals, so that the trailers and vans may leave as quickly as possible to pick up more animals being evacuated and requiring shelter.

Any questions please call 619-444-4996 Kandhy Franklin or cell 619-977-1566 One of the team will be calling you back. If you want to be a team member, please call me.

### Just a tidbit...

Over a half of all cell phone users are spending over 25 cents a minute on cell phone minutes because they do not use their allotted minutes each month? If you find you use your phone minimally you might be better off switching from a prepaid service like Verizon or AT&T to a pay as you go service like TracFone or Virgin Mobile where you buy phone cards for as little as 5 cents per minute. These phones can be found at Walmart or Target types of stores.



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# Out and About in San Diego County

## East County Events

**Laughter Yoga Sunday, Nov. 8, 2009 @ 2:00 p.m.**  
Experience the healing power of laughter. 619-588-3718.

**El Cajon Library - El Cajon** Admission: Free

**Chet and the Committee Thursday, Dec. 10, 2009 @ 6:00 p.m.** Blues. Downtown Café - El Cajon, Live Music  
Admission: Free

## Weekend Adventures:

**Carlsbad Village Faire. – Nov 1 – 8:00 am**  
Admission Free - Organizers promise over 850 unique vendors offering arts and crafts, antiques, unique clothing, items from around world, more, along the streets surrounding Carlsbad Village Drive and State Street. 760-945-9288.

**Asian Pacific Historic District Tours @ 11:00 a.m.** Led on **the second Saturday of each month**, starting at Chinese Historical Museum. Required reservations: 619-338-9888. Chinese Historical Society and Museum Downtown, Admission: \$2

**Balboa Park Visitors' Center- Balboa Park History Walk - Saturday, Nov. 7, 2009 @ 10:00 a.m.**  
Offshoot Tours offers hour-long history walk, blending Balboa Park history with its wealth of architectural and botanical treasures. 619-235-1121. Admission: Free

**Discover Downtown Escondido Saturday, Nov. 7, 2009 @ 11:00 a.m.** Walking tour led by Escondido History Center guide, starting at southeast corner of Grand and Broadway. 760-743-8207. - Escondido, Admission: Free

**Tuesdays for Two Movie Night Tuesday, Nov. 10, 2009 @ 5:00 p.m.** Old movies shown in art gallery atmosphere "that's just right for two." **Reds Espresso Gallery- Point Loma** Admission: Free

**Paint/draw/explore Balboa Park**, whether you work in oils, acrylics, watercolor, digital, charcoal, pencil, pastels, or mixed media **Saturday, Nov. 21, 2009 @**

**9:00 a.m.** All artists, amateur to professional, encouraged to participate. Co-hosted by Maura McHugh and ...San Diego Art Institute: Museum of the Living Artist - Balboa Park, Admission: Free

**Squeaky-Clean Comedy! Saturday, Dec. 12, 2009 @ 7:00 p.m.** Family-friendly shows for all ages. 858-433-1457. Naveed's Comedy Club at Bella Roma Pizza and Restaurant- La Jolla Admission: \$5 .

## Nature Trips:

**Explore Silverwood Sanctuary, Lakeside - Sunday, Nov. 1, 2009 @ 9:00 a.m.** - Audubon Society offers guided walks on Sundays, 10 a.m. and 1:30 p.m. 619-682-7200 Admission: Free

**Tracking Walk Saturday, Nov. 14, 2009 @ 8:00 a.m.** Easy tracking walk for everyone (beginners and intermediates), starting **at Los Peñasquitos Canyon Preserve Adobe Ranch House**. Learn to track animals, discover their environments. 858-484-3219. Admission: Free

**San Diego Field Ornithologists Saturday, Nov. 14, 2009 @ 9:00 a.m.** Expert birders lead bird walk on easy trail winding along Tecolote Creek. Bring binoculars, drinking water. 858-581-9944. **Tecolote Nature Center- Clairemont** Admission: Free

**Meet the Salt Marsh Wetland Saturday, Nov. 14, 2009 @ 9:00 a.m.** Tend California native plants, remove invasive interlopers, pick up litter with Friends of Famosa Slough in this salt marsh wetland. Wear work clothes; bring work gloves and tools... **Famosa Slough- Ocean Beach** Admission: Free

**Get (Wood) Working! Saturday, Nov. 14, 2009 @ 9:30 a.m.** Woodworking demonstrations for all levels — learn about refinishing, wood turning, joinery, furniture building. 858-268-1005. Rockler Woodworking and Hardware - **Kearny Mesa** Admission: Free

**San Elijo Lagoon Ecological Reserve – Cardiff** Nature walks led by trained naturalist. "Marvel at the reawakening vegetation throughout the reserve and be enchanted by fabulous flowers along the trails."

760-436-3944. Saturday, Nov. 7, 2009 @ 10:00 a.m. Admission: Free

**Music and Dancing:**

**"Bringin' the Country Back"** Wednesday, Nov. 4, 2009 @ 6:30 p.m. Country western dance bar holds line-dance lessons every Wednesday at 6:30 p.m. with open dancing all night. Free dance lessons. Cover charge. 619-291-1184.

**Open-Mike Wednesdays** Wednesday, Nov. 4, 2009 @ 7:00 p.m. All types of music comedy, poetry, "whatever." Drum friendly. All ages until 9:30 p.m. Sign-ups start at 6:30 p.m. No cover. 619-447-5665. Thornton's Irish Pub and Grill- El Cajon Admission: Free

**The Jaeryoung Lee Jazz Trio** Monday, Nov. 9, 2009 @ 12:00 p.m. Jazz. **Lyceum Theatre** - Downtown Admission: Free

**The Ian Tordella Jazz Trio** Monday, Nov. 23, 2009 @ 12:00 p.m. Jazz. Lyceum Theatre - Admission: Free

**Learn to Line Dance** Thursday, Nov. 12, 2009 @ 12:30 p.m. Country line-dance classes for beginners through intermediates. 858-459-0831. Riford Center - Dance, La Jolla Admission: Free

**Argentine Tango Class** Friday, Nov. 13, 2009 @ 9:00 p.m. Introductory Argentine tango classes, ongoing, 9-10pm. (free). No partner required. Social dancing follows, 10pm-1am. (\$7). 619-393-1974. Pattie Wells' Dancetime Center- Bay Park Admission: Free

**Cajun and Zydeco Dancing** Tuesday, Nov. 17, 2009 @ 7:00 p.m. Zydeco lesson and dance. Beginners' dance lessons at 7 p.m.; open dancing to recorded tunes 8 p.m. 619-857-8409. Tio Leo's - Linda Vista Admission: \$5



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# November

# December

at Your County Library

## Children's Programs

Coloring Table *Every Tuesday*

Kids Kraft's" *Every Wednesday-all day!*

Kathy's Baby Storytime *Wednesday, November 18, 10:30 AM*  
& *Wednesday, December 16, 10:30 AM*

Kathy's PJ Storytime *Tuesday, November 10, 6:30 PM*  
& *Tuesday, December 22, 6:30 PM*

**Improve your reading with Rosemarie**

*Wednesday, November 4, 4:00 PM*

**The Mixed Up Night Before Christmas**

**Puppet Show Christmas Puppet Show**

*December 15<sup>th</sup> - 6:30*

## Teen Programs

**"Make It and Take It Crafts"**

*Every Friday at 3:30 PM - free supplies provided*

**Teen Video Games fun: Wii, PS3 - All month!**

## Programs for Adults

Mystery Book Club discussing

The Firm by John Grisham-Friday, November 6, 3 PM

Q is for Quarry by Sue Grafton-Friday, December 4, 3 PM

Club de misterio 'Leyendo Juntos'

Leeremos La tapadera de John Grisham-Viernes, 6 de noviembre, 11 AM

Q de quien de Sue Grafton-Viernes, 4 de diciembre, 11 AM

Follow our blog: <http://crestlibrarymysterybookclub.blogspot.com>

**Free Bilingual Computer Classes Thursdays Beginners 11AM-**

*Intermediate 11:30 AM Call Rosi for appointment 619-442-7083*

## Saturday Family Crafters – 11 AM

Knitting 11/7, Ribbon Jewelry 11/14,

Soap Making 11/21, Scrapbooking 11/28 & 12/5,

Card Making 12/12 & 12/19,

Origami 12/26

## Celebrate Native American Month!

**Pounded Flower Art by Peggy Lee**

*Tuesday, November 24, 6:30 PM*

For more information, please phone the Library: 619-442-7083

*All Library Programs are subject to change or cancellation without notice.*

*Todos los programas de la biblioteca están sujetos a cambio o cancelación sin aviso.*

SDCL Crest Library - 105 Juanita Lane - T 12-8 WTH 9:30-6 F 9:30-5 S 9:30-3





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**holidayhorsecare@att.net**

**References available**

# Activities for the Holiday Season



## 63rd Annual Mother Goose Parade Sunday, November 22, 2009 at 10:00 a.m.

<http://www.mothergooseparade.org/2009/> The El Cajon Mother Goose Parade is the largest parade in San Diego County and the largest of its type west of the Mississippi. Each year the parade attracts thousands of spectators to the streets of El Cajon to view the parade for free.

**The La Jolla Christmas Parade Sunday, Nov 22, 10:00 am.** Cost: Free. Where: La Jolla The parade starts at 2 p.m., followed by the post-parade festival at the La Jolla Recreation Center at 3:30 p.m. and the tree lighting at 5 p.m. (Dec. 7) [www.ljparade.com](http://www.ljparade.com).

**The 30<sup>th</sup> Annual Ocean Beach Christmas Parade, Saturday, December 5<sup>th</sup> at 5:00** For more info contact: [www.oceanbeachsandiego.com](http://www.oceanbeachsandiego.com) or (619)224-4906.



**Coronado Island Holiday Festival - 12/04/09 - 4:20 pm** Santa Arrives at Coronado Ferry Landing ; 4-8 pm Snow Mountain; 5:30-9 pm Merchants Open House on Orange Avenue ; 6:00 pm Holiday Parade; 7:00 pm Lighting of the Rotary Park Christmas Tree; 7:15 pm Community Band Concert at Rotary Park; 7:30 pm Concert at 9th & Orange. Santa leaves his sleigh at home and rides the ferry across San Diego Bay.

**December Nights – Balboa Park** San Diego's favorite kick-off to the holiday season, will take place for the 32nd consecutive year on **Friday, December 4, 5:00-10:00 p.m.** and **Saturday, December 5, noon-10:00 p.m.** In the spirit of the holidays, participating Balboa Park museums open their doors free of charge from 5:00 to 9:00 p.m. both evenings. The largest **free** community festival in San Diego, December Nights is expected to attract more than 400,000 visitors over two days.

<http://www.balboapark.org/decemberevents/index.php>

**El Cajon Parade of Lights Show -12/09/09 5-8 pm –** A parade of lighted and decorated vehicles will drive down Main Street for all to see, including Santa Claus himself, who will make his way to the Prescott Promenade and be available for pictures. For more information: <http://www.downtownelcajon.com/>

**Alpine Village Christmas Parade of Lights and Snow Hill Festival - Friday, December 11, 2009, 6:30 P.M.** The 14th Annual Alpine Village Christmas Parade of Lights & Snow Hill Festival. Save the date.

**La Mesa Old Fashioned Christmas Village –December 11 & Saturday, Dec 12 6-10 pm** - Every year around Christmas time, downtown La Mesa turns into an Old Fashioned Christmas Village, offering plenty of shopping and festivities. To get you in the holiday spirit, La Mesa Village merchants extend their business hours while strolling carolers, minstrels and choral groups perform throughout the village. Santa Claus will be there, too. La Mesa Village is located at Allison Avenue and La Mesa Boulevard and runs from Fourth Street to Acacia Avenue. For more information, go to: [http://www.lmvma.com/lmv\\_christmas.html](http://www.lmvma.com/lmv_christmas.html)

**San Diego Mission Bay Parade of Lights – 12/12/09 7 pm –** More than 60,000 people are expected at San Diego's Mission Bay Park for the annual Mission Bay Christmas Parade of Lights followed with a fantastic firework display at 9:00 p.m. This free, distinctly California celebration features more than 100 boats decorated for the holiday season that will sail around Mission Bay starting from the Quivara Basin area. The best viewing is from Riviera Shores, Crown Point, Santa Clara Point, the east side of Vacation Island and west side of Fiesta Island. <http://www.sdparadeoflights.org/>.

**37<sup>th</sup> Annual San Diego Parade of Lights 2009 - 12/13/09 & 12/20/09 – 5:30-9:00 PM – San Diego Bay** <http://www.sdparadeoflights.org> Location: South end to the North end of Shelter Island - For viewing, the north and south ends of the Embarcadero as well as the pathway along Coronado are good spots as they tend to be less crowded. If you plan on viewing the parade from Harbor Island, get there early and be aware that parking is at a premium. Another good spot is the park behind Seaport Village.



**Crest CCA Christmas Party - December 15, 2009 – See page 5 for details.**

**Wednesday, 12/30/09– Port of San Diego Big Bay Balloon Parade Monday – 10:00 am** downtown San Diego. Free street side viewing or \$15 grandstand tickets. America's Largest Balloon Parade. Go to [www.holidaybowl.com](http://www.holidaybowl.com) for more information on the parade route. World-class marching bands, magnificent floats, entertaining drill teams, and a procession of enormous balloons can be seen. Over 100,000 street-side spectators will enjoy the parade along with a nationwide television audience. This is part of the Holiday Bowl activities.



# Crest Elementary School

## Courage – Elusive But Necessary

By Martin Jaquez, Principal

This year’s parent survey stated that parents and community were very satisfied with the school being a safe learning environment. As I thought more closely about it, I started to ask how does this happen? Who keeps the school safe? What procedures or conditions need to be in place?

It is clear that a child can not learn unless they feel safe at school. Feeling safe is not just about what a school does, or what adults do or procedures in place. It is also about what a child brings to any situation that can potentially be unsafe.

Can a child be part of creating a safe school environment? What does a child need to know or do to help their school be safe? A child, by nature, knows what is wrong and what is right. They know what is fair and what is unfair. They know when someone is being bullied or harassed and they know when someone is being teased or made fun of. So, what does a child need?

A Child must have courage to stand up against bullies or harassing situations or when they make mistakes. Parents and school must model courage, give students strategies on dealing with difficult situations, and both parents and school must guide students to do the right thing. “Talk” about courage must transform into action, otherwise they are just words. Once a child takes that first step to exhibit courage, parents and school must be there for support.

Courage is an attribute that pays huge dividends for our countries future. Courageous children become courageous adults and add to the strength of our country. This all starts with children being part of creating a safe school environment.

### Crest Upcoming Events:

**Thursday, December 3 – Winter Social Movie – Coyote Hall 6:00 pm**

**December 7-11 (M-F) - Santa Secret Shop – room 12**

**Wednesday, December 9 – SSC – Library 3:15**

**Friday, December 18 – Academic Exc. Assembly – Coyote Hall 9:30**

# Los Coches Creek Middle School

**We welcome Los coches Creek to the Crest Sun! Mark your calendars for these upcoming events:**

**Friday November 13, 5:30-8:30 pm....Movie Night.** Bring the whole family and enjoy a scary movie (kid appropriate) on our outdoor screen. Dress warm, bring your blankets and chairs and come hungry. PTA will be selling chili, hot dogs, hot chocolate, and coffee. 8th grade will be selling baked goods to raise money for their end of year activities.

**Wednesday December 9th is Chilis/Barnes and Noble night.** - Bring your flyer and get discounts on dinner and books. A percentage of sales for both venues go to the LCC PTA.

**Tuesday December 15** LCC night at the Viejas Ice Skating Arena., 5pm-10pm. Tickets on Sale at school. \$10 each (normally \$12)

**Los Coches Creek PTA is ALWAYS looking for volunteers.** If you want to help at any event contact LCC PTA President - Robin Johnson at [robinjohnson@cox.net](mailto:robinjohnson@cox.net).

**Check out the LCC website for info on any other upcoming events.**

[www.schools.cajonvalley.net/loscochesmiddle.cfm](http://www.schools.cajonvalley.net/loscochesmiddle.cfm)



**Cajon Valley Union School District**  
**Crest School & Los Coches Creek School Schedule 2009-2010**

<b>2009-2010 Schedule</b>			
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

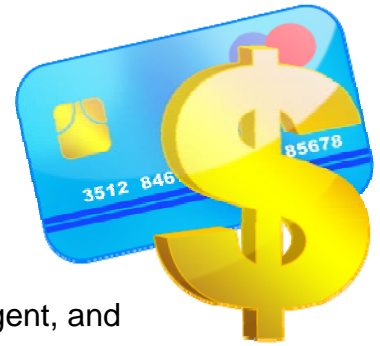
**Grossmont Union High School District**  
**Granite Hills Holiday Schedule 2009-2010**

<b>2008-2009 Schedule</b>			
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

**Facts About Credit Card Theft....**

**In the event of Credit Card Theft:**

- Do not sign the back of your credit cards. Instead, put 'PHOTO ID REQUIRED'. It will make the card all the more difficult to use if stolen.
- We have been told we should cancel credit cards immediately if compromised. But the key is having the toll free numbers and your card numbers handy so you know who to call. Keep those where you can find them.
- File a police report immediately in the jurisdiction where your credit cards, etc., were stolen. This proves to credit providers you were diligent, and this is a first step toward an investigation (if there ever is one).
- But here's what is perhaps most important of all:  
 Call the 3 national credit reporting organizations immediately to place a fraud alert on your name and also call the Social Security fraud line number. The alert means any company that checks your credit knows your information was stolen, and they have to contact you by phone to authorize new credit.



Here are the numbers you always need to contact about your wallet, if it has been stolen:

- 1.) Equifax: 1-800-525-6285
- 2.) Experian (formerly TRW): 1-888-397-3742
- 3.) Trans Union : 1-800-680 7289
- 4.) Social Security Administration (fraud line): 1-800-269-0271 1-800-269-0271



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### Dianne Jacob Speaks Out:

County Supervisor Dianne Jacob represents the people of the Second District which includes all of East County, the Ramona and Julian areas and the City of Poway. For more information contact Jennifer Stone (619) 531-4766

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

### COUNTY HOPING NEW BILL WILL SPUR HOME SOLAR, WIND

October 12, 2009 - AB 920 to compensate solar and wind powered homes for surplus energy

SAN DIEGO— Owners of home solar and wind energy systems that generate extra kilowatts can soon turn those surplus electrons into compensation thanks to new legislation signed by the Governor this week.

Assembly Bill 920, which earned strong backing from Chairwoman Dianne Jacob and the San Diego County Board of Supervisors, allows electric utility customers who install solar or wind generation systems on their properties to be paid by their electric utility for the surplus electricity they produce. "The Governor is to be commended for giving green-minded San Diegans a fair return on their investment," said Chairwoman Jacob, who brought the matter to the Board of Supervisors in November 2008. "The utilities have been allowed to profit from the investments of home solar and wind customers for long enough," she said.

In the past, for generation systems of up to one megawatt, the surplus was carried forward on a customer's bill for 12 months. Any yearly excess went to the utility. Jacob said California's new legislation has the potential to drive many more homeowners to invest in home solar and home wind. "If you couple the benefits of AB 920 with the County efforts to roll out a program to help San Diegans afford the upfront costs of home solar and wind systems, you've got all the ingredients necessary for a residential renewable boom," said Chairwoman Jacob. "The benefits of that boom will be far-reaching. We can clean the air, create jobs, stimulate the economy and lessen the nation's dependence on imported fossil fuels," she said.

Colorado, Connecticut, Maryland, New Jersey, Minnesota and many other states compensate residential PV customers for surplus power. In Oregon, credit from some surplus solar is granted to customers enrolled in the state's low income assistance programs.

### September 10, 2009 - Comments regarding the California Public Utilities Commission re: San Diego Gas and Electric's shut-off plan:

I commend commissioners for truly listening to opponents and choosing public safety over SDG&E's profits. A shut-off plan is not needed because the new "re-closer" policy does what the shut-off plan purported to do without treating rural residents like second-class citizens. The shut-off plan has always been a diversion from the real problem: for years, SDGE has failed to enact known safety measures that would prevent wildfire caused by its infrastructure.

### DON'T ALWAYS BELIEVE EVERYTHING YOU READ ON THE INTERNET

As I was searching the "net" for interesting tidbits about Crest, I ran across some unexpected information on the Internet. The following example shows the importance of researching your sources and not always assuming the internet is correct. It also shows what a great job "Dot Miller", our Crest Historian, does to preserve our history with fact.

Wikipedia is an internet, free encyclopedia that anyone can edit. People have a tendency to use it as the gospel. Here is one "close to home" example that teaches you not to trust everything you read on the internet. While humorous, some might actually believe this ..(And I'm not sure that Crest wants to be known for this bit of so called fact.

[www.en.wikipedia.org/wiki/Crest,\\_California...](http://www.en.wikipedia.org/wiki/Crest,_California...) (click on the History link"

"In June of 2009, it was announced that local businesses would pitch in \$12,000 to build a 14-foot cast iron sculpture of a toothpaste tube, in reference the popular toothpaste brand sharing its name with the community."

**Okay you internet nerds, how about someone getting in there and editing and deleting this misinformation (unless you know something I don't.)**

**Lakeside Farmer's Market** - Thursdays from 2:00-6:00PM at 9841 Vine Street, Lakeside 92040 in the Lindo Lake parking lot. The Farmers' Market is run through the San Diego Farm Bureau

November 5, 12, 19, 26



# Travel Tidbits

## Travel Auctions:

Another form of internet travel is to participate in a Travel Auction. Travel companies are using this market to fill empty hotel rooms, suites and staterooms at popular resort destinations. How does it work? A trip is listed on the site, folks bid on it until the designated end date and the highest bidder wins. Advice to the shopper is, of course, “buyer beware” and “Do your homework”. Don’t pay much attention to their “listed” price since many times it is an inflated rack rate. Generally if you pay roughly half the listed price, you are getting a good deal. Research the location yourself so you know the going rates, make your bid and stick to it. Make sure you read the fine print since you may find booking fees, taxes, cleaning fees or blackout dates to deal with. A good idea is to buy with PayPal or a credit card to insure a measure of security. Sounds like a hassle? Maybe, but with a little perseverance and patience, you may find a significant savings on your next vacation.

**SkyAuction.com** ([www.skyauction.com](http://www.skyauction.com)) is a travel auction marketplace where you can buy airline tickets, rooms, tours, cruises and all-inclusive vacations. They negotiate special deals with leading airlines, hotels, resorts and cruises and offer amazing bargains. Operating since 1999, the website closes dozens of auction items every half hour and include popular resorts such as SuperClubs, etc. They charge a \$20 processing fee for each winning bid

**Luxury Link** – [www.luxurylink.com](http://www.luxurylink.com) is an upscale site where travelers can go for ideas and to discover some of the world's best places to stay. With exceptional values, you can find vacations up to 65% off its retail value. They hand-select and showcase each property, making sure it meets the best luxury standards. Unlike other sites, actually books the vacations for you.

## Florida Vacation Auction

[www.Floridavactionauction.com](http://www.Floridavactionauction.com) Florida Vacations features vacation rentals, and more. Vacation rental owners are constantly offering up last minute savings, cool perks (like free kayaks

and beach passes), deep off-season discounts, and much more - all to help sweeten the deal of booking. Whether you're looking for a Florida beach house big enough for the whole gang or a romantic Caribbean hideaway for two, VacationRentals.com has an accommodation that will fit your personality and wallet. The auction portion of this website features 3-4 dozen hotel and condo auctions which close every Sunday night at 10 PM and new options that pop up the next day. These auction items often stipulate that winning bidders must take vacations generally within one to 3 months.



## Travel Tips: Once on the road...

- Leave a portion of your suitcase or duffel bag empty. Fill space with rolls of bubble wrap. Wrap gifts and souvenirs along the way and give your unused portion to other travelers.
- Pack one outfit for every 3 days if you are packing for a long trip or have limited baggage space.
- Layer your clothing and mix and match outfits.
- Use those useless hotel shower caps for wrapping shoes, carrying wet wash clothes, or to cover your camera on a rainy day.
- Carry two credit cards only – one to keep in your hotel safe in the event you get robbed.
- Pack panty liners to extend the use of a pair of panties. You can replace it at the end of a long flight to freshen up. It can help out if you have to relieve yourself in an emergency situation (outdoors, for example) or where there is no paper available.
- Jewelry – the rule of thumb is never take anything you aren't willing to lose. Costume jewelry is recommended. Support the tourist trade by buying some baubles along the way.
- Upon arriving at your destination, grab a business card, match book or envelope when setting off on your tour for the day especially if there is an unfamiliar alphabet. If you need help getting back you can show it to a taxi driver.





## Earth Discovery Institute at Crestridge Ecological Reserve

By Cathy Chadwick

### Crestridge Turns Ten!

We've all been so busy enjoying and working at Crestridge that it almost slipped by us... This year, Crestridge is ten years old! Thanks to some of the early advocates for the preservation of the area, we remembered to take a moment, catch our collective breaths and celebrate. When the area was proposed for development, a neighborhood group called Crest Open Space Supporters (COSS) formed to advocate for keeping the land as open space. Many of the original COSS members lived in the La Cresta Heights Rd. area, and every year since they first organized to preserve the area, they've been celebrating with an end-of-summer block party. This year, they specifically honored the reserve and taught us all about what great connections and resources we can create and preserve over time - our friendships and our connections to the land.

Crestridge is home to many rare and threatened plant and animal species, but it's also a treasured place for an increasingly rare and precious commodity in human lives; peaceful, unstructured time to take in the beautiful views, the fresh, fragrant air, the sounds of birds, coyotes, wind whispering in the oaks, and sometimes, pure silence. How fortunate we are to have Crestridge and the caring, committed neighbors who worked so hard to keep it for all of us. Special thanks to Kathy Sawaya for her work on this event.

### CNPS Supports Kiosk Landscaping

The San Diego Chapter of the California Native Plant Society recently awarded EDI with a \$500 grant toward landscaping around our visitor kiosk. The funds will go toward plants and other landscaping supplies. CNPS extended their support by donating over \$250 of plants from their recent fall native plant sale in Balboa Park. Morgan Vondrak and Jeremy Sison, CNPS members and native plant landscape designers, created a planting plan, and board member Kay Stewart shepherded our grant application through. CNPS is a great place to extend your knowledge of native plants. You can visit them electronically at <http://www.cnpsd.org/>. EDI says 'Thanks' to our friends at CNPS-SD!

### Argentine Ant (*Linepithema humile*)

At recent 10<sup>th</sup> Anniversary celebration of the Crestridge Ecological Reserve, I had some conversations with a few homeowners adjacent to the Reserve about Argentine Ants. Let me share with you some of what is known about them, how they affect the Reserve and what you can do to help.

Argentine Ants are a small (about 3 mm) brownish to almost black ant. By their name you can surmise they are native to Argentina as well as southern Brazil. They were apparently introduced into the United States through New Orleans in the 1890's by a coffee shipment. They have been established in San Diego for probably well over 100 years. They are a pest species and from a reference in Wikipedia, considered in the top 100 pests worldwide. They invade our homes seeking sweets but really will gather most anything. They look similar to the Pharaoh Ant (*Monomorium pharaonis*) and are sometimes mistaken for them. Pharaoh ants are a bit smaller (about 2 mm), more yellowish brown and have two segments on their waist versus one for the Argentine Ant. One of the keys that bring these ants into our homes and our yards is water. Many homes in our Region have high maintenance exotic plants requiring large amounts of water. This type of landscape is a major draw for these ants. Some of you may say that you have more drought tolerant landscaping and still have the ants. Check with your neighbors and see if their landscaping has high maintenance landscape. If they do, it is more likely they are invading your yards and homes because of that. With the current water crisis minimizing watering as well as educating yourself and neighbors to move to drought tolerant plants will help in minimizing the impacts of these ants.

### Impact to Crestridge Ecological Reserve

If you live adjacent to the Reserve and have Argentine Ants, there is a good chance they are taking advantage of your yard and moving into the Reserve, especially if you have drainages which flow from your yard into the Reserve. Remember these ants follow water. They have been recorded at Crestridge and the majority of the observations have been within close proximity to adjacent homes.

How do these ants impact the Reserve? One of the primary impacts is to our native Harvester Ant (*Pogonomyrmex* sp.) colonies. As many of you are aware this is the primary food source for our coast horned lizard (*Phrynosoma coronatum blainvillii*). Crestridge historically is home to one of the highest concentrations of these lizards. They are being severely impacted due to the loss of harvester ants which in turn are being destroyed by Argentine Ants. Some may ask why the lizards don't feed on the Argentine Ants. Numerous studies over the years from USD have addressed this and results have shown that the horned lizard does not find Argentine Ants palatable. Results indicate less than 5% of their diet consists of non-native ants.

Other impacts to the Reserve are on bird nests. These ants are so aggressive they will enter bird nests and tear apart eggs and feed on them. Some research is currently ongoing on this and the preliminary results are not good for nesting birds. Some may ask about natural predators. This research is ongoing. As a non-native species there are no known natural predators native to our Region. In Argentina and Brazil researchers have discovered that their primary predators

are themselves. They form distinct genetic colonies and fighting within themselves and are therefore able to maintain manageable populations. When this was first discovered, researchers introduced a genetically different Argentine Ant within the Los Angeles Basin. The Mega-colony now covering over 500 miles of the California coast just surrounded the different colony and have left it alone.

### What can you do to help

Here are a few recommendations to help in minimizing the impacts to the Reserve:

- Consider changing high maintenance landscaping to drought tolerant ones.
- Reduce landscape watering. Don't be concerned if your lawn turns brown. We get plenty of winter rains to green our lawns. It also reduces the amount of mowing. I personally do this in the summer months and have gone as much as 4-5 months without mowing.
- Minimize or do not use toxic pest killers. If you live adjacent to the Reserve these types of toxic chemicals can find their way into the Reserve. This has the potential for the proverbial domino effect. Yes, you may minimize, not eradicate, the ants but these toxic chemicals can be absorbed by plants and insects which eat plant material can be killed and their predators such as lizards and birds can eat these insects, become sick or even die. Use natural 'green' chemicals to minimize these ants. There are many websites which have recommendations for using less toxic ways to minimize Argentine ants within your homes and yards. Following these will protect animals and plants both visiting your yards as well as the Reserve.

The Argentine Ant is here to stay. However, there are ways to minimize their impacts to you and the Reserve. You have just celebrated 10 years of Crestridge. Let's work together for ten times that.

Michael Klein  
Entomologist  
Klein-Edwards Professional Services

If you'd like to learn more about Crestridge's native Harvester ants, here are links that may interest you::  
<http://www.desertusa.com/mag07/jul07/ant.html>,  
[http://www.desertusa.com/video\\_pages/ants\\_movie.html](http://www.desertusa.com/video_pages/ants_movie.html)

It is with great sadness that the Crestridge staff and the Crest Sun Staff shares the recent passing of Graham Smith, a long time Crest resident. Graham was an valued and loved member of the Crestridge family and will be greatly missed.

## In Memory of Our Crest Friends...

### Robert Acres Passes

12/16/36 – 09/06/09

Longtime Crest resident Robert Acres passed away September 6th. The "city boy" from Chicago



moved to California with his family at age 10. Bob was fascinated with automobiles even before his feet could touch the pedals. In his teenage years he hosted a radio show about stock car racing. His passion for racing won him the Ca. State championship two consecutive years. After graduating from Fresno High School, Bob enlisted in the U.S. Army and afterward moved to Orange County. The move to a more tranquil lifestyle of Crest in January, 1990 had him yearning to go back to city life. He was not comfortable with the slower paced lifestyle in this community

For most of his working career, Bob was a salesman. One of the highlights of his life was the years he and his wife, Kae, portrayed Abraham and Mary Todd Lincoln with a complete historical program that they performed from Los Angeles to Philadelphia. Bob bore an uncanny resemblance to our 16th President--the same hat size, ring size and boot size as "Honest Abe" and, yes, Bob's beard was real.



At age 60 he decided to change careers, went to truck driving school and became an interstate truck driver. A year later his wife followed down the same path. As a husband & wife truck driving team, Bob and Kae along with their beloved dog, logged 7,000 to 8,000 miles per week as they drove in 47 of the 48 contiguous states. Suddenly, the "city boy" realized the beauty of the quiet, semi-rural environment of Crest when he would be enjoying home time. He frequently commented, "The peace & quiet here is awesome. When I'm in Crest I always feel like I am on vacation at a resort."

Bob is survived by his wife, Kae of Crest; brother Norman (Linda) Acres; daughters Dawn Armstrong; Lisa Dunscombe; and Patricia Acres; granddaughters Jayme, Faith & Grace all residing in Orange County.

A memorial service for Bob will be held November 14<sup>th</sup> at 3:00 pm at Crest Community Church.

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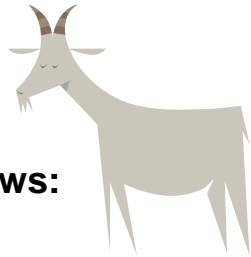
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## Crest Fire Safe Council News:



Our “Walk a goat to work” event was great fun, and educational. CFSC also sponsored potluck dinners at South Lane



Park to come relax and eat while watching the goats eat! A huge thank you to all who came out to play with the baby goats and hear more about the Crest Fuel Reduction Program. Many people thought we were done with the project after the “Running of the goats” but we ran into problems with agencies wanting to change the scope of the grant as well as what areas would be treated. CFSC does not want to begin without something in writing from the agencies. All but 2 of the 7 agencies are in favor of the community-based project. San Miguel Fire has written a letter declaring it a strategic area, Cal- Fire will assist in the project with its crews, BLM is in favor, and has given us their permission to begin; the county fire department is also in favor. Members of the FAST group (a group of all the county agencies) has given their support, as well as taken the time to have special meetings and to visit the proposed site. The MSCP trustee is in favor and has even assisted us with maps of the area to be treated, but will not commit to anything in writing because of pending lawsuits and costs to defend them. We have waited for the nesting season to be over as the State requested and are willing to cut the number of acres that we had planned to do as long as we could work in the chimney areas that has been the most catastrophic to Crest. CFSC has attended 4-6 meetings a month to try to get this

resolved. Next is to take this to you the residents and to the media. In the meantime, the goats are being moved to a staging area near the work site. Hopefully, the next few meetings will be giving us the green light to keep Crest Safe.

If you are one of the many who signed up for an estimate for ELM to send goats, hand crews to your acreage, please contact Johnny Gonzales at 619-234-4555. Now that the company is here in Crest, there would be a great savings to you if you were not in the grant area.

**CFSC wants to thank Environmental Land Management, Johnny Gonzales the owner, for the donation of the goats and herders to once again, clean South Lane Park, which is our secondary communication and evacuation site for large animals. This was a very generous in-kind donation to our grant. The council could not afford to have this valuable service done, so thank you once again, ELM!!**

Meetings on the grant and updates of the CFSC are given at the sub-regional meetings, Kiwanis, and Crest Community Association meetings. Please try to attend one of these meetings. We are in the fire season, and October and November are our biggest stress months. Thanks for the calls about smoke, burn permits and whatever you have “smelled”, it helps keep this community safe and aware of what is happening around us. If you are not on our emergency call list, please contact Kandhy Franklin, our facilitator to join now. Call 444-4996, email [kandhyfranklin@cox.net](mailto:kandhyfranklin@cox.net), or [crestfiresafecouncil@yahoo.com](mailto:crestfiresafecouncil@yahoo.com).



## Critters in Crest

### Crickets

By Stanley A. Shelton

We all know what crickets sound like. Those are the males making that chirping sound. They do it by rubbing their forewings together to attract a mate. Each species has its own sound so they attract only their own species.

Crickets, (family *Gryllidae*) (also known as "true crickets"), are insects sort of related to grasshoppers but more closely related to katydids (family *Tettigoniidae*). They have somewhat flattened bodies and long antennae. The antennae are usually slightly longer than their body. Their coloration is brown to black. Females can be identified by their long ovipositor (it sticks out the back and is longer than the rest of their body). The ovipositor is used to deposit eggs in the ground after mating. Since the males chirp to attract females, they have to have ears. Their ears are located in their front legs at the elbow. Must be an advantageous place, ...you think?



Female crickets lay about 300 eggs in the soil in late summer to fall. Most crickets do not over-winter, but here in

Southern California, (and Crest) it is more likely that they also overwinter, not only as adults, but as nymphs and eggs.

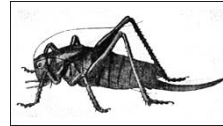
Crickets are omnivorous. They eat other small insects, dead insects and live and dead plant life. In large quantities, they can be a detriment to crops or gardens. In other places, they can get into homes and places of work, otherwise, crickets breakdown plant material, renewing soil minerals. They are also an important source of food for other animals.

Crickets are food for spiders (that is what you would usually feed a pet tarantula) and some other pets, like some lizards and snakes.

I used to occasionally capture crickets in the hallways of my place of employment and take them outside, to freedom. Most people there didn't want to have anything to do with them. They called on me, or a janitor.

Crickets live under rocks, logs, in meadows, pastures and along roadsides and other similar places. Most are nocturnal (when the males chirp to attract females). The rate of chirping can also be tied to the temperature. I haven't been able to find a formula on the Internet that you can calculate the temperature by the rate of their chirping though.

If you have a pet that can or must eat crickets, you can buy them at most pet stores. It is recommended that you contact the store and find out when the supply comes in, so they are fresher, and less likely to die before feeding them to your pet(s).



Crickets themselves, also make good pets. For hundreds of years, the Chinese and Japanese have

kept crickets in cages made of bamboo or wood, and the rich even kept them in golden cages. They were thought to bring good luck to the house and they enjoyed the song of the male cricket (females do not chirp).

Cricket recipe:  
1/2 cup creme de cacao  
1/4 cup brandy  
1 pint vanilla ice cream  
4 to 6 ice cubes

1. Combine ingredients in a container of an electric blender; process until smooth.

Makes 2 to 3 servings.

Hmm, that one didn't seem to include crickets. How about... well, I found one that puts crickets in cookies from down under, but it is too long to include here. Needless to say, I'm sure none of us is going out to buy crickets to try out the latest recipe for them, but if you're interested see <http://www.fooddownunder.com/cgi-bin/recipe.cgi?r=82580>.



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(Thanks Paula for the great photo of Alvira)

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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](mailto: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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